

# What happens when you go for a lunchtime walk?



## 1-5 minutes

Heart-rate: 70 - 100 bpm.  
Increased blood flow warms Wendy's muscles. Her body starts to burn fats and carbohydrates for energy.

## 6-10 minutes

Heart-rate:  
100 - 140 bpm.  
Calorie burn: 6 per minute.

## 11-20 minutes

Wendy starts to sweat as her body temp rises. Levels of hormones epinephrine and glucagon rise to refuel the muscles. Calorie burn: 7 per minute.

## 21-45 minutes

Endorphins are released, making Wendy feel invigorated. Insulin (fat storing hormone) drops.

## 46-60 minutes

Having increased blood flow, worked her muscles and strengthened her heart, Wendy returns to her desk. She's had a dose of Vitamin D from the sunshine, she's burned calories, and she feels re-energised for the afternoon ahead.



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