

## **Get Running!**

**As an avid “recreational” runner, it always surprises me to hear otherwise active people say, “I can’t/don’t run”, or “I am not a runner.” As children, we all run – my 11 month old son seems destined to run before he walks. Yet as adults, many seem to have lost the desire, rather than ability, to do so. Over the next few months, I will be writing to try to re-inspire some readers to Get Running!**

**Recreational running has many benefits: research indicates that running only 2 miles a few times a week is enough to lose or maintain body weight, as well as improve blood cholesterol levels, blood pressure and the body’s insulin response. It is also a great way to relieve stress – which has numerous health benefits as well!**

**If getting started seems daunting, check out some simple training programs on-line, or join a beginning running course or clinic. Committing with a partner or group can be motivational, as others are counting on you to show up!**

**Obviously, it is important to start out slowly, get informed on what a realistic training schedule might look like, and listen to your body to avoid injury. For sedentary or overweight individuals, it may be wise to check with your doctor to get the go ahead before you jump in.**

**Setting a concrete goal, such as registering for a road race gives you something to work towards. The spirit & atmosphere at road races is of camaraderie and support. The crowd cheers just as loud for the 1<sup>st</sup> place finisher as the 100<sup>th</sup>. After your first road race, I promise you will be inspired, if not hooked!**

**Next month, watch for “Training Tips - Running your First 5km”**

**Questions or comments? Contact Allison Kiss at [kissfitness@shaw.ca](mailto:kissfitness@shaw.ca) or(403)809-1205**