

## Benefits of Jogging vs Walking

Going for walk or jog outdoors both offer health benefits. Walks can be more social. You would catch up with a friend for a walk rather than eating calories at your local coffee shop.

Walking is a less impact on your joints. This may be better if you are carrying extra weight and find you have knee or ankle problems. If your aim is weight loss, as walking is slower than jogging you will need to increase the time you walk to cover the same amount of distance. But something is always better than nothing. Take it easy if you are just starting out and gradually increase the minutes each week.

If walking and you do want to burn more calories, try an incline on a treadmill or walk uphill if outdoors. You'll use more energy and improve the strength in your glutes and quads.

Jogging will be more beneficial for most. If you are in good health and want to increase your fitness or lose weight then this would be a better option. Finding areas of grass rather than concrete is better to reduce the impact on your joints.

As with walking, jogging up hills burns more calories to flat grounds. A study at the University of Georgia found that uphill running activates 9 percent more muscle each stride compared with exercising at the same relative intensity on level ground.

A few benefits of jogging rather than walking:

- Cardiovascular benefits: your heart rate is higher jogging, improves over all fitness. Jogging improves your endurance.
- Weight loss: when jogging you are working harder then walking, working harder means more calories burned for the same amount of time you may have walked.
- Increased endorphins: heard of runners high? When you jog you release more endorphins than walking.

Jogging is a form of steady state cardio working the endurance system. In the rights amounts it can be a good tool for fat loss and has mental benefits. Your body always adapts to exercise and therefore you need to vary the type of cardio you do. Another form of cardio is high intensity interval training such as sprints or stair running.