

RUNNING

A woman with dark hair in a ponytail, wearing a light blue long-sleeved athletic top, purple shorts, and black running shoes with blue accents, is captured in a dynamic running pose. She is running from left to right against a background of a grey stone wall. The text is overlaid on the image in various fonts and colors.

How running is a
major benefit
to your health

"the
human
body's most
raw form of
FREEDOM"

**can you be
injury
free?**

*know & prevent the most
common running injuries*