

(2023, May), May 6, 2023. The fact of "walking" is no longer known : Homeopathic : 581 : 8

Cheewajit encouraged everyone to get up and "walk" for exercise. Walking will make your legs big, waist pain, etc. This issue therefore collects facts about walking that people wonder about.

1. If you walk a lot, will your waist really lose?

That's not true. The reason for the "lost waist" is the wrong posture. causing the waist to bear too much weight until causing pain. In general, people who are overweight, if they exercise their muscles in conjunction with exercise, the pain will go away on their own.

2. People with weak bones shouldn't really walk a lot?

Not true. If you don't move your body, it will cause bone deterioration. Walking will help stimulate bones and joints. thus preventing osteoporosis also protect Bone deterioration due to lack of exercise as well

3. If you walk a lot, will your legs really bend?

Not true. The most common cause of bowed legs is incorrect posture. If adjusting the body to get used to the correct posture no matter how long you walk Legs are not bent or deformed.

4. If you walk a lot, will your legs really get big?

Not true, because the developed part is calf muscles, not fat, so after exercising if proper muscle relaxation massage It will help reduce swelling for the calf muscles to return to normal.

5. If losing weight by walking Will the breasts really sag?

Not true, No, your breasts will get smaller or sagging. Due to the gravity of the earth, walking with correct posture actually strengthens the muscles from the shoulders to the chest. balance the body

6. Is walking for less than 30 minutes really useless?

Not true. Walking. In the beginning, the body uses carbohydrates as a primary source of energy. After 8-10 minutes of continuous exercise, fat will begin to be burned little by little. After 20 minutes, fat consumption will be higher than carbohydrates. The longer you exercise, the higher your fat utilization rate. Long walks are therefore more effective than short ones.



Dr. Thawatchai Luxeng. (2023, June), Triglycerides, the bad fat in you : village doctor : 530 : 68-69

Everyone must have had a blood test before. which generally The results of the blood test usually consist of 2 mainly, which are sugar and fat. If the sugar is high, it will be diabetes. But if the fat is high, what disease will it be? As for the fat value, it consists of 4 values, namely total cholesterol value. HDL fat value LDL cholesterol and triglycerides

What are triglycerides?

Triglycerides are a type of fat in the body. Composed of 3 molecules of fatty acids attached to 1 molecule of glycerol, our body receives triglycerides from 2 sources:

1. The body can synthesize it from our own liver or
2. Get directly from eating fatty foods such as pork belly, butter, and various fats.

In addition, if the body gets too much fat or carbohydrates. These nutrients will be changed. triglycerides to be the reserve energy of the body It will be transformed into a layer of fat and accumulated both in the abdomen and under the skin. Having too much triglycerides in your blood increases your risk of heart disease. stroke, obesity, breast cancer and other diseases.

What should be the ideal triglyceride level?

To answer this question, which everyone can use, is to remember that the ideal triglyceride level is less than 150 milligrams per deciliter (mg/dl).

If you want to reduce fat levels What should I do with triglycerides?

If you go for a blood test and find that A triglyceride level greater than 150 mg/dl indicates that you are at risk for high triglyceride levels. To adjust behavior for better efficiency can be done as follows

1. Try to control your body weight within the normal range. By dividing body weight in kilograms by height in meters squared. It should be less than 23 kilograms per square meter to be considered normal.
2. Try to take care of yourself not to get fat in the belly. The method is if your waist circumference or belly circumference (navel circumference) is greater than your height divided by two. Indicates that you have abdominal obesity, then find a way to reduce the belly urgently.
3. Try to exercise regularly.
4. Avoid eating foods that contain a lot of starch or sugar, foods that are high in fat. Foods high in trans fats, including foods that are repeatedly fried.
5. Reduce the consumption of alcoholic beverages. quit smoking
6. Choose foods that are high in omega 3 fats such as salmon, tuna, sardines or take supplements that contain omega fats, but should consult with your doctor.

