



## **Ready, Set, Run: What's So Great About Running?**

Running is one of the most efficient ways to achieve cardiovascular fitness. Running at a moderate pace just 30 minutes a day, three or four days a week will yield a high level of fitness in a relatively short period of time. Why? When you run (or perform other cardio-type activities) you are strengthening your heart muscle and training it to pump blood more efficiently. You are also training your body to better utilize oxygen. The stronger your heart is and the more oxygen your body can use, the higher your level of fitness will be.

### **Continued Health Benefits**

- Running helps prevent illness and disease. It helps lower blood pressure and reduces cholesterol. Running lowers the risk of cardiovascular disease, diabetes, cancer, arthritis, and osteoporosis.
- Running helps with weight loss, burning more calories per minute than any other exercise, and helps reduce overall body fat.
- Running increases muscle strength, bone strength, and strength of connective tissues at your joints. (Greater strength helps prevent injuries!) It improves muscular endurance, flexibility, shape, and tone.
- Running helps reduce feelings of stress, depression, and anxiety.

What more can you ask from such a simple sport?