

walking and jogging for pdf

Power walking or speed walking is the act of walking with a speed at the upper end of the natural range for the walking gait, typically 7 to 9 km/h (4.5 to 5.5 mph). To qualify as power walking as opposed to jogging or running, at least one foot must be in contact with the ground at all times (see walking for a formal definition).

Power walking - Wikipedia

Jogging is a form of trotting or running at a slow or leisurely pace. The main intention is to increase physical fitness with less stress on the body than from faster running but more than walking, or to maintain a steady speed for longer periods of time. Performed over long distances, it is a form of aerobic endurance training

Jogging - Wikipedia

I have been using one of these for a few months now to count my daily steps, both for deliberate exercise and for keeping track of my activity level in just walking around the house, etc.

ACCUSPLIT AE120XL Certified Accurate Pedometer, Steps

The Weight-Management Physician: Amy Rothberg, MD "Walking is one of the best tools for weight maintenance," says Dr. Rothberg, director of the University of Michigan's Weight Management Clinic.

The Best Walking Workouts, According to Fitness Experts

WWW CSEP CA GUIDELINES Let's Talk Intensity! Moderate-intensity physical activities will cause adults to sweat a little and to breathe harder.

#CANADIAN PHYSICAL ACTIVITY GUIDELINES - csep.ca

to Healthy Active Living CANADA'S Handbook for Guide Health Canada Santé Canada Canadian Society for Exercise Physiology Includes pull-out copy of the Guide

CANADA'S Handbook for Guide

Regular jogging could add more than five years to your life expectancy. This is the startling result of a comprehensive study, based on figures for Copenhageners' life expectancy.

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