

## Do you know the benefits of running?

Avid runners love to strap on their running shoes and go for an *early morning* run. Over 90 percent of runners have said they enjoy the mental benefits. But the benefits of running go far beyond that.

The benefits of running are numerous. Runners run to *keep in shape, to relieve stress and to achieve weight loss*. And you can help prevent injuries by wearing good running shoes that fit properly.

Running benefits include *increased energy and stamina*. It doesn't matter if you are training for a marathon or a less demanding race. Your running shoes can carry you to improved bone density and lower risk of osteoporosis.

Health benefits of running can be seen in stronger *cardiovascular systems, and improved respiratory & muscular systems*.

## Do you want to <sup>lose</sup> **weight**?

Just get your feet and your running shoes moving.

Did you know that *a running exercise program burns more calories in comparison to other physical activities*? Jogging is highly recommended for weight loss. It also lowers your risk of heart disease. The benefits of running continues ...

Runners enjoy *reduced levels of stress and anxiety. Your sleeping habits improve. Lower blood pressure and lower cholesterol* will result from running. Just don't forget your most important piece of equipment ...

A quality pair of running shoes will provide more protection than you realize. Good athletic footwear is an easy way to reduce injuries and experience the benefits running. And to protect your feet, replace your running shoes every 300-500 miles.