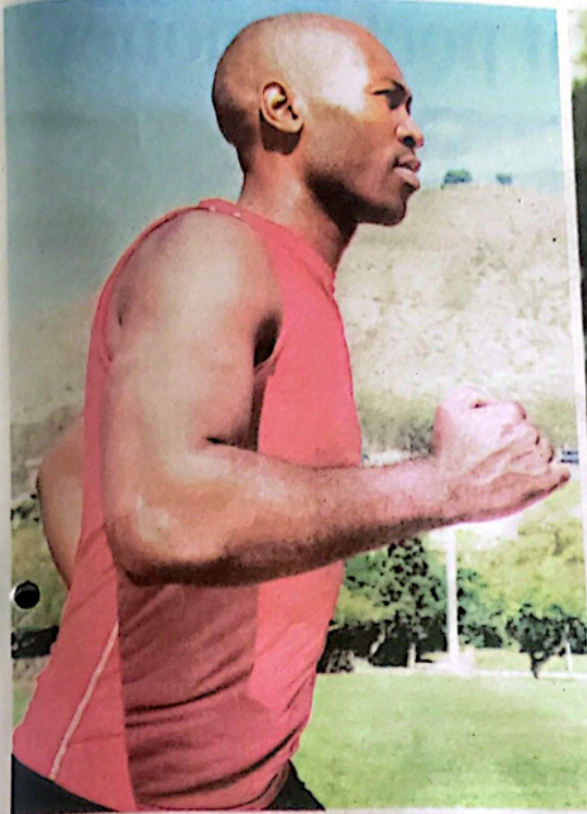




A man jogs while a woman enjoys a brisk morning walk nearby, showing that both forms of exercise support heart health, stamina, and overall well-being. Walking or jogging: Every step counts.

Think jogging is better than walking? Think again

Many people believe that unless they are running and sweating hard, they are not doing "real" exercise. But when it comes to long-term fitness and joint health, walking may be just as powerful and, for many, even smarter.

BY TONY MUSHOBOROZI

If you have ever felt guilty for choosing a brisk walk over a jog, you are not alone. There is a common belief that unless you are running and gasping for breath, you are not doing enough. But is that really true?

Jogging and walking are two of the most accessible aerobic exercises in the world. You do not need a gym membership, fancy equipment or a personal trainer to get started, just a decent pair of shoes and some commitment.

Both activities get your heart pumping, help burn calories and improve overall health. Done regularly and combined with a healthy diet, they help support weight loss, improve stamina, and strengthen your heart and lungs.

According to the World Health Organisation (WHO), nearly one-third of adults worldwide, about 31 percent of the global adult population, do not meet the recommended minimum of 150 minutes of moderate-intensity physical activity per week, or 75 min-

utes of vigorous activity such as jogging. That is roughly 1.8 billion adults who are falling short of basic activity levels.

That statistic tells us something powerful; many people are not moving enough, whether through walking or jogging. So, the real question is not which is better in theory, but which one works for you in practice, consistently and sustainably?

Here is how to think about it.

Walking is low-impact. One foot is always on the ground, which greatly reduces the strain on your knees, hips and ankles. It carries a lower risk of injury, requires no special conditioning and can be sustained long-term. For many people, walking can comfortably become a daily habit.

Jogging, on the other hand, simply asks more of your body.

When you jog, both feet leave the ground. Every time you land, your joints absorb up to three times your body weight. Over time, that repetitive impact can take a toll, especially if your body is not properly conditioned. Without gradual progression, good form and adequate recovery, jogging can lead to shin splints, tendonitis and knee pain.

Sports doctor Ntege Ssengendo says some groups of people should think carefully before choosing jogging over walking.

People with joint issues or osteoarthritis

If you already struggle with knee, hip or ankle pain, jogging may aggravate the problem. That repeated landing impact can worsen discomfort and inflammation.

Walking, however, still delivers car-

diovascular benefits, reducing excessive stress on joints. For people with chronic knee pain or injury, walking is a more sustainable choice.

Older adults or those with physical limitations

As we age, balance and reaction time decline. That does not mean it simply means the faster pace of jogging can lead to falls or sprains. Walking challenges. Walking is a routine that protects mobility.

Beginners

One of the biggest barriers to exercise is not knowing where to start.

If your body is not used to sustained straight-line activity, walking is a gentle introduction. It reduces the risk of injury, improves cardiovascular health, and builds confidence. With time, you can gradually increase the pace and distance.

Individuals with weight concerns

For people with excess weight, walking is a low-impact way to increase calorie burn and improve cardiovascular health.

WHY NOT EVERYONE SHOULD JOG

Jogging does offer benefits. It burns more calories per minute and provides greater cardiovascular intensity. For healthy individuals who enjoy it and train properly, it can be an excellent workout.

But it is not a requirement for good health.

If your goal is sustainable fitness, walking is a proven, low-impact activity that reduces the risk of injury. It is simpler, safer, and more enjoyable than jogging for many people.