

Is Walking Just As Good as Running?

From Dr. Michael F. Rolzen for
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A May 2013 study by researchers in the Life Science Division at Lawrence Berkeley National Laboratory looked at data from 33,000 runners and nearly 16,000 walkers to compare the relative health benefits of each activity.

When the researchers checked in with participants six years after the start of the study, they found that running significantly reduced the risk of high blood pressure by 4.2%, high cholesterol by 4.3 %, diabetes by 12.1 % and cardiovascular disease by 4.5%. Participants who walked regularly saw even better results. Walking decreased the risk of high blood pressure by 7.2%, high cholesterol by 7%, diabetes by 12.3% and cardiovascular disease by 9.3%.

Here is the IF....The runners and walkers had to expend the same energy to get the same benefits. That means you would have to walk longer than you would have to run for the same effect. The runners only needed to make sure their joints were in alignment and protect them with strong muscles to act as shock absorbers and they wore good shoes.

At the end of the study, walking was deemed to be a great, low impact way to get into a fitness regiment without risking injury. Walking is easier on your hip and knee joints, especially as one ages. It was recommended to perform lunges or body weight squats twice a week, as well.