

## **RUNNING SHORTS**

### **Hit the pavement running with your New Year's resolutions**

**Running may not be fun for some, but offers lots of benefits for your health**

By Ken Johnson

My own resolution is to run at least of mile every day in 2013, just as I have done for the last 3 years. While I do not like to run, running every day is a way to make myself do it. I run to stay healthy.

Studies have shown that runners are less likely to become disabled and they live longer. Running may be hard work and not fun for many. However, it improves your quality of life and changes your outlook on life. Once you become a runner and start reaping the benefits, you will wonder why others do not run.

According to the Centers for Disease Control and Prevention, more than one third of American adults are obese. Obesity can lead to heart disease, strokes and Type 2 Diabetes.

Running will help you lose weight, but to control your weight over the long term, you have to change your lifestyle by a program of exercise and diet.

As we start a new year, make a resolution to start running, eating healthy and improve your health. Do it for yourself and your family.

Set goals for yourself. Get your friends and family involved. You do not have to set a goal of running every day or run a marathon. However, you have to start somewhere. Start with a walking program and gradually progress to running. Do not be intimidated by the running accomplishments of others and use that as an excuse for not getting started.

Running is a convenient exercise. No special equipment or facilities are required. You can run alone or with someone else. You can run anytime of the day or night. If you want to compete against others, there are plenty of races in the area.

The important thing is to get started and keep up your running program throughout 2013 and beyond. Achieving and maintaining good health is not easy, but it is very important. If you are new to the sport, make sure you check with your doctor before starting a running program.

Good luck to all the Huntsville runners who will be running the Houston Marathon or Half Marathon on January 13.

#### **Recent race results:**

##### **Run the Woodlands 5K (3.1 miles), The Woodlands, Dec.22**

Steven Bickford, 51 22:39

Cathy Bickford, 51 35:43

##### **End of the World Marathon (28 miles on trails), Humble, Dec. 21**

Ken Johnson, 71 7:45:49 (3<sup>rd</sup> in age group)

##### **Run Kuyang Run, 21K (13 miles), Manila, Philippines, Dec. 16**

Jericho Golez, 35 2:27:00

**Upcoming races in Huntsville:**

January 20 – Run for the Governors, 5K and 1-Mile Run/Walk, 2 p.m., Point Blank.

January 26 – Frost Your Fanny 10K, 5K and 1-Mile Run/Walk, 9:15 a.m., Health & Kinesiology Center, SHSU campus, Huntsville

For more information about these races and others in the area, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.