

A split-screen image showing a man walking on the left and a woman running on the right. The man is wearing a grey tank top and black leggings, walking on a paved path with a white railing and a city building in the background. The woman is wearing a red tank top and blue shorts, running on a dirt path with green trees in the background.

WALKING VS. RUNNING:

WHICH IS BETTER FOR FAT LOSS?

Walking And Running

KJ Lindholm-Leary



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