



LACHER &
ASSOCIATES

FITNESS FIRST: RUNNING

Ready, set, go!

Running is a great energizing activity that needs no equipment, and best of all, it's free. Running can fight aging, assist in weight loss, alleviate stress, reduce blood pressure and offer a new level of euphoria to life.

TOUGH TO BEAT THE BENEFITS

Running offers both physical and mental benefits:

Physical Benefits

- 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

Mental Benefits

- Builds confidence
- Reduces stress
- Releases endorphins, providing an elevated sense of happiness

GET STARTED

Now that you recognize all the great benefits of running, you're probably eager to get started! Beginning a running or exercise program can seem a bit overwhelming, but by following the six steps listed below, you'll be on your way to a successful running program with long-term results.

TALK TO YOUR DOCTOR

Receive your doctor's approval before you begin your running program.

- Determine your baseline – measure your current fitness level. How long does it take you to run one mile?
- Create your running program.
- Identify your goals. Consider your baseline and be realistic.
- Determine where running can fit into your daily routine.

- Create a running log to track your progress.
- Gear up. Purchase the right shoes for support will help alleviate potential problems, like shin splints.
- Just go! Get out there and start running.
- Remember to stretch prior to and following your run to help prevent sore muscles.
- Document your success. How long does it take you to run a mile after six weeks of your program? Re-evaluate your goals based on your results.



DID YOU KNOW...?

Running is one of the best forms of cardiovascular activities for burning the most calories per minute – so get out there and get to it!