

Running

Running:

The basic technique of running is to put one foot in front of the other swinging the opposite arm forward relative to the front foot.

Running: why do it:

Running is excellent for the heart and lungs and for burning fat if you want to reduce weight and for getting fit , having fun in the outdoors.

Running: does it suit everyone

In theory if you can walk you can run, however a few people have poorly developed leg strength or damaged joints and can develop pain after a short run, I suggest walking is preferable for these people. If you have any doubts you may want to consult with your doctor

Running: how often do I need to do it?

If you have never run before you might start with just 5 minutes a week and gradually build up until you are running for at least twenty minutes, perhaps up to three times a week. To increase the workload, you gradually increase the distance.

Clothing:

Clothing for running need not to be made in any special style or fabric. Above all, it has to be comfortable, practicable and suited to the needs of the runner and the weather conditions. Women are recommended to wear a supportive bra to absorb the bounces while running

Running Shoes:

Choose your running shoes with care, making sure they fit properly, work well with your feet, price is not an accurate guide; go to a specialist store for advice.

Do I have to be thin to run

No! It is true all elite competitive runners are slim but all runners rise to their own level of fitness and speed, a thought in your mind is to compete with yourself, not with others.

Food:

Eating and drinking adequately are vital elements in any running program

Comments from a few runners

Clears the mind, reduces stress

Like the feeling of sweating

I know I am running too fast if I cannot talk

The feeling of accomplishment, almost a high when I finish.

Good way to see the district and surroundings

Enjoy the company of others

Great way to listen to music with i Pod or radio

Very cheap sport, no Gym fees

If you reach your goal it makes you more confident to try other things

If I exercise I can eat some of the fatty delights

People who run are very friendly

Where can I get advice about running

Your local library or book store has plenty of books on running also the internet.

Joining your local Club, Run Walk Hawke's Bay is a good way, as they have many runners running different speeds and groups are formed with runners who are running the same pace as you. Some of these runners form smaller groups to run during the week, it's easier to get out of bed in the morning or maybe after work if you know you will have the company of others. HAPPY RUNNING!

