

## **Jogging is Unhealthy: Rethinking Cardio for Longevity**

Is jogging something we've all unconsciously agreed upon as a healthy form of exercise? I'd argue the opposite—it's far from beneficial and, if anything, **bad for us in the long run**. Every runner I've ever met complains about some form of injury, whether it's joint pain, shin splints, or other chronic issues that arise over time.

### **The Hidden Toll of Jogging**

Jogging involves repetitive, high-impact movement on hard surfaces that can **rattle your bones** and strain your joints. Over time, this can lead to lasting damage, especially for those who jog regularly on pavement. Why put your body through that kind of wear and tear?

Instead of long, repetitive runs, focus on movement that promotes strength and minimizes impact.

### **Healthier Alternatives to Jogging**

*"Avoid any sort of running that doesn't involve you going uphill or sprinting."*

Rather than subjecting yourself to the repetitive impact of jogging, consider alternatives that build strength and resilience without the same risk of injury:

1. **Uphill Running:** Running uphill engages your muscles more effectively, builds strength, and has a lower impact on joints.
2. **Sprinting:** Short bursts of high-intensity sprinting are powerful for cardio health and minimize repetitive impact.
3. **Walking:** A low-impact, highly beneficial activity that keeps you moving without the risk of injury associated with jogging.

### **Key Takeaways**

- **Rethink jogging** as a daily exercise; it's high-impact and can lead to long-term injuries.
- **Focus on strength and resilience** by choosing uphill running, sprinting, or walking.
- **Prioritize exercises that build without breaking down:** Movement should improve your body, not damage it.

Jogging may seem like the go-to for cardio, but by opting for healthier alternatives, you'll protect your joints, preserve your strength, and keep moving sustainably for years to come.