

# A Houstonian Club Fitness Expert Explains the Surprising Benefits of Walking

*Fitness experts at The Houstonian Club, a luxury members-only health club, tout walking as one of the most underrated exercises to increase metabolism.*

HOUSTON, TX, UNITED STATES, April 15, 2024 /EINPresswire.com/ -- Most have heard that daily walks can improve health in several ways. However, many might not know that walking is excellent for cardiovascular fitness and mental health while supporting various wellness goals, such as stress reduction and better sleep.

Walking also supports non-exercise activity thermogenesis (NEAT), which includes all calories burned throughout the day, excluding eating, sleeping, or purposeful exercise. According to Jordan Grabinoski, a personal trainer at [The Houstonian Club](#), walking is excellent for those looking to increase their daily NEAT, which will, in turn, improve their metabolism. Simple daily movements, like walking the dog and doing chores, are considered NEAT.

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I always encourage my clients who are trying to raise their metabolism to add a daily walk into their routine. Just 20 to 30 minutes each day can really make a difference.”

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"Most people forget how important walking is to increasing your NEAT. I always encourage my clients who are trying to raise their metabolism to add a daily walk into their routine," says Grabinoski. "Just 20 to 30 minutes each day can really make a difference."

In addition to improving metabolism, walking has several health benefits, including improving heart health. According to the [American Heart Association](#), walking 30 minutes daily can lower the risk of heart disease and

stroke by 35 percent. Studies have also shown that walking improves mood, decreases depression, strengthens joints, and boosts immune function.

As with all forms of exercise, one of the challenges with walking is staying consistent daily. Grabinoski encourages her clients to make movement a daily priority. "With walking there is very little equipment needed. It is a great way to connect with nature and even incorporate some quiet time into the day."

For those who can't carve out 30 minutes or more for walking, Grabinoski recommends simple ways to sneak in extra steps each day, including:

- Pace when talking on the phone.
- Take the stairs instead of the elevator.
- Park further away when running errands.
- Walk around the house while scrolling social media or checking emails.

Grabinoski emphasizes that when movement becomes a priority, incorporating these habits into the day becomes second nature. "Adding a little each day can impact metabolism, mood, and overall health in big ways."

[Photos Available here.](#)

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Located in the heart of Houston, The Houstonian Hotel, Club & Spa is a Forbes Travel Guide Four-Star secluded



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retreat adjacent to the city's iconic Memorial Park and minutes from downtown, the Galleria, and Energy Corridor. The Houstonian recently completed a \$70 million master plan renovation and was named in Travel + Leisure's World Best Awards as the #1 Resort Hotel in Texas. The resort is a member of Preferred Hotels and Resorts and is known for its timeless nature, elegant décor, private fitness club, and its involvement in Houston's historic events and celebrations. Guests at The Houstonian Hotel may relax and rejuvenate on a 27-acre oasis, with floor-to-ceiling wooded views in its 280 newly renovated guest rooms and suites, including a new Bush Suite with memorabilia from President George H.W. Bush's time at the property. TRIBUTE restaurant serves authentic Tex-Lex cuisine with an impressive wine list, The Bar & Patio is a classic local favorite, and the Coffee Shop serves guests in the elegant hotel lobby. The hotel has 33,890 square feet of indoor meeting space and 87,349 square feet of outdoor meeting space with a "Houstonian Experiences" menu for corporate and social groups, meetings, and celebrations. The 185,000-square-foot Houstonian Club offers over 180 weekly group exercise classes, aquatic programs, indoor and outdoor tennis, a resort pool with a rockslide, a 25-meter sports lap pool, and a quiet garden pool. Houstonian Club Members and Houstonian Hotel guests enjoy the club's luxurious locker rooms and wet areas, a fully equipped fitness floor with over 300 pieces of equipment, indoor turfed fitness zone, enhanced group exercise fitness studios, cycle studio, a private yoga studio with aerial silks, and an indoor basketball court. The club also provides 2 areas for children ages 6 weeks to 12 years, kids camps, and special events and programming plus an outdoor playground and butterfly garden. Poolside dining is available at the expansive Arbor Grill, with wood decks, TVs, and a fire pit, and the club's grab-and-go called Refuel offers light fare and Starbucks Coffee. The club offers a full-time registered dietitian, and a wellness therapy suite called The Covery by The Houstonian Club. At 26,500 square feet, the new Trellis Spa at The Houstonian is the largest luxury spa in the state of Texas. From the outside, it resembles a magnificent European Villa with statuesque architecture and luscious gardens. On the inside, soothing, nature-inspired hues complement a grand, light-filled reception, renovated treatment rooms, sauna and wet areas, a scenic treetop dining room, an indoor Reflection Pool, and tranquil lounging areas. Its outdoor Soaking Pools and Garden provides an authentic contrast bathing experience with open-air cabanas, rocking chairs, a fire pit, and a butterfly art installation. The Houstonian also includes Sage 'n' Bloom Floral Studio, providing bespoke floral services for weddings and celebrations, client experiences, and corporate installations on-property and to the public.

One of Houston's historic gems, the property is known for its grace, comfort, and unparalleled guest experience.

<http://www.houstonian.com/the-club>

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