

## Running – The benefits

---

Have you ever considered running a 5K? The benefits may surprise you.

A 5K race is 3.1 miles, the perfect distance for beginning runners. It's a realistic, attainable goal that's fun and satisfying to achieve.

Here are 5 rewards you will reap:

**1) Tone Your Legs:** Runners have awesome legs. Muscular, toned and tan. Training for a 5K will get you on pace for your own set of lean limbs.

- **Calves:** Not the easiest muscle to tone in the gym, but these lanky muscles are quickly toned by running. A proper runner's stride has your foot landing in a rolling motion, heel to toe. As you push off with your toe, feel a firm contraction in your calves. Push your calves to the limit by running in sand or gravel. No Thumping! You know your stride is stiff when you hear a thumping sound with each step. When you lightly roll your foot from heel to toe, you take pressure off of your lower back. Remember, thumping feet lead to a sore back.
- **Glutes:** Running is a great way to firm up your glutes. To really raise your glutes take your training to the hills or do bleacher runs.
- **Thighs:** Who doesn't want slimmer thighs? Running does wonders for shaping and slimming your thighs, right where it counts.

### 2) Support A Cause

By participating in a 5K you get in shape while supporting a cause. Most 5K races are put on by charities or non-profit organizations. Many times you have the opportunity to raise funds and community awareness through your involvement.

### 3) Flatten Your Abs

Running burns a massive amount of calories. This means you'll find your body quickly morphing into that of a lean athlete. Don't over-compensate the extra calories burned by eating too many carbs. Manage your portions to reap the most belly shrinking benefits.

While running is an amazing way to transform your body, running alone won't deliver complete results. Resistance training is an equally important part of the equation. With resistance training you get:

- **Raised Metabolism:** Resistance training raises your metabolism for an extended period of time, even after the workout is finished. This means more calories burned. Also resistance training adds muscle to your body, which raises your resting metabolism to burn even more calories when you aren't exercising.
- **Upper Body Muscle Tone:** While running is great for adding lower body muscle tone, it won't do much for your upper body. With resistance training you target the muscles of your upper body to create a symmetric physique.

- **Muscle Confusion:** With resistance training there are endless variations of movements you can do in order to keep your muscles guessing. Never allow your routine to grow stale by doing the same motions over and over again.

#### **4) Make New Friends**

Athletic endeavors are a relaxed way to make new friends and form connections within your community. Join a local running group to assist your training or start your own group of 5K hopefuls in your neighborhood. Your group could run the 5K together for support. Who knows, you may make new friends for life.

#### **5) Start A Habit**

Although you may find it hard to believe, especially if you haven't yet run your first 5K, racing is addicting. The satisfaction of accomplishing your goal, along with the exciting changes in your body, will likely lead you to another race. It's not farfetched that you'll build your training up to run a marathon.

Running is great, but as we touched on above, resistance training is essential for achieving outstanding results. The best way to get into amazing shape is with a challenging and dynamic exercise routine.

Call or email today to get started on your own exercise program that will lead to more rewards than you ever dreamed of.