**Texte 2**

**Want to be healthier? Pick up the pace of your walk**

New research suggests that speed as well as volume makes a difference when it comes to

walking’s health benefits.

Everyone knows that walking is one of the best exercises for health, which is why physicians regularly recommend 150 minutes a week. But that's a measure of volume. What about walking speed? Does that make a difference? A recent paper indicates the answer may be yes.

The study: Previous research had focused only on total amounts of exercise in minutes, or steps. A team of epidemiologists in Sydney looked at whether people who walked similar distances but at different speeds gained more or fewer health benefits. The paper was published in the British Journal of Sports Medicine.

Methods and results: The investigators identified 11 English and Scottish population-wide reports that included more than 50,000 regular walkers with an average age in their late 40s. The walkers were grouped according to four walking speeds: slow, average, brisk and fast. Lastly, the researchers compiled mortality (from heart disease and cancer) rates during an average follow-up period of 9.2 years.

Next steps: Keep taking them — your walking steps, that is. Walking more is better than walking less. But don't fall into the trap of thinking that any languid stroll provides a big health boost. Keep out of the "slow" zone. Make sure you're putting some effort into your walk.

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