According to a review of evidence in a medical journal, runners live three years longer(long) than non-runners. You don't have to run fast or for long to see(see)the benefit. You may drink, smoke,be overweight and still reduce your risk of dying (die) early by running. While running regularly can't make you live forever, the review says it is (be) more effective at lengthening life than walking, cycling or swimming. Two of the authors of the review also made a study published in 2014 that \which showed a mere five to 10 minutes a day of running reduced the risk of heart disease and early deaths from all causes(cause).

The best exercise is one that you enjoy and will do. But otherwise… it's probably running. To avoid knee pain,you can run on soft surfaces,do exercises to strengthen(strength)your leg muscles(肌肉),avoid hills and get good running shoes. Running is cheap, easy and it's always energetic(energy).If you are time poor, you need run for only half the time to get the same benefits as other sports, so perhaps we should all give it \running a try.