

Walking Can Lower Risk of Heart-Related Conditions as Much as Running

Walking **briskly** can lower your risk of high blood pressure, high cholesterol and diabetes as much as running can, according to surprising findings reported in the American Heart Association journal *Arteriosclerosis, Thrombosis and Vascular Biology*.

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.

