



What's so great about running, anyway?

You may say you're no runner or you're not built to run. Actually you are. Humans are built to run. Our bodies are well equipped with long legs, short toes, springy ligaments and a distinct lack of fur. All of which gives us that edge to run further than our mammal friends. We are born to run.

You don't need expensive equipment, you don't need an expensive gym membership. Running is one of the most effective ways of fending off weight gain and diseases which doesn't break the bank. More importantly it's enjoyable.

Studies have shown that running as little as three to seven miles a week can reduce the risk of stroke, heart disease, diabetes and high cholesterol. The more you run the more the risk decreases. It also helps fight Alzheimer's, lowers risk of cancer, promote bone and joint health whilst burning those calories to regulate weight. We have not even mentioned the benefits for mental health.

Get outdoors, breathe fresh air and go explore. Avoid pounding the gym treadmill in sweaty clammy conditions, being put off by people watching and judging you. Instead, hit those hidden trails in the woods, go wildlife spotting down country lanes filling your lungs with fresh air. Test your resilience against nature's elements rather than being stuck going nowhere on a treadmill. Running outdoors strengthens your body, mind and spirit – plus it's free!

So, go for a run today and discover for yourself what's so great about it anyway. Remember you are a runner.

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