

# Walking vs. Running



Mile for mile running and walking burn approximately the same amount of calories. So which is better?

**Time:** Minute for minute, the faster your speed, the more calories you burn, giving running the calorie burning edge.

**Injury:** There is a lower risk of injury with walking than running. Walking is one of the safest exercises you can do and it provides great cardiovascular benefits without excessive stress on your joints.

**Your Schedule:** To run or walk the same distance, running is obviously faster. If you have a short amount of time to exercise, running will burn calories faster than walking can. Running usually requires a complete change of clothing, where walking can be done in any clothing, saving time.

**Getting Started:** People who haven't exercised regularly in a long period of time may want to start with walking. Additionally, people with joint related conditions or who are overweight should stick with walking.

**Individual Choice:** Ultimately choosing walking or running comes down to which activity you prefer, if you have your doctor's clearance. Mixing them can be a great way to add variety and flexibility to your exercise schedule.

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"All things being equal, you will burn more calories by running an hour than walking an hour. It is true that walking a mile will burn more calories than running a mile—although it will take longer to do so. When you run a mile, you're burning mostly sugar, or carbohydrates, which is how your body gives you fast energy in bursts. When you walk a mile, it gives your metabolism time to switch from burning carbohydrates to burning fat."

Dr. Dean Ornish, UC San Francisco