ABSTRACT

Healthy hearts rely heavily on steady stamina, built through consistent effort over time. One footstep at a time, moving forward slowly counts just as much as spinning pedals in place. Results came from watching how bodies responded when stuck to either method for weeks on end.

Some thirty young adults, all in good health and between eighteen and thirty years old, got split by chance into two separate sets. One set moved ahead with daily treadmill walks. The other took up bike riding that stayed in place, done without moving forward. Each session lasted half an hour. Five times every week they followed this path. It continued without pause across six full weeks. Fitness of the heart and lungs showed through maximum oxygen use. Signs also came from shifts in pulse rates. Another clue arrived via a short walk test lasting just six minutes.

After the program ended, each group got noticeably fitter. While cyclists gained more in oxygen uptake and heart-lung performance, walking made stronger gains in daily movement ability. Fitness improved overall, showing treadmills and walking can boost stamina just the same among people already in good health.

Keywords: Walking, Cycling, Cardiovascular Endurance, VO_2 Max, Aerobic Exercise, Functional Capacity, Healthy Adults, 6-Minute Walk Test (6MWT)

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