



Why Taking Time to Go for a Walk Might Actually Make You More Efficient (and Less Stressed!)

According to an [article](#) from Prevention, going for a walk unlocks countless health benefits including an improved mental state. Step into a better you and enjoy these advantages of making moves.

Improved Mood

Going for a walk is one of the best ways to improve your mood. Increasing your activity, increases your endorphins. Becoming happier at your desk, starts just beyond it so don't be afraid to get up and grab a better mood.

Boosted Creativity

If you are stuck on a certain issue at work, going for a walk can help trigger creativity. A [2014 study](#) in the *Journal of Experimental Psychology, Learning, Memory, and Cognition* states that walkers think more creatively than those that don't walk. What will you come up with on your next walk?

More Routine

Scheduling a walk into your daily routine can give you the structure you crave without the guilt that comes along with sneaking away from your desk. Treat it like a valuable meeting and don't bail on yourself. You'll begin to look forward to the regular break and your body (and brain!) will thank you for it.

Better Sleep

When it comes to sleep, you need to chase those sheep before you can count them. Walking throughout the day will help you sleep better at night. Get moving and earn those critical hours under the covers.

Sources:

<https://www.prevention.com/fitness/a20485587/benefits-from-walking-every-day/>

<https://www.apa.org/pubs/journals/releases/xlm-a0036577.pdf>

Looking for additional resources to support a healthier and happier you?



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