

Run for Your Life!

Discovering the Benefits of Jogging

Running is one of the best cardiovascular exercises known to man. It requires no equipment (save a good pair of running shoes), is suitable for all fitness levels, and greatly improves overall health fitness.

Nearly anyone can learn to make jogging a habit and incorporate into their weekly routine. Even those who have never run a day since childhood can learn to slowly build their cardiovascular endurance and build a solid, long-term fitness regimen.

Benefits of Running

We're all aware that running strengthens the heart, as well as the body. However, the benefits of running go far beyond physical. Some of the most notable ways jogging may improve life include:

- Assists weight loss and weight maintenance
- Reduces stress and improves mood
- Builds confidence
- Improves the circulatory and respiratory systems
- Helps combat the aging process
- Helps reduce insomnia
- Prevents muscle and bone loss
- Reduces the risk of stroke, heart attack, and breast cancer
- Running raises good cholesterol



Where to Begin: Tips for Beginners

If you're starting from ground zero, it's important to not allow yourself to become overwhelmed. Rest assured that if you adhere to a step-by-step program (such as a couch-to-5K), develop perseverance, and learn to be patient with yourself, running can become a part of your fitness foundation. Try following these tips as you begin your journey:

- Get fitted for a good pair of shoes that suit your body and your gait.
- Stay hydrated. Bring a water bottle with you when you go for a jog.
- Gradually increase your distance. Don't go out too hard or too long. Remember the tortoise and the hare.
- When bad days occur (and they will), don't let it derail your progress. Let it go. Not every running experience will be great. And that's okay.
- Warm up before you run and stretch to cool down in order to avoid injury.
- Eat at something light roughly an hour before your run.