**The Top Alternatives to Running**

Running is one of the absolute *best* ways to burn calories, build muscle in your legs and also improve your overall health and fitness. Human beings evolved to be runners and so it should come as no surprise that we are much happier and healthier when this is something we do regularly.

But of course running is not going to be for everyone. Some people will naturally take to running more than others and if you don’t find that it’s your cup of tea, you may want to look for an alternative. Or perhaps you find that running is hard on your knees? Or that you don’t have anywhere scenic to try it? Read on and we’ll look at some of the best alternatives you can try instead…

**Roller Skating**

Roller skating is an interesting alternative to running and one that a lot of people don’t consider. While it’s not quite as much of a ‘transferrable skill’, it’s low impact and a lot of people love the feeling of going at such high speeds!

The same goes for skateboarding or even using scooters and the like!

**Swimming**

Swimming is once again a low impact alternative to running. At the same time, it has the distinct advantage of being a fantastic full-body workout that will be particularly effective at building up the lats and the trap – as well as the legs!

**Trail Running**

Trail running is a form of running that involves running ‘off road’. Normally, this means running through forests and across beaches. Not only does this often increase the challenge, thereby enabling you to build more muscle strength and endurance in your legs but it also makes the run more interesting in many cases!

**Battle Ropes**

Here’s something pretty different… Battle ropes essentially involves standing at the end of two long, heavy ropes and then beating them against the ground in a rhythmical motion. This requires a lot of exertion and challenges your coordination, power *and* cardiovascular endurance!

**Cycling**

Another low impact alternative to running. This might mean cycling on a treadmill, or it might mean cycling outdoors. Of course the latter is better for you but the former has the advantage of allowing you to watch TV or otherwise catch up with your reading.

**Skipping**

Jumping rope is one of the preferred cardio workouts for boxers. It’s a great way to get as cut and lean as Rocky Balboa!