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12 Benefits of Walking - HealthQuest Radio

Both running and jogging are forms of aerobic exercise. A beginner to exercise should start with brisk walking, progress to jogging and work up to running. See your doctor for a check-up before starting a running program. Jogging or running is a popular form of physical activity. About one in five ...

Running and jogging - health benefits - Better Health Channel

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Six-Week Beginner Walking Plan - American Heart Association

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walking works

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5 surprising benefits of walking - Harvard Health

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