Benefits of Running

Whether you’re looking to lose weight or whether you’re simply trying to keep fit, running is one of the best exercises you can do. It provides so many unique and wonderful benefits and unlike some other forms of exercise, it can also become extremely addictive – yes really!

Here we’ll look at the top benefits of running and why it’s frequently considered one of the best types of exercise.

Reducing your risk of cardiovascular disease

Cardio based exercise is essential for good health and running is the best type you can do.

A study published in the Journal of the American College of Cardio has even revealed that just 5-10 minutes of running each day can drastically reduce your risk of cardiovascular disease. It literally cuts your chances of fatal heart disease by half.

You can do it practically anywhere

A lot of exercises require specialist equipment which you’ll typically only find at the gym. However, with running you can do it practically anywhere.

It requires very little to get started and you can even start out by running on the spot in your own home. If you do have a healthy budget, you can always invest in a running machine too, for those rainy days when you don’t fancy getting wet.

You’ll feel amazing

The feeling that you get after a good run cannot be beaten. It’s even been referred to as a “runner’s high”. As you run, the brain releases both endocannabinoids and endorphins which significantly boost the mood.

This makes running one of the best types of exercises to help combat depression and anxiety.

It’s fantastic for weight loss

Cardio exercise is renowned for its weight loss benefits and running is no exception. Even if you just use moderate effort while running, you’ll continue to burn calories even after you’ve finished your run.

So, if you’re looking to lose a few pounds and get into shape, running is definitely the exercise you’ll want to focus on.

Increase joint and knee strength

Running has been linked to increased bone mass, helping you to keep the legs feeling and looking younger for years to come. There’s a misconception that running is actually bad for the knees, but the truth is it’s not. In fact, a regular run can help strengthen the knees.

Overall, if you’re looking for an exercise that’s going to work the entire body, improve your mood, help you lose weight and protect the legs against age-related issues, running is definitely the exercise for you.