

The Basics of Running

- ★ Enjoy the experience
- ★ Increase the “feel good” hormones
- ★ Improve physical & mental health
- ★ Complete exercise with a friend

Injury Prevention

Watch for hazards
wear good shoes

select proper clothing for conditions
don't over do it

Complete it
Don't compete it

PROGRAM

Week 1: 5 min walk 1 min run x 30 minutes x 3

Week 2 : 5min walk 2 min run x 35 minutes x 3

Week 3 : 4 min walk 2 min run x 35 minutes x 3

Week 4 : 4 min walk 2 min run x 40 minutes x 3

Stretching

develop the core

3 X 30 seconds

- > elongates muscle fibers
- > makes muscles stronger

- > realigns muscle fibres
- > rehabilitates scarred muscles
 - > increases flexibility

HYDRATION

- *Intake : women 9 cups per day: men 13 cups per day
- * Benefits : avoids cramps; brain & skin health; cools core