**Is walking better than a treadmill?**

Walking is an alternative of a treadmill. But walking to so natural and it is better than a treadmill. Walking is a low-impact exercise. And low-impact exercise is good it does not create extra pressure on your muscles and joints.

Your body absorbs a ton of force when you do high-impact exercises like running on a treadmill. And this is a very bad idea for them who have a lot of excess weight. But if you don’t find any available safe walking route then a treadmill is the better exercise choice for you.

Outdoor walking keeps your brain engages in the workout. A machine cannot do this. When you are going for a walk outside then you can take a fresh breath. But when you are running on a treadmill then you do not get any fresh air. Also walking outside can save you money. You do not need any equipment except a good pair of walking shoes.

Sometimes treadmill can makes you feel bore. Because when you are working out on a treadmill you need to stay in one place the whole time. But when you walking outside you can able to see different things and allow you to enjoy nature. Walking outside can give you a benefit that it works your muscles more. You do not need a gym membership if you are an outside walker and you also do not need to buy a treadmill. So walking outside is more economical and it gives you a great way to get in family time and enjoy nature.

But one thing I must say that the treadmill also has a beneficial issue. If you have a treadmill in your house then you have no weather worries. But I support to workout in a natural way like walking outside.