

## Week 2 - Benefits from Walking

Walking briskly can lower your risk of high blood pressure, high cholesterol and diabetes as much as running, according to a new study conducted at Lawrence Berkeley National Laboratory, Life Science Division in Berkley, Calif. All three conditions are risk factors for heart disease and stroke - and you can do something about them.



Researchers analyzed 33,060 runners in the National Runners' Health Study and 15,045 walkers in the National Walkers' Health Study. They found that the same energy used for moderate-intensity walking and vigorous-intensity running resulted in similar reductions in risk for high blood pressure, high cholesterol, diabetes, and possibly coronary heart disease over the study's six years. **The more people walked or ran each week, the more their health benefits increased.**

- “The findings don’t surprise me at all,” said Russell Pate, Ph.D., a professor of exercise science in the Arnold School of Public Health at the University of South Carolina in Columbia. “The findings are consistent with the American Heart Association’s recommendations for physical activity in adults that we need 30 minutes of physical activity per day, at least 150 minutes of moderate activity per week or 75 minutes of vigorous activity per week to derive benefits.”

