

The benefits of running!!

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Introduction

There are usually two kinds of fitness fanatics, those with a love of running and those who detest it. Regardless of which category you fall under, running is one of the top cardio exercises you can do. Along with giving you a lean, toned physique, hitting the pavement has huge benefits for the body and mind, from extending your period life to keeping depression at bay. Whether you are a beginner or an experienced marathon runner, here are some reasons to dust off your running gear.

Running doesn't cost a thing!

The great thing about running is that it can be done almost anywhere, anytime. It's also a great way to see new places and try out different routes to keep you interested and motivated. If you can't afford to join a gym this is a great way to get fit and won't cost you a penny!

Anybody can do it!

The first time any of us go for a run can haunt us due to how "unfit" it made us feel! Despite what you think, anyone can be a runner, you don't need to have any special athletic powers or fundamental talent. Beginners should be careful and start off slowly to prevent becoming injured or suffering from burn-out. Begin by interchanging short bursts of running with intervals of walking, then slowly add a little more mileage onto your running distances.

Running makes you feel good & full of positive energy!

The so-called "runner's high" that everyone talks about isn't a myth. While all types of exercise generate feel-good hormones in the brain, there is nothing quite like the feeling after a good run. Running and exercise is so important and valuable to our health, that experts in the mental health field recommend it as a feasible treatment for anxiety and depression. In a study carried out in September 2014, researchers in Sweden showed how exercise safe-guards the brain from stress-provoked disorders. The study showed that activity high in intensity, for example running, has a "detoxifying" influence ridding the brain of damaging stress chemicals that can cause mental illness. Consider that as motivation to get your running gear out after a hard, stressful day at work!

Running keeps your brain healthy!

Looking to improve your IQ? Get moving! Studies have shown that running strengthens the brain and helps to keep you on the ball and astute. A recent study published in the British Journal of Sports

Medicine, showed that regular aerobic exercise has been proven to enhance the size of the area of the brain that's involved in learning and verbal memory, also known as the hippocampus.

Running extends your life

No matter how far you go, how long you run for or the speed you run at, running is a powerful medicine against mortality. Generally speaking, people who run regularly tend to live three years longer than those who don't. You don't have to become a professional long-distance runner in order to acquire the life-prolonging benefits of running, simply jogging for at least twelve to fifteen minutes per day can also have obvious advantages to your health.

The late Maurice Neligan, one of Ireland's best-known medical professionals and heart surgeons once said "keep your legs strong and the rest will follow".

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