

SCIENCE . TECHNOLOGY

WALKING - A CURE FOR BODY AND SOUL

52' (ENG, GER, FRE)

Is walking a miracle cure for body and soul?

Today, people spend most of their time sitting down. This often leads to massive health problems. The cure is rather simple: regular walking improves our physical and mental condition. It makes us fitter, smarter, younger and even lifts our mood. The latest scientific studies prove the great health benefits of walking as a cure for body and soul without any side effects.

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