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Running or Jogging? Is it for Me?



Both running and jogging are forms of aerobic exercise. Aerobic means 'with oxygen' – the term 'aerobic exercise' means any physical activity that produces energy by combining oxygen with blood glucose or body fat. It uses large muscle groups repetitively for a sustained amount of time. Have to continuously perform for 30 to 60 minutes, 2 to 4 days a week.

The difference between running and jogging is intensity. Running is faster, uses more calories and demands more effort from the heart, lungs and muscles than jogging. Running requires a higher level of overall fitness than jogging.

It's long been known that running increases bone mass, and even helps stem age-related bone loss. But chances are, you've had family, friends, and strangers warn you that "running is bad for your knees." Well, science has proven that it's not.

Why should i run?

- **Getting fit** – if you're a beginner, you should start with brisk walking, progress to jogging and work up to running. The key is to *do it progressively*.
- **General fitness** – mix your running with other forms of exercise (such as weight training) to maximize your overall fitness.
- **Weight loss & Medical issue** – consult a nutrition & physical exercise professional, adjust your diet to include plenty of fresh fruits and vegetables, lean meats, wholegrain cereals and low-fat dairy products. Cut back on dietary fats, takeaway foods, soft drinks and sugar. Together with an exercise program to co-operate with the diet plan for a safe and effective method to improve your health.
- **Competition** – running clubs may offer competitive events. Most clubs have sessions designed for beginners through to advanced runners. As well as running skills against others in fun runs or marathons. Many community-based running events cater for people of all ages and abilities.

Running makes you happier!

If you've been working out regularly, you've already discovered it: No matter how good or bad you feel at any given moment, exercise will make you feel better. And it goes beyond just the "runner's high" that rush of feel-good hormones known as endocannabinoids. In a 2006 study published in *Medicine & Science in Sports & Exercise*, researchers found that even a single bout of exercise 30 minutes of walking on a treadmill could instantly lift the mood of someone suffering from depression.



And even on those days when you have to force yourself out the door, exercise still protects you against anxiety and depression. It is also possible that other kinds of exercise will also have an effect, like resistance training such as weightlifting. Many studies have shown that moderate exercise may help people cope with anxiety and stress even after they're done working out. 2012 study in the Journal of Adolescent Health proved that just 30 minutes of running during the wee A k for three weeks boosted sleep quality, mood, and concentration during the day.

Ever heard someone call running their “drug”? Well, apparently, it actually is pretty similar. A 2007 study in Physiological Behavior showed that running causes the same kind of neurochemical adaptations in brain reward pathways that also are shared by addictive drugs. So..Run Happy!

What if I have Osteoarthritis?

If you have OA, you should use pain as your guide. No pain = pursue your planned activity. Pain = move to gliding or non-impact activities. If you have a healthy joint, the cartilage may benefit from the compression and relaxation of the cartilage as a mechanism for driving nutrients into the cartilage matrix. There are different studies suggesting that running significantly reduced OA and hip replacement risk due to, in part, running's association with lower BMI, whereas other exercise increased OA and hip replacement risk.



Together with weight training to strengthen the muscles surrounding your hips and knees will help relieve some of the osteoarthritis symptoms and may allow you to run. Exercises such as squats, lunges, leg extensions, leg presses and hamstring curls will all help. Make sure you also add in some side leg lifts to strengthen the inner and outer thighs as well.

The bottom line: If you are running, enjoying it, and not having pain, keep it up. If running is painful or not enjoyable, look for another activity

Tips to get started!

- **Make sure you warm up and stretch thoroughly before you head out. Cool your body down with light stretches when you return.**
- **Make sure you have plenty of fluids and take a water bottle with you on your run. Try to drink plenty of water before, during and after any activity.**
- **Allow at least two complete rest days per week to avoid overtraining, which may cause injury. Consider other low impact activities, such as swimming, at least once each week.**
- **Choose a pair of suitable and comfortable running shoes**

