Complementary blog post: 5 Ways Running Reduces Stress

Subject: Does Walking Reduce as Much Stress as Running?

(Firstname)

Can you get the same benefits walking as you do running? A good run is renowned for its great feel-good, stress reducing benefits, but could a gentle stroll be just as effective? Here we’ll look at the difference between the two and which one you should opt for if you’re looking to de-stress.

A gentle stroll Vs running

If you’re planning on simply going for a gentle stroll, it may not be as effective as running to lower stress levels. While it largely depends upon the environment, stress-reducing benefits from exercise largely come when you really push the body. So, while a gentle stroll may help to reduce stress, it’s not going to be as effective as a run.

Why environment matters

One way you can boost the stress-relieving benefits of walking is by choosing the environment carefully. For example, walking in a green space with trees, nature and a peaceful environment, will help to combat more stress than if you were walking alongside a main road. In fact, walking alongside a main road could actually add to stress due to the excessive noise levels.

With running on the other hand, while environment is still important, you’ll tend to receive the same stress-busting benefits regardless of where you run.

Why running often trumps walking for stress relief

If you really compare the two, it quickly becomes clear running is better to reduce stress than walking. This could be because when you run, it takes a lot more energy and concentration than walking.

You need to constantly be aware of where you’re going and any potential obstacles along the way. This basically forces your brain to focus on the task at hand, rather than thinking about the situation you’re stressing over. As you’re burning a lot more energy too, your brain simply won’t have the capacity to worry about stress levels after a good run!

You can find out more about how running reduces stress in the blog on our site.

LINK

So, while walking will reduce more stress than you would not exercising at all, running does tend to be more effective. You simply can’t beat the feeling you get after a run and it also comes with many other great benefits, such as its better for weight loss than walking.

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