

Walking a mile burns the same calories as running a mile

Contributed by Skinny Myths Team

SKINNY MYTH: "Walking a mile burns the same calories as running a mile"

Myth. Running a mile burns approximately 41% more calories than walking a mile according to a controlled Syracuse University study.

Running requires more force to be exerted and consumes far more oxygen.

But walking is still exercise. It's a great way to keep active and a great first step to running for weight reduction.

Source Reference:

- Medicine & Science in Sports & Exercise Journal. Dec. 2005