Just Run!

Running is an incredible option for conditioning your body. It helps strengthen your muscles and keep you in shape. In addition, running is fun, you can do it in the treadmill, beach and street, and it has lots benefits. People of all ages can run and live healthy and fit.

Some benefits of running:

Improves your health: Running boosts your immune system, which is important for preventing diseases, better blood circulation, lowering your risk of developing blood clots and improving overall lunge health.

Helps lower your risk of breast cancer.

Weight loss: Running helps to burn off extra calories and, with proper nutrition, reduce body fat— helping to boost your confidence! Research shows that running burns an average of 100 calories per each mile.

Anti-aging: Running naturally increases human growth hormone, and helps to enhance the face’s glow.

Relieves stress and helps to reduce depression: Exercise results in more energy and a better mood. After only a few minutes of running, your brain will start to secrete a hormone that naturally improves your mood. The new research from the University of Miami finds that regular exercise can reduce depression, lessen fatigue, and improve general quality of life during treatment when combined with group-based behavioral therapy to reduce stress.

Start with a pace and time that you can do and add 1-2 minutes each week until you build up to a 30 minute or 3 mile run. From there, we can tailor your workouts based on your goals.

So just get some good running shoes and go!

***Do you have a question about health, fitness or nutrition? Send it to Ask Laura, at*** [futurist@shockertrackclub.com](mailto:futurist@shockertrackclub.com)

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