Benefits of Running

While some people describe running as revitalizing, or energizing, for others, the idea of becoming a runner can be intimidating. The good news is that running is a lot easier to start than you might think, and is one of the cheapest, easiest, and most effective ways to stay healthy and get fit!

Most people are able to run in their neighborhood or local park, making it convenient. No equipment is necessary besides a good pair of running shoes, and running for just seventy-five minutes each week prevents cardiovascular disease (American Heart Association, 2014). It is a great calorie burner too-- on average one can expect to burn between 300 and 600 calories for each hour of running. Using fitness wearables, such as Fitbits and smartphone apps like MapMyRun are great for keeping track of fitness goals on your run.

Running Tips:

- Know your pace! Start with a fast-paced walk or light jog as a five minute warm-up [https://www.acefitness.org/education-and-resources/lifestyle/blog/6052/what-to-do-before-you-run](https://www.acefitness.org/education-and-resources/lifestyle/blog/6052/what-to-do-before-you-run)
- Set small but achievable goals aligned to your skill level
- Run with a friend for a morale boost
- Take walking breaks
- Get a good pair of running shoes to avoid injury