Complementary blog post: 5 Ways Running Helps the Brain

Subject: 5 Ways Running Makes You Feel

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Running is often recommended as one of the best types of exercise you can do. Not only does it help to keep you feeling fit and healthy, but it also does wonders for the brain. Here, we’ll look at 5 ways running makes you feel.

1. It makes you happier

The number one reason many people choose to run is for the famous “runner’s high” they experience. All exercise releases endorphins, a natural mood-booster. However, running typically delivers more of this feel-good hormone than any other type of exercise.

They can kick in either during or after the run and many runners report feeling down if they miss a run during the week. So, if you’re looking to feel happier, you might want to go for a run.

2. Part of a supportive community

Runners often like to come together to support and share their passion with others. It’s well-known that people stick to exercising regularly if they have a workout buddy. You’ll never be alone as a runner as there’s plenty of groups you can join and you won’t find it difficult to find someone to run with.

3. Giving you a better perspective

Running really helps to clear the mind, allowing you to think about any problems you may have, more clearly. We all go through numerous stressful events in life, and sometimes it helps to take a step back in order to clearly assess the situation.

Running is often reported to be one of the best forms of exercise to give you a better perspective on things.

4. Building up perseverance

While running does provide plenty of benefits, it doesn’t come without it’s challenges. Like most forms of exercise, there will be times where you really feel like giving up. By pushing past this feeling and striving to do better, it helps to build up perseverance. This is a great life skill that will help you deal with other difficult situations in life.

5. More confident

Running can also really build up confidence. Not only will it boost your self-confidence and how you feel about yourself, but it will also boost confidence in trying new things. You probably never thought you could run a marathon or even a block before you started. But, after building up your stamina and persevering, you did it.

So, as you can see, running is fantastic for both your physical and mental wellbeing. It doesn’t stop there either. Find out more about what running does to the brain in this blog on our website.

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Overall, running is one of the best exercises you can do. If you’re looking to boost your mood, lose weight and become a better person, you might want to start running today.

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