

[< Back](#)

Is Walking Good Exercise? How Moving 10 More Minutes a Day May Help You Live Longer

Walk for at least 20 minutes a day to reap these benefits.



By **Nicole Pyles**

April 04, 2022



The #1 platform for health &
wellness creators



Product

For creators

For fans



[For corporations](#)

[Become a creator](#)

[Download Playbook](#)

Blog



[Fitness & Workouts](#)

[Food & Nutrition](#)

[Health & Wellness](#)

[Playbook Community](#)

Support



[Help center](#)

[Contact](#)

[Privacy policy](#)

[Terms of use](#)

About



[About us](#)

[Press](#)

[Job openings](#)