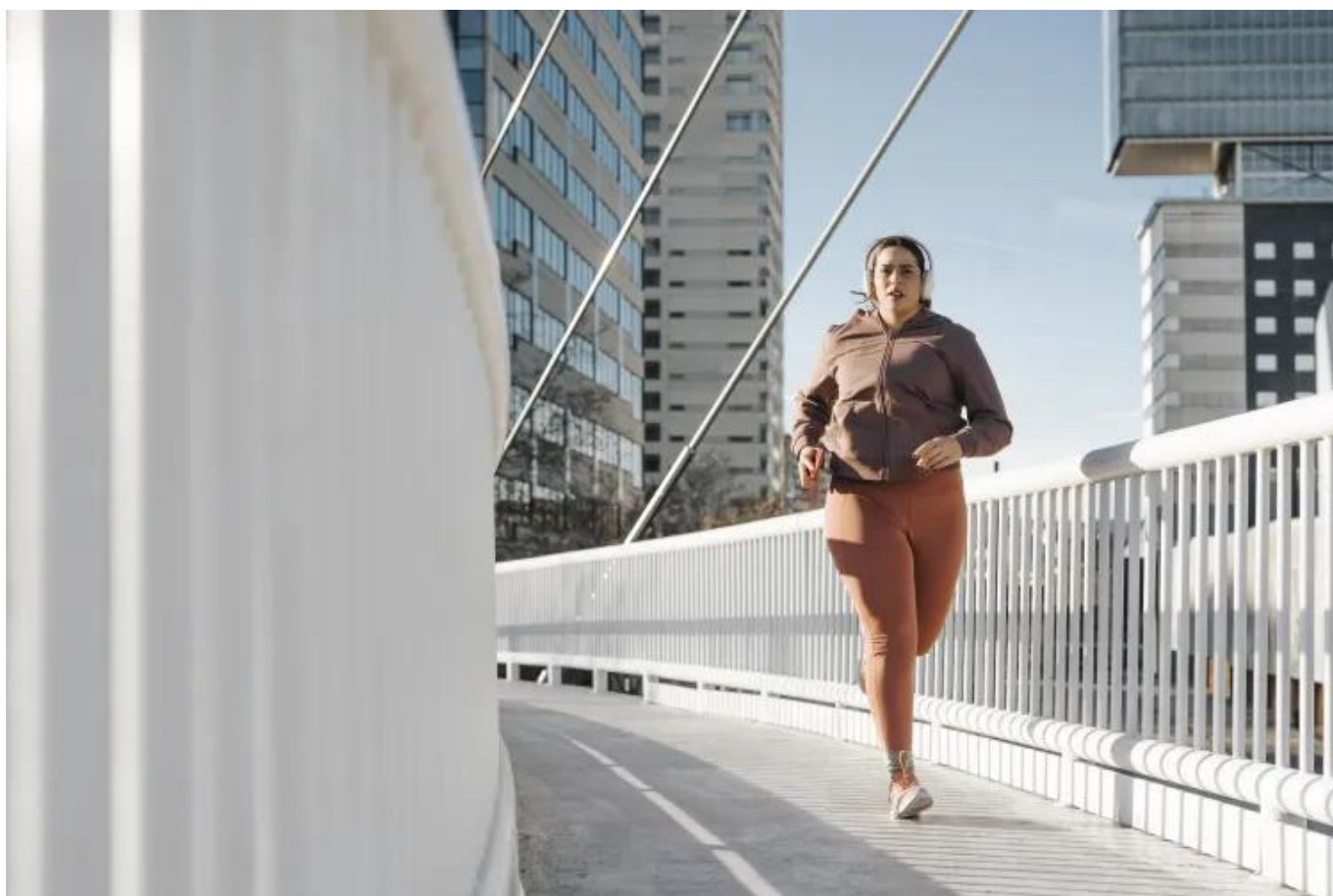


Running will help you lose weight faster than walking on an inclined surface

If you are focused on weight loss, it may not be easy to choose the exercises suitable for this. For example, running or walking down. Each of these activities has its own advantages.

Walking on an inclined surface and running have similar health benefits. At the same time, walking less loads joints, and running allows you to burn more calories in less time. For example, with a weight of 70 kg in 30 minutes of run, you burn up to 474 kcal.



Focus Pixel Art / Getty images

Both types of activity also positively affect general health. They improve mood, sleep, balance and coordination, reduce stress, blood pressure, risk of heart disease, stroke, some types of cancer, support the health of lungs and hearts, reduce cholesterol, strengthen bones and muscles.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.