Complementary Blog Post: 5 Places to Put Your Belongings When You Run

Subject: 3 Reasons to Use an Arm Band When You Run

(Firstname)

All runners know, the number one problem you’ll face when it comes to running outdoors, is there’s no space to keep your belongings. If you want to carry your phone, keys and wallet with you for example, you’re going to need a clever place to store them.

The good news is, there are lots of inventive pieces of equipment designed for runners to keep their possessions and the arm band is by far one of the most popular. Here, you’ll discover 3 reasons to use an arm band when you run.

1. They provide great peace of mind

There’s nothing worse when you’re trying to run, than constantly worrying about your phone. Is it still in your pocket? Is it being bashed around too much? The constant worry can add stress to your workout. With an armband, you’ll always know your phone is safe and sound so you won’t find yourself checking it as much.

2. They can hold multiple belongings

While the main purpose of armbands is to hold your phone, many also come with additional zip compartments. These allow you to store your key, a credit card and other small belongings you may need to take with you. So, you won’t need to invest in any other running storage equipment; saving you potentially a lot of money.

3. They make it easier to check your apps

Another benefit of your phone being secure in the armband, is the fact they allow you to quickly and easily check your apps. So, if you’re making use of one of the many beneficial running apps, you can still view your GPS, or training route easily.

You can also change the settings of the phone without having to remove it from the armband. So, they are really convenient and prevent you from needing to keep taking the phone out of your pocket.

Armbands aren’t the only place you can store your belongings either. Check out some of the other clever places to store your belongings in the following blog published on our website.

LINK

Overall, if you’re a keen runner, there’s various pieces of equipment you’ll want to invest in and armbands are just one of them. They can really help to keep you focused solely on the run ahead of you and provide fantastic peace of mind.

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