



Running versus Walking

There are two different types of physical activity, **moderate** and **vigorous**. By partaking regularly in either of these activities, the risk of chronic disease is reduced. It is recommended that adults get 150 minutes of moderate physical activity a week (walking briskly, swimming, cycling). Vigorous activity, like running, requires greater energy expenditure so equivalent health benefits can be attained from only 75 minutes of activity. **Both running and walking are excellent options for physical activity.** Running however does carry some additional benefits including, **greater reduction in the risk of chronic diseases, hypertension and depression as well as better cardio health.** Picking running over walking may help you lose more weight as well. For walkers to have a similar energy expenditure to runners, they must maintain a brisk pace and go for a longer time.

Despite these benefits, walking may still be a better option for some adults. Running carries an added risk of injury including shin splits, runner's knee and hamstring issues. Running on softer surfaces (grass or a track) and being sure to adequately warm up and cool down may help to alleviate some of these problems.



The bottom line...

Do what is best for YOU. Always listen to your body. If you are prone to injury, walking may be a better option. It doesn't matter whether you are running, walking, hopping or skipping- the most important thing is that you are moving!