

Why Should I Bother With Running?

Running is a strange type of fitness in the beginning, on those first few sessions it doesn't feel good. A new runners breath can feel shallow and labored, their legs feel stiff at the start, then burn nearer the end, and even their feet can feel awkward, like they aren't landing properly. But if they stick at it something very cool happens. Their breathing loosens up and gets easier, the muscles in the feet and calfs activate and begin to slide through each step with an enjoyable rhythm, and their thighs even get stronger, especially if there's a few hills on the route.

There's no need to run for great distances to feel these benefits either, even a short three mile run will give your body a boost. Some of the other benefits of running include . .

- All muscles in the legs will become stronger and springier.
- Balance is noticeably improved.
- Greatly increased stamina for self defense situations.
- Increased stamina for fun situations.
- Superior blood flow to every part of the body.
- Elevated lung capacity and heart function.
- Deeper, longer sleeps.
- Very clear changes in performance and physique.

Lastly , here are two useful tips. The first is the "pose" method of running, this basically lets the runner cover the same distance with less effort. And it also limits injuries. And the second tip is to follow a nutrition plan like the one recommended in the excellent book "Prevent And Reverse Heart Disease". This

provides great fuel for the run, and keeps the runners body weight in it's natural athletic range so they are easier. Runners who are just starting will find this YouTube channel useful . . . <https://www.youtube.com/user/RunningWild2Believe/videos>