

# Run Baby, Run!

May 2017

Lori L'Ecuyer  
Fitness & Nutrition Consultant  
Sullivan Benefits

This is the time of year when we all look to get outdoors! Breathe in the fresh air and soak up the sun! What better time to start a running program? If you aren't convinced that running is right for you, here are some reasons to lace up your sneakers and get started!

Statista, the statistics portal, illustrates that in the spring of 2008, the number of joggers/runners amounted to 45.67 million within a period of 12 months. That's amazing!

**So what's the deal?** As a gym owner who teaches various classes all day long, I still make time to run twice a week. Why?

**Running is the KING of cardio.** Running even 5 to 10 minutes per day, at slow speeds (how does a nice 12-minute mile sound to you?), is associated with a drastically reduced risk of dying from cardiovascular disease, according to a landmark study in the *Journal of the American College of Cardiology*.

**Having a bad day?** Feeling down in the dumps? When you run, your brain pumps out two powerful feel-good chemicals, endorphins and endocannabinoids, hence the term "runners high". A short run can turn your whole day around!

**Want to change your body composition?** Target your problem areas? Running works your legs, booty, and core all at once! Running requires a lot of calories/fuel. In fact, the average 150-pound person will burn about 12.2 calories per minute running a 10-minute mile. Do the math, that's almost 250 calories for 20 minutes of exercise.

**Find it hard to sit still and calm down?** Not into meditation? Go for a run, leave the headphones at home, and clear your head and/or problem solve! You can get some of your best ideas on foot!

**Lastly, you can do it anywhere!** No equipment necessary. Traveling for work? Don't belong to a gym? Have only 10 minutes to work out? Whatever your workout constraints, you can still run! NO EXCUSES!

**If you want to keep it simple,** run for "time". Let's say you're going to run for 20 minutes. If you're running on a road, you may want to run 3 telephone pole lengths and walk 2. Once that becomes easy, you can run the length of 4 poles and walk one. Once you are running the entire 20 minutes, you can then increase your time. Don't overdo it! Run every other day and be consistent. Consistency gets results. Before you know it, you will fall in love with running while getting the many benefits that comes with it.

***If you're still feeling uncertain***, here are a variety of apps that can be used to get started. One of the more popular apps is the Couch to 5K as well as Nike+Running App, Strava, and Runtastic, to name a few.

Contact [Sullivan Benefits](#) for assistance with educating your employees and family members about exercise and fitness.

Congratulations, just taking the time to read this article is a positive step toward introducing wellness and the benefits available from a healthier lifestyle. Thank you for your time and THINK WELLNESS!