

# Free essay on brisk walking vs. running

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In the whole world, many people suffer from many types of health problems. This mostly comes as a result of lack of exercise. Two of the simplest and least expensive exercise are walking and running. They have become very popular forms of exercise and many people are turning to them. Both of them have amazing health benefits and help to keep people physically and mentally fit. There is absolutely no question as to whether walking and running has benefits to people's health, but overall one is more beneficial than the other. In order to find this, some factors have to be put into consideration. These factors are; the amount of energy used, the potential energy sustained and also how each makes the person in question feel emotionally.

In terms of biomechanics, running and walking may look very similar activities. But when you look at other aspects, these two activities are very different. This aspects includes; expenditure of calorie, the impact, competence and even the rescue period. (Dean, 2001) Although walking may be good to the starters in doing exercise, it is less beneficial compared to running. People who begin their exercise by the method of walking, are advised to increase the intensity gradually into a jog and then to a run. If they would want to achieve better and maximum results associated with the exercise, they should also do it very regularly. The body requires a specific amount of calorie every day to withstand life and be able to perform daily activities. However, people who participate in exercises may increase the number of calorie in the body. This is essential in promoting weight loss because by creating 500calorie deficit each single day will enable the person in question to lose one pound per week. For those people who have been

inactive in most of their lifetime, walking would be a good starter to exercise. The reason behind this is that, walking is simple and a low impact action and also does not need any advanced training. Therefore walking as an exercise is as simple as wearing some comfortable clothes and shoes and heading outside for leisure.

Walking as a type of exercise can be a very beneficial for encouraging losing weight at first because it leads to activity increase and also calorie expenditure rises. The individual involved may even lose some pounds on the first week. (Biewener, 2003)The weight loss may last for a period, but unless the individual changes the workout routine in relations of space, duration or the strength, the weight loss may remain stagnant. In most cases, the walker is advised to change into a jog and thereafter start running; this is for the reason that running needs more calorie than walking. People may argue that a person burn the same calorie while walking and running. This is absolutely not true because walking is more efficient activity and thus involves fewer calories than running. The person will require to walk approximately double the distance he runs to expand the equal of calorie. The process can be very time wasting because the walking pace is much slower than running and many people have limited time to give for exercise. Therefore, it is more important for a person to improve fitness level to a point where he can run if the person is serious in achieving his healthy goals.

## **Works cited**

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