

Why go running?

Benefits:

Maintain a healthy weight.

Prevent or manage various conditions including heart disease, high blood pressure and type 2 diabetes.

Strengthens the bones and muscles

Improves your mood

Improves balance and coordination.

Pros of walking:

Accessible, Huge Calorie burn,
Easy to do, Good for functional
fitness

Cons of walking:

Time extensive, Places
to walk, Injuries,
weather

Recommended time daily:

30-45 mins a day is where we see great
health benefits.

