

Top 10 Benefits of Running

Why some people love running

www.half-marathon-running.com

Top 10 Benefits of Running

Welcome!

Thank you for downloading the Free report *Top 10 Benefits of Running*. I hope that you are inspired by these and start your journey of running if you have never run before or continue your journey if you are already a runner.

These benefits are just a small part of what makes running a magnificent exercise – if you are new to running and would like to get started properly, all the information you need to get started is in my e-book: **Running: From Beginner to 5K**. It was created for a beginner to start running and run a 5K with the proper gear, shoes and training plan.

More information on the tips, techniques and answers to your questions on my website: <http://www.half-marathon-running.com>.

Sign up for our monthly newsletter: *Running Guide: Answers to your burning questions* at <http://www.half-marathon-running.com/newsletter.html> to receive free tips on running and answers to your questions.

Disclaimer

The information presented in this report is intended for educational purposes only. Every effort has been made to ensure the accuracy of the information and content given within this report.

No responsibility, liability or responsibility to any person or entity is accepted and all responsibility is hereby disclaimed for any loss or damage caused directly or indirectly as a result of the use or misuse of any information or content or any reliance thereon.

Please consult with a physician before starting any exercise program, particularly if you are pregnant, elderly or have other pre-existing conditions. No information is intended as a substitute for proper medical advice. Please consult with a medical expert if you have any pain or discomfort.

Distribution

Please feel free to distribute this report from your website or share it from your email as a bonus – however, all the links within the document should maintain their integrity and none of the links should be altered.

Enjoy!

Top 10 Benefits of Running

The lovers of running are most likely aware of the *top 10 benefits of running*.

Running is an extreme sport –people have extreme feelings about it. Most people either love running or they hate it. Why is it that some people absolutely love running while others hate it like anything? The people who hate the sport may do so for different reasons – either they tried running and could not run, or they got injured while running or some other reason. Most people who have given up running have tried to do too much too soon. The people who love the sport started slowly, stuck to it and proceeded systematically. If you take it slowly, then perhaps you too can also enjoy the top 10 benefits of running.

Lets look at some of the benefits you will get by running:

1. Lose weight

Running gives your body a complete cardiovascular workout. This is most effective in losing weight – particularly in the waist and hips area. In fact, after you start running, you will start to shed inches from these areas. Lot of people take up running just for the sake of losing weight and stay with it because of the other benefits they receive.

2. Relieve stress

Your body will get into its own rhythm while running and the fresh breeze of air flowing against your face will send you in a different state of mind. Running helps to relieve stress and is in fact suggested by some experts as a cure for depression. While your body is concentrating on the run itself, your mind is in a relaxed state and looking for solutions. You will find that you get a lot of answers about your current issues while the mind is in a relaxed state. Serenity brings peace and relieves stress.

3. Connect with nature

Running will take you to the most beautiful parts of the world and give your eyes a feast of the scenic beauty around. Even if you run outside once a week, you can pick a different route every week to enjoy the beauty of nature. Just as the road seems different when you drive on the same road while coming and going, it will seem different when you are running. Running will connect you to the natural beauty around you, which you will not be able to identify while driving.

4. Delay Aging and Fight disease

Research has shown that the pace of aging depends on the level of physical activity. Regular physical activity such as running delays the aging and the age related changes in the nervous system - in particular - the reaction time. Running is said to reduce heart attack risks by strengthening the heart and lowering the blood pressure. Running also produces a stronger cardiovascular system and lowers cholesterol.

5. Increase social connections

Lot of running groups are available – many through your local running store and some through other running organizations. After you join one of this groups, you will

Top 10 Benefits of Running

meet a lot of runners who are passionate about the sport and increase your social connections.

6. Travel to different places

If you like to travel to different places, you are in for a real adventure. Running will take you to a lot of places. You can explore new places either during your training runs or your races. If you enjoy traveling, you can run a race in a different state or even run races in different countries.

7. Build confidence

Running builds a lot of confidence in people. If you lose weight by running, it boosts your confidence and increases your self-esteem. You are willing to run the extra mile the next week – not only in running but also in other aspects of life. If you look at what you have achieved when you first started running and compare it to where you currently are, you will have an increased amount of self-confidence.

8. Runners high

Ever heard of the famous runners high? It is pleasant state of euphoria achieved by runners. It is most commonly experienced during distance runs, which are a test of endurance. When the body is pushed to its limits in endurance runs, it produces endorphins to alleviate pain. These endorphins have different effect on different people – but they mainly send the body to a euphoric state.

9. Improve self

Running teaches about focus and determination. If you start running and building up on your runs every week to get into distance running, you will need a lot of determination and focus to run the last few miles. Increasing the mileage every week contributes to your focus and helps in improving one's own self – it benefits the body, mind and the soul.

10. Connect with the sub-conscious mind

Running helps in connecting with the subconscious mind. When you are running, your body is doing all the work of propelling itself forward. Your mind is at peace and working to suggest solutions to questions or issues that you may have at hand. The best way to trigger the sub-conscious mind is to submit your question to your sub-conscious the night before the run. Sometime during the run, you will get an impulse of a thought. This thought may be the answer you are looking for or a path that will lead you to your ultimate answer.

Thank you for reading!

I hope I have inspired you to become a runner. If you are serious to get started in your journey of running, then ***Running: From Beginner to 5K*** is the perfect way to get started.

Top 10 Benefits of Running

This e-book was created by me to answer all the basic questions that a beginner has when he wants to start running. I am so confident that you will enjoy the e-book that I will offer you a 100% guarantee – if you don't like the book, you can return it with in 30 days and get your money back. No questions asked.

For the price of a lunch or a dinner at a restaurant, you can invest in your health and enjoy a healthy life if you start running



[Order Running: From Beginner to 5K Now!](#)

Sign up for our **FREE newsletter** on [Running Tips: Answers to your burning questions](#) to receive the newsletter by email.