

Why Women Run & Walk

Regular, moderate running and walking can reduce the risk of osteoporosis, breast cancer and diabetes. Walking and running can cut the risk of a heart attack in half for post-menopausal women.

Running and walking are the most accessible of aerobic sports. No matter where you live or travel, an excellent area for walking/running is almost always close by. No need to find a health club, join a team, go to a gym or worry about bringing along bulky equipment.

Walking and running are inexpensive and simple to learn. You need good shoes, decent clothing, and not much else to participate. There are even clothes made specifically for women runners' and walkers' needs. Everyone knows how to walk/run, and information on training is widely available.

Running and walking are the best method of stress reduction on the market. 30 minutes of running/walking will work wonders in dissolving stress accumulated on the job. Walking/running helps alleviate many women's menstrual complaints.

Running or walking are an excellent component of any weight control program. Few activities burn calories so quickly.

Walking/running is a flexible method of training. You can run/walk at your own pace, with or without company, at whatever time of day suits you.

Running or walking makes you feel good. Fitness, self-esteem, empowerment and confidence all increase with exercise, especially for women.

Walking/running offers a unique opportunity for recreational walkers and runners to mix with world class athletes. You can't play at Wimbledon or on the LPGA tour, but on almost every weekend, recreational women runners and walkers compete in racing events with the fastest women in the sport. There are also low-key social events that emphasize fun and friendship.

Running and walking are for families and individuals of all ages. There are running and walking programs for kids, women-only races, "masters" programs for those over 40, and events for families.

Walking and running put you in good company. Millions of people already walk and run for health, fun, fitness and competition, including 3 of the last 4 presidents of the United States (and the last two Vice Presidents' wives). There are running clubs in almost every community in the country.

Adapted from The Road Runners Club of America