Live Well, Work Well

FITNESS FIRST: RUNNING

Running is an energizing activity that is free and requires no equipment when done outside. Running can even fight aging, assist in weight loss, alleviate stress and reduce blood pressure.

The Benefits of Running

The benefits of running are extensive. Check out the following physical and mental benefits of running:

- Prevents muscle and bone loss
- Reduces risks associated with stroke and breast cancer
- Fights early stages of osteoporosis, diabetes and hypertension
- Reduces risk of blood clots
- Boosts the immune system
- Improves lung capacity
- Reduces stress
- Releases endorphins, providing an elevated sense of happiness

Talk to Your Doctor

Before beginning a running or other exercise program, talk with your doctor about it to ensure that it is right for you.

Get Started

Beginning a running or exercise program can seem a bit overwhelming, but by following the steps listed below, you'll be on your way to a successful running program with long-lasting results.

- Determine your baseline—measure your current fitness level. How long does it take you to complete one mile?
- Create a plan for your running program.
- Identify your goals. Consider your baseline and be realistic.
- Determine where running can fit into your daily routine.
- Gear up. Wearing the right type of shoes for support can help you avoid potential problems, such as shin splints.
- Create a running log to track your progress.
- Remember to stretch before and after your run to help prevent sore muscles.
- Document your success. How long does it take you to run a mile after six weeks of following your program? Re-evaluate your goals based on your results.

Lawley