



Is Walking Enough Exercise?



The Benefits of Walking

1. Walking offers physical and mental health benefits.
2. It's effective for muscle and bone health, heart and lung health, and managing chronic conditions.
3. Walking reduces stress, anxiety, and depression while enhancing mood and energy.



Walking vs. Running

Research shows that moderate-intensity walking is as effective as running when the same energy is expended.

Walking for Weight Management

Walking can contribute to weight management when paired with a healthy diet and increased daily walking.



[Learn more](https://howdyhealth.tamu.edu/is-walking-enough-exercise/)

Get Started Today!

Joining fitness challenge programs, like **Walk Across Texas** or **10&10,000** can help establish a walking routine and achieve better health.



FAMILY & COMMUNITY HEALTH