

Getting Ready to Run

Tammie Lauritsen
Kinetic Health Group

There are numerous benefits to running. Not only will running just three times a week for 20 to 40 minutes help you get your dream body (a 60kg woman will burn over 230 calories after just 20 minutes of easy running), but you can also lower your risk for heart disease, boost your bone density, and improve muscle tone, too. Plus, all of those mood-inducing endorphins that are released as you run make running a well-known stress-reducer.

The process from here and to maximise your motivation is to register for the 2011 Chevron City to Surf for Activ (via www.perthcitytosurf.com). Having a race in your schedule will give you a deadline and a goal to aim for. By choosing the City to Surf, you will find that the large event will carry your energy and motivate you to reach your goal.

In order to keep the motivation continuing and to maximise training sessions, enlist a support network that can encourage you through the next few months. Having friends or family join you on the day of the City to Surf and completing the event together is motivating and rewarding. Even though the Chevron City to Surf for Activ is completed by the individual, it can also be a team event and encourage working together to achieve similar goals.

Good luck – register now, get motivated and create your support network for the 2011 Chevron City to Surf for Activ.

