



Why You Should Add Running to Your Workouts

When it comes to running, most people will tell you they either love it or they hate it. Those who love it often speak of experiencing stress relief and losing their thoughts in the rhythm of running. Those who hate it generally do not share those experiences! However, regardless of what camp you fall into, running has some great benefits that might make you want to add it to your current workout regime.

- It burns calories quickly as it requires a lot of energy over a short time.
- It's a great cardiovascular workout that can improve heart health.
- It can improve bone density as well as strength and endurance in your quads, hamstrings, and abdominals.
- It can be done anytime, anywhere.
- It really IS a great stress reliever. If nothing else, you'll feel proud after it's done.

If you have been thinking about adding variety to your workouts, why not consider running? Adding a running program does not mean you have to train for a marathon - even a walk/run workout, one or two days a week, could shake up your routine and allow you to reap all the benefits running has to offer. So, what is the best way to get started to achieve success?

- Make sure you have a good pair of running shoes to avoid injury not just to your feet, but your knees, hips, and back too. Women should consider investing in a properly fitting sports bra.
- Start with a combination of walking and jogging, 60 seconds of walking followed by 30 seconds of easy running. Repeat that 10 times. As you get more comfortable with running, you can start to decrease your walk time and increase your run time.
- Keep your running natural. Think about controlling your breathing, relaxing your shoulders, staying light on your feet, and not landing flat-footed.
- Give it a chance! The first few (or several) times you get out there you will probably feel uncomfortable. But, just like most things in life, the more you do it, the better it gets!