



# National Running Day

Did you know the nationwide annual medical expense for juvenile obesity is more than \$127 million?

Health-care expenses & productivity losses related to obesity issues cost Americans more than \$100 billion annually.

Obesity-related illnesses cause about 300,000 deaths a year.

**Inactivity & poor diet will soon overtake smoking as the leading cause of preventable death in the United States.**

**So let's get ACTIVE!**

June 2 is National Running Day, a day to promote a healthy, easily accessible form of exercise.

Even if you have never run before, this is a good opportunity to lace up some athletic shoes and get moving.

You don't have to run, but let's use this day as a starting point for some type of daily exercise.

If you do want to start a running routine here are some simple steps to follow.

- 1) Get some good shoes! Go to a specialty store to get fitted with quality running shoes. They are worth the price. Well made, properly fitted shoes help prevent injury and fatigue. Also splurge on a well fitting, supportive sports bra.
- 2) Start out with a walking routine and gradually move into running. Add running to your routine in increments of 1-3 minutes for every 5 minutes of walking. Gradually increase your running while decreasing the amount of time you walk. Remember to stay at a "conversation" pace. This means if you are so out of breath that you can't finish a sentence, you need to slow down!
- 3) Even if you have a treadmill at home, try getting outside once in a while. The varied terrain will add some difficulty, but the scenery will give you something else to think about. It is far less boring than training indoors.





- 4) Remember to take days off. Start your training 2-3 days a week, on alternating days. After a few weeks increase to 3-4 days. Remember you need to give your body a rest, so don't work out 7 days a week.
- 5) Make small, attainable goals and reward yourself when you reach these goals. This will make the work more fun!
- 6) Don't get discouraged. If you can get through the first few weeks of training you will find it gets easier (not easy!) and you may even start to enjoy it!

