



Evolution of Human Walking and Running  
Follow-Up Questions  
By Danny Fain

Answer the following questions in complete, detailed sentences.

1. Describe two specific characteristics that make human bodies well-suited for endurance walking and running.
2. Compare and contrast the anatomy of humans and chimpanzees, including two specific differences that affect running ability.
3. Describe the fossil evidence that suggests an evolutionary change leading to endurance walking/running.
4. How is the lifestyle of most people nowadays inconsistent with our adaptation for endurance walking/running?
5. Describe a specific change you could make in your own lifestyle to be more consistent with our adaptation for endurance walking/running, or describe a general change in our society that would allow more people to increase the amount of walking/running in their lifestyles.

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