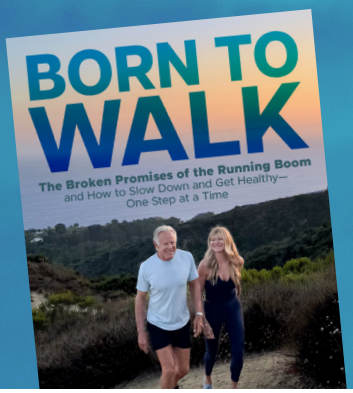
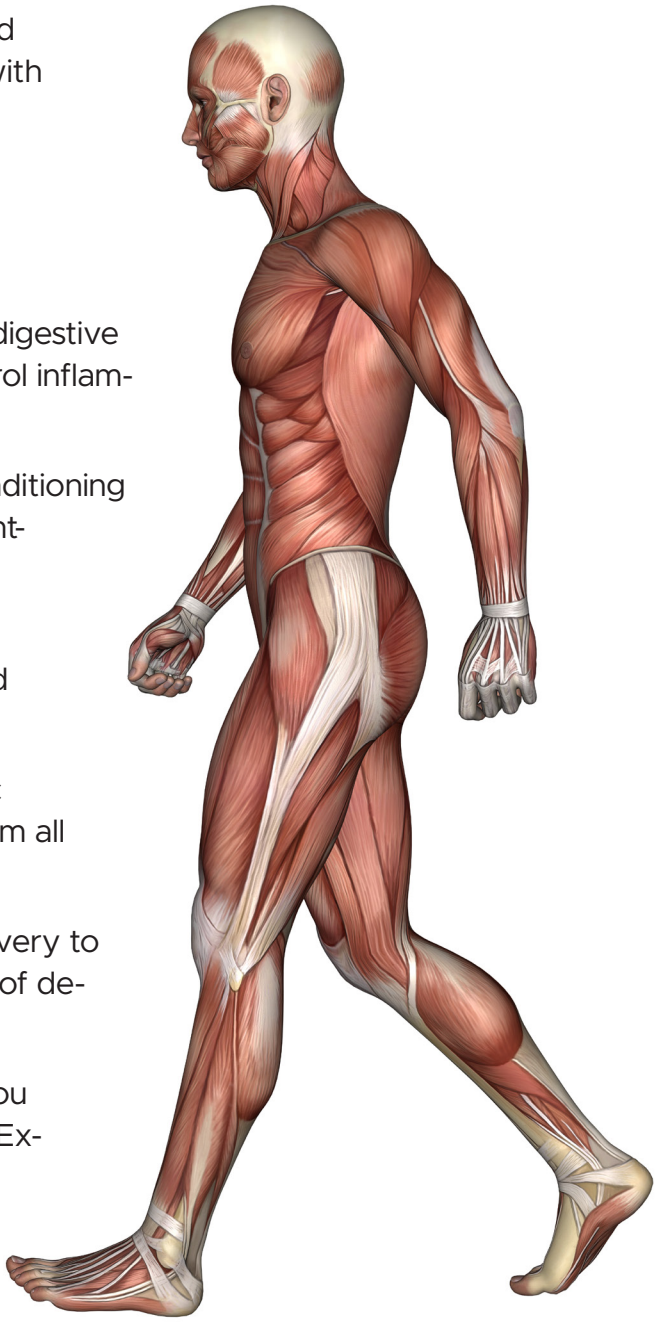


40 Mind-Blowing Assertions to Recalibrate Modern Fitness Philosophy

WALKING

1. Walking is universally health-boosting, delivers an excellent aerobic conditioning effect (even for fit runners), improves fat metabolism, stabilizes energy, mood and appetite, and has near-zero injury risk.
2. Walking is not a fitness "option" but rather a hard-wired genetic expectation for human health, right up there with getting nutritious food, adequate sunlight, and sleep.
3. Walking is accessible to virtually everyone; running is self-selecting for lean, fit, competitive, willing-to-suffer types.
4. Walking improves cardiovascular health, immune and digestive function, promotes anabolic processes and helps control inflammation.
5. Walking delivers excellent "Zone 1" cardiovascular conditioning effects without the downside risk associated with slightly-too-strenuous endurance runs.
6. Walking makes you supple, mobile and flexible—unlike chronic cardio, which makes you creaky, achy, stiff, and sore.
7. Walking is a stress-reliever, stimulates parasympathetic nervous system activity, and helps speed recovery from all forms of training, injury, and illness.
8. Walking helps boost blood circulation and oxygen delivery to the brain, improves neuron firing, alleviates symptoms of depression and anxiety, and improves neuroplasticity.
9. Fat max heart rate represents the intensity at which you burn the maximum number of fat calories per minute. Exceeding fat max means burning more total calories, but less fat and more glucose.



10. Exercising at or below your “fat max” heart rate ensures your workout is energizing and health-boosting. A pattern of steady state cardio workouts where you exceed fat max routinely leads to breakdown, burnout, illness and injury.
11. Fat max heart rate can be determined in a lab test or you can estimate with the formula: 180 minus [your age] in beats per minute. For example, at age 50, fat max pace is 130 (180-50).
12. We typically transition from a walking gait to a jog at 14 minutes-per-mile. If you can’t go faster than 14:00 at fat max, you should be walking, not running.
13. The human foot is vastly superior to any running shoe for impact absorption, balancing moving bodyweight and generating forward propulsion.
14. Lifelong use of elevated, cushioned shoes has caused atrophy, dysfunction, and chronic pain. Regaining lost foot functionality is a critical modern health objective.
15. Going barefoot or wearing minimalist shoes with flat, flexible soles and individual toe articulation can safely strengthen feet and reduce injury risk, but you should walk–not run.
16. All types of physical exercise are literally “cardio”--they stimulate the cardiovascular system to respond to muscular demand–even HIIT and stop-and-start sports.
17. An ancestral-inspired, broad-based functional fitness program entails frequent everyday low-level movement, regular brief, intense resistance exercise, occasional all-out sprints, and spontaneous, unstructured outdoor play
18. Broad based functional fitness cannot be achieved when too much energy is directed to chronic cardio. Slowing down will help you get fitter and faster, with less pain, suffering, and sacrifice.
19. It’s not about the calories, it’s about the movement. Extensive daily walking improves fat metabolism, appetite regulation, and stress management–setting the stage for successful long-term weight management.
20. The correct human walking gait entails a heel-first landing, while correct running gait entails a midfoot landing.

RUNNING

1. Endurance running, anything beyond a mile or two, is most likely bad for your health. For the vast majority of participants, running, even at a "comfortable" pace, is too physically stressful.
2. Running is only health-boosting if you are lean and fit and can jog/run at a comfortable pace, emphasizing fat burning and minimizing glucose burning.
3. Running is catabolic (breaks your body down, requiring recovery), walking is anabolic (sends the genetic signaling for efficient metabolic, immune, cognitive and endocrine function)
4. Running prompts genetic signaling for fat storage, bone loss, and muscle loss–a "skinny fat" physique.
5. Running prompts chronic overproduction of stress hormones, sympathetic nervous system dominance, overeating, and the accumulation of visceral fat.
6. Running requires reliance on elevated, cushioned shoes, which enable poor technique and chronic injuries.
7. Elevated, cushioned running shoes enable an inefficient heel strike-jarring-braking-overstriding technique, which leads to chronic overuse injuries.
8. Fifty percent of regular runners are injured each year, with 25% of runners injured at any given time.
9. If you were asked to run barefoot on a hard surface, you would immediately exhibit excellent technique due to enhanced proprioception and foot functionality. In contrast, shoes dampen proprioception, enabling a jarring technique.
10. When running barefoot, impact forces are similar whether the surface is hard or soft, because we engage in *pre-activation* and *muscle tuning* to absorb impact gracefully in accordance with the surface.
11. Chronic cardio can suppress immune function, promote chronic inflammation, compromise gut health and damage mitochondria.
12. Years and decades of extreme endurance training can lead to an increased risk of cardiovascular disease, a phenomenon known as the *excessive endurance exercise hypothesis.*

Running shoes enable poor form and are the driving cause of injuries

13. The monotony, repetitive impact trauma, and mental and physical suffering associated with steady-state cardio can easily breed an obsessive, addictive mentality, known to scientists as the "obligate runner."
14. Excessive pursuit of the lauded "endorphin rush" generated by strenuous workouts can lead to depression, anxiety, and hormonal burnout.
15. To escape from the psychological dysfunction of the obligate runner, it's essential to de-emphasize results, reduce training stress load, and release the attachment of self-esteem to the outcome.
16. The most celebrated endurance events like marathon and ironman are arbitrary distances inspired by fabrication and bravado, glorified by marketing hype, and are inherently antithetical to health.
17. The "endurance runner hypothesis" of evolutionary biology–how we possess genetic attributes ideal for endurance exercise--is really for persistence hunting: walking, scouting, crawling, occasionally sprinting, and using our brains to prevail on the food chain.
18. Any *Homo sapiens* genetic gifts for endurance are buried under excess body fat, insufficient daily activity, weak musculature, and dysfunctional feet caused by a lifetime in shoes.
19. The world's greatest endurance athletes train in a relatively less stressful, more sensible manner than the average novice. Marathoner Eliud Kipchoge runs 83% of his weekly mileage at "easy" intensity–equating to a walk for most recreational runners.
20. In the history of humanity, we have never done endurance running for recreation–until the advent of elevated, cushioned running shoes that enabled the masses to partake in an overly-stressful, genetically offensive endeavor.