

Why should you walk, not run, to lose weight and improve your health?

Here are great reasons why you should walk, not RUN to lose weight and improve your health.

Are you a busy person but want a **healthy body** and a **balanced appearance** ? If so, throw away those stupid reasons and start planning **to walk** immediately! Walking exercise, not just walking around - it can be highly effective to help you have a balanced body! Here are great reasons why you should **walk** , not **RUN** to lose weight and exercise.



Walking is a great choice

A less active body often leads to **obesity** and **poor health** . Get up and walk around the house, neighborhood, parking lot, supermarket, lakefront or wherever you like. Simply standing up for your feet to work. Regularly walking can help you improve your health significantly, improve your own quality of life. Here are the main **benefits** of walking:

1. No need to go to the gym.
2. No special tools needed.
3. Give you more energy and full of vitality.
4. Hypotension.
5. Improve your mood.
6. Help reduce anxiety and depression.
7. *Type 2 diabetes (Room 2 diabetes)*.
8. Protection against falls and fractures.

9. Reduce the risk of heart attack or stroke.
10. Help you sleep better and live optimistically.
11. Helps strengthen bones, strengthen muscles and healthy body.
12. Reduce stress and reduce the risk of heart disease.
13. Lower bad cholesterol - *low-density lipoprotein (LDL)*.
14. Increase good cholesterol - *high-density lipoprotein (HDL)*.
15. Burn calories to lose weight and control weight.
16. Reduces the possibility of malignant tumors such as breast cancer and colorectal cancer.

Why should walk, not RUN?



Thomas Jefferson announced that walking is the best exercise. The study, published in the Journal of **the American Heart Association** 's Arterial, Thrombotic and Thrombosis, compares data from two studies and shows that the amount of energy consumed is the same but pedestrians. effective weight loss and better health than joggers. Walking reduces **heart disease** risk by 9.3%, while running only decreases by 4.3%. Moreover, walking also reduces the risk of cardiovascular problems due to excess **calories** than running.

Here are some benefits of walking compared to running:

1. Less risk of injury than running.
2. Pedestrians can walk whenever they want, just go for comfortable shoes.
3. The impact on the soil when walking is 1.5 times the body weight, and when running, it impacts 3 times, thus helping your feet less affected.
4. Walking helps you withstand gravity, limiting bone damage and other diseases.
5. Walking stimulates brain activity, enhances concentration, improves memory, especially when walking in a natural environment.
6. Other walks run in place, you can watch and enjoy the world around you, observe unusual scenes or buy a snack from a store or a little fruit, get to know your friends new.

7. Walking makes you sweat less than running, so you can walk whenever you have a free time and don't necessarily need to take a bath immediately afterwards.
8. Walking suitable for all ages, all health conditions and especially can practice other exercises.

Start walking to train your health



Make your own walking plan, spend at least **30 minutes** on foot every day. To achieve maximum efficiency, set a goal to walk at an average speed of 5-10km / h during practice. These tips will help you start your walking and routine routine to avoid aches and other problems that may arise.

1. Choose a pair of walking shoes that fit your feet and a slightly elevated shoe sole in the heel to give it a high elasticity.
2. " *Fitness equipment* ": choose good sweat absorbing items to absorb all the sweat on the skin.
3. Choose clothes - " *rub squeeze thighs inside* ".
4. Set walking goals and set the distance you need to travel, follow the training process with a notebook.
5. Walk whenever, wherever possible. If you experience extreme weather, you can walk in some places such as shopping centers.
6. Instead of pulling cold muscles, heat them up by walking slowly for about 5 minutes, then start to speed up. Finally, slow down at the last five minutes to cool down. Be sure to gently stretch the muscles after lowering your body temperature.
7. Start slowly and gradually increase your steps to avoid muscle aches and the whole body. Then walk farther and for longer periods when you have good health and toughness.
8. Start walking about 5 or 10 minutes a day, working for at least 30 minutes to bring good cardiovascular benefits. Take 30 minutes a day to walk a short distance.
9. If you spend 30 minutes a day walking, physical activity, start practicing more. Increase your training time by using the stairs instead of the elevator, get off the bus a few points ahead, park in the farthest area of ?? the parking lot.
10. Practice " *strength - build* " exercises regularly at least twice a week. Consider using hand weights to improve your health.

11. Transfer more energy by walking, use it as a main practice during the day or add some other small activity.
12. Walk with your friends or pets, choose safe places you like to go.
13. Join a walking club. Invite your roommates or family members to walk after dinner - make sure they can go with the speed and distance that suits you.
14. Always keep your body healthy and drink plenty of water, apply sunscreen if necessary.



Remember that **walking** is a great technical exercise with low impact to maintain good health. It is an easy, economical way to practice and is a smart way to keep your **weight** stable. Scientific studies continue to prove that walking has many benefits for the whole body rather than running.

You finished reading the article "**Why should you walk, not run, to lose weight and improve your health?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.