

At Home Fitness Cardio

MARCHING OR RUNNING IN PLACE

SUMMARY

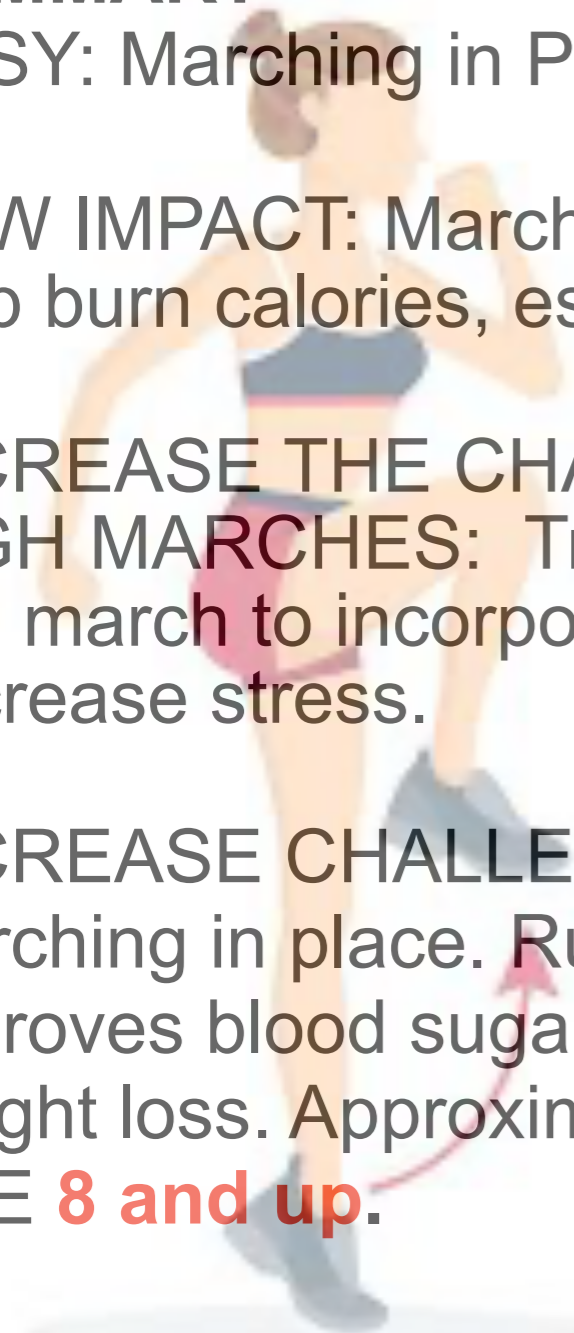
EASY: Marching in Place is great simple exercise. METS are **3-6**.

LOW IMPACT: Marching in place is considered a low-impact exercise and it does help burn calories, especially for people who have obesity.

INCREASE THE CHALLENGE BY ADDING UPPER BODY MOVEMENTS AND HIGH MARCHES: Try incorporating arm movements, up and down overhead, as you march to incorporate full-body movement. Large arm movements helps decrease stress.

INCREASE CHALLENGE BY RUNNING IN PLACE: It is higher impact than marching in place. Running in place has been shown to elevate heart rate, improves blood sugar levels, and burns calories and fat, all of which help with weight loss. Approximately **563 calories** are burned by running in place. METS ARE **8 and up**.

MAKE IT HIGH INTENSITY BY MAKING IT A HIGH KNEE JOG IN PLACE: You can make the jog in place harder by lifting knees higher. You can make it high intensity interval training with low and high intervals.



MARCHING OR RUNNING IN PLACE

EASY: Marching in Place is great simple exercise. I often have my clients do this as an easy warm up. Athletes use it all the time, although they do a form of high marching. METS are 3-6.

LOW IMPACT: It is considered a low-impact exercise and it does help burn calories, especially for people who have obesity. According to the [American Council on Exercise](#), marching in place is a great method for people who have overweight and obesity to get cardio in without the risk of injury that's associated with high-impact activity.

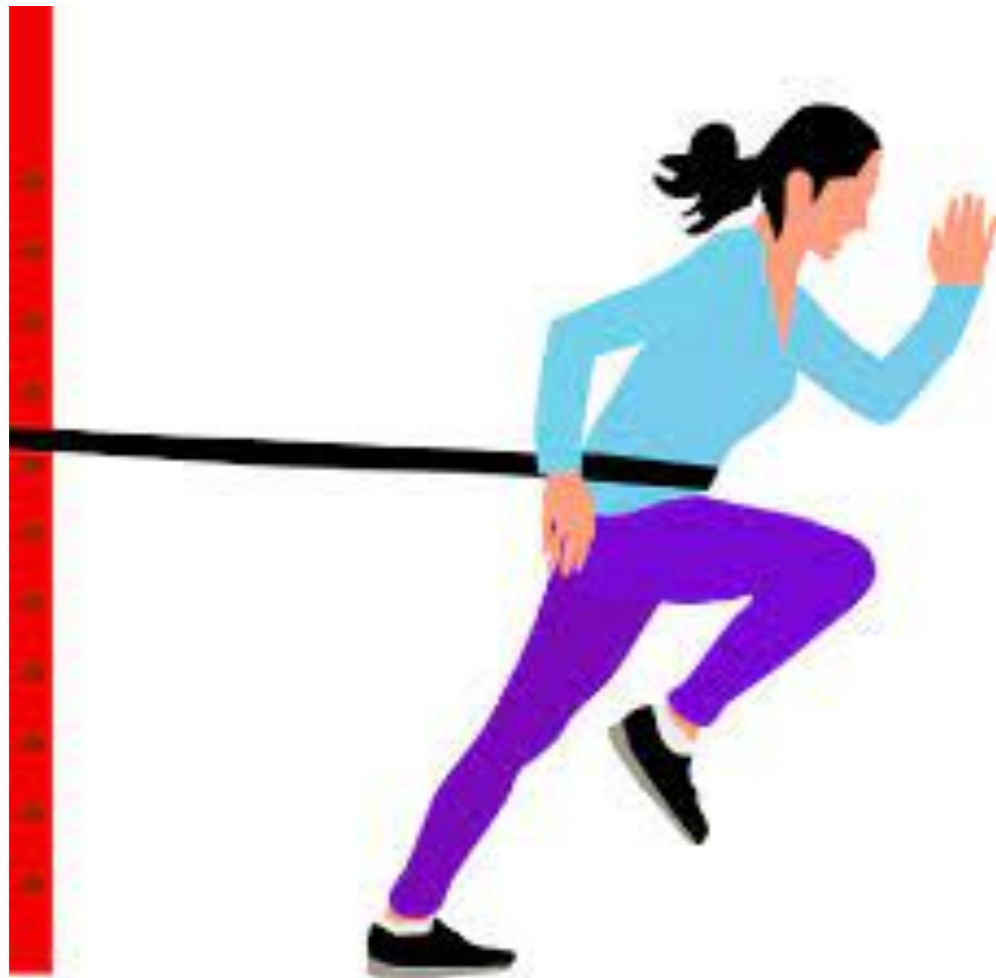
INCREASE THE CHALLENGE BY ADDING UPPER BODY MOVEMENTS AND HIGH MARCHES: Once you have marching in place down and are ready for an added challenge, try incorporating arm movements, up and down overhead, as you march to incorporate full-body movement. And once you build up confidence, you can increase your intensity and turn your march into a light jog in place. Remember to listen to your body — we all have different levels of fitness and are challenged by different levels of activity.

RUNNING IN PLACE: Running in place elevates your heart rate, improves blood sugar levels, and burns calories and fat, all of which help with weight loss. You'll also boost cardiovascular function, enhance lung capacity, and improve circulation. According to the State of Wisconsin Department of Health Services, approximately **563 calories** are burned by running in place. This refers to the average 155 lbs person for 1-hour of in place running. The greater the intensity and duration, the greater the calorie burn. METS ARE 8 and up.

MAKE IT HIGH INTENSITY BY MAKING IT A HIGH KNEE JOG IN PLACE: Even greater [High Intensity Interval Training \(HIIT\)](#) exercises can be achieved with minimal space (and no gym equipment) by turning your jog into high knees in place. To accomplish this, up your intensity level and drive your knees up toward your chest in your stationary jog. To do this, you'll need to engage your abdominals and pump your arms for momentum. Quickly, you'll notice your heart rate climb as you become breathless and sweaty. To try a HIIT workout with high knees, start with short bursts of maximum high-knee intensity followed by longer periods of recovery. Try 30 seconds of intense high knees, followed by 60 or 90 seconds of slower marching recovery and then repeat. The best part is that this requires minimal space and can even be done at home or in the office!

MARCHING OR RUNNING IN PLACE USING A BAND

Make sure band is secure



Marching/Jogging in Place

Marching **METs** = 3/4

Running in Place **METs** > 8

VIGOROUS

METs can also be translated into light, moderate, and vigorous intensities of exercise.

1. **Sedentary**—Uses 1.5 or fewer METs. Examples are sitting, reclining, or lying down.
2. **Light intensity**—Uses from 1.6-3.0 METs. ...
3. **Moderate intensity**—Uses from 3.0-6.0 METs. ...
4. **Vigorous intensity**—Uses from 6.0+ METs.

INDOOR WINTER FITNESS

Marching/Jogging in Place

SAFE SIMPLE SUSTAINABLE EFFECTIVE

