

# Running Jogging Brisk Walking And Walking For Health: A Sustainable Lifestyle Approach By Narain Medury

By Narain Medury

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Question: I'm confused about which exercise burns more calories, walking or running? Answer: a brisk walk can make all the difference in the world.

<http://www.active.com/walking/articles/running-versus-walking-which-burns-more-calories>

Jogging vs brisk walking; Click here to read our frequently asked Fitness and Exercise questions. See Current Message Boards

<http://fb.sparkpeople.com/ma/Jogging-vs-brisk-walking/6/1/32504426>

A study reveals that brisk walking can be just as beneficial as running. A study reveals that brisk walking can be just as beneficial as running. Back to channel

<http://on.aol.com/video/brisk-walking-can-be-as-beneficial-as-running-517736812>

Jul 30, 2015 Jogging or running is a popular form of physical activity. you should start with brisk walking, progress to jogging and work up to running.

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Running\\_and\\_jogging](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Running_and_jogging)

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high cholesterol and diabetes as much as running, For every hour of brisk walking, life expectancy for some people may increase by two hours.

[http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Walking/Walk-Dont-Run-Your-Way-to-a-Healthy-Heart\\_UCM\\_452926\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Walking/Walk-Dont-Run-Your-Way-to-a-Healthy-Heart_UCM_452926_Article.jsp)

The differences. Walking is the best exercise, which is suitable for any age group. However, it is a low intensity workout. This means, it does not elevate our heart

<http://workouttrends.com/walking-brisk-walking-jogging-running>

Running and walking may have similar benefits, there is no evidence that brisk walking can destroy heart muscle or cells.

<http://www.mnn.com/health/fitness-well-being/stories/5-ways-walking-is-better-than-running>

How Many Calories Are Burnt Running, Jogging Or Walking? Walking: 250 to 350 Kcal/hour Jogging: 600 to 800 Kcal/hour Running: 900 to 1400 Kcal/hour

<http://fitjog.com/exercise/running-jogging-or-walking-better.php>

Apr 04, 2013 A brisk walk may be just as good as a run for keeping the the heart Running reduced coronary heart disease risk by 4.5% compared to 9.3% for walking.

<http://healthland.time.com/2013/04/05/walk-or-run-to-lower-heart-disease-risk-benefits-are-similar/>

Feb 17, 2015 Brisk walking and jogging are both Harvard School of Public Health compares brisk walking for 60 to 75 Jogging and running at a 5 mph

<http://www.livestrong.com/article/426826-differences-between-walking-and-jogging/>

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<http://www.amazon.co.jp/dp/9382299440>

Dec 30, 2007 What's the difference b/w brisk walk and jogging. If i jog i keep myself in good shape or shall i continue with brisk walking I need my running

[https://answers.yahoo.com/question/index;\\_ylt=AwrBT7qPqL1VyIwAgzJXNy0A;\\_ylu=X3oDMTBzZHZhNWUyBGNvbG8DYmYxBHBvcwMxNwR2dGikAwRzZWMDc3I-?qid=20071231055745AAIjve8&p=running%20jogging%20brisk%20walking%20and](https://answers.yahoo.com/question/index;_ylt=AwrBT7qPqL1VyIwAgzJXNy0A;_ylu=X3oDMTBzZHZhNWUyBGNvbG8DYmYxBHBvcwMxNwR2dGikAwRzZWMDc3I-?qid=20071231055745AAIjve8&p=running%20jogging%20brisk%20walking%20and)

Regular running and jogging is a good way to improve your health and fitness. a daily brisk walk has the same effect.

<http://www.motleyhealth.com/fitness/health-benefits-of-jogging-and-running>

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<http://www.bookadda.com/books/running-jogging-brisk-walking-walking-for-healtha-sustainable-lifestyle-approach-3562659>

Apr 03, 2013 Williams is referring to brisk walking, however. both running and walking led to similar reductions in risk for high blood pressure,

<http://www.webmd.com/heart/news/20130404/brisk-walking-equals-running-for-heart-health-study>

brisk walking is just as good as running for reducing Bufalino says in addition to running and walking there are other things you can do to help you

<http://www.ahchealthnews.com/2013/10/29/brisk-walking-as-good-as-running-study-finds/>

is part of a healthy lifestyle. But, lap for lap, running burns about 2.5 times more calories than walking. Running may also help control appetite,

<http://greatist.com/fitness/walking-good-workout-running>

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<http://paperzz.com/doc/3430478/daily-newspaper>

Running v. Walking: How Many Calories Will You Burn? Do what you can to burn as many calories as possible in exercise and daily living. That's the ticket to good

<http://www.runnersworld.com/peak-performance/running-v-walking-how-many-calories-will-you-burn>

Apr 11, 2013 Day 1 on our journey to staying fit

<http://www.youtube.com/watch?v=sDsQ8kgUX-U>