



Start running

Running is a great form of exercise. It gets your heart rate up, builds endurance, and releases stress. But, running is also high-impact and should be approached with caution. Here's how to get started safely:

1. Check with your doctor to make sure running is right for you.
2. Invest in comfortable footwear that provides cushion and support.
3. Stretch and strengthen your feet to prepare them for impact.
4. Begin with a walk-run program that gradually builds endurance.
5. Take it slow! If you haven't run in a while, assume your body needs time to adapt.
6. Don't push through pain. A little twinge may become an injury if you run through it.
7. Cross-train with exercises that build strength and flexibility like weight training, yoga, and stretching.
8. Hydrate and fuel well before, during, and after you run.
9. Give your body plenty of rest between runs to avoid overtraining.
10. Listen to music or find a running partner to make your runs more enjoyable.

