

# WALKING

## FACTS



Aim to walk at least 30 minutes, 5 days a week.



Is about the same as running for lowering heart disease



Keeps at least one foot on the ground at all times

Improves circulation, strengthens bones, improves your mood, helps you sleep better, slows mental decline, lowers cholesterol, lowers risks for cancer, helps prevent loss of muscle mass, helps prevent type 2 diabetes, manages weight

## PROS



Less impact on bones and joints means low risk for injuries. Good option for people just starting an exercise program.

## CONS

Have to walk longer and go further to get the same degree of health benefits as running



# HIT THE BRICKS

## WALK OR RUN?

# RUNNING

## FACTS



Aim to run at least 20 minutes, 3 days a week.



Is slightly better than walking for managing weight



Feet go airborne throughout a run

Improves circulation, strengthens bones, improves your mood, helps you sleep better, slows mental decline, lowers cholesterol, lowers risks for cancer, helps prevent loss of muscle mass, helps prevent type 2 diabetes, manages weight

## PROS



Released brain chemicals give you a "runner's high." Decreases your appetite immediately after exercising.

## CONS



High impact on bones and joints means increased risk for injury