

RUNNING FOR HEALTH AND WELLBEING

Running is an activity that improves aerobic fitness and can be done in a group or as an individual. There are 3 main types of running: sprinting, middle and long distance.

COMMONWEALTH GAMES FACT:

Running was the sole event in the 1st Ancient Olympic Games in 776BC and featured athletes running one length of the stadium in a competition known as 'stadion'. At the Commonwealth games watch sprinting and middle distance races at Alexander Stadium and long distance events at Sutton Park and through the streets of Birmingham.

General Wellbeing Benefits

Running is a moderate - vigorous intensity activity which means there are multiple benefits to your wellbeing:

IMPROVED

Sleep
Mood
Confidence & self-esteem
Memory and Cognition

REDUCES

Stress
Irritability
Loneliness & social isolation
Fatigue

General Health Benefits

In addition to being fun and something you can do with your family and friends it has benefits to your health:

REDUCES RISKS IN

Many cancers
Diabetes
Heart attack
Stroke
Dementia

HELPS & IMPROVES

Anxiety
Blood glucose levels
Cholesterol
Menopause
Joint & muscle pain

Running has specific evidence to improve:

Blood pressure	Diabetes
Depression	Anxiety
Bone health	Weight loss and maintenance
Increasing life expectancy	Community Connectedness

Running counts towards the UK Chief Medical Officer's recommended 150 minutes of moderate, 75 minutes of physical activity or 2 days of muscle strengthening per week

GET INVOLVED

Where you can go running:

Local parks, woods, forests, green spaces and canals

Leisure and wellbeing centres

Schools, academies and universities

www.sportbirmingham.org

Other running opportunities:

Couch to 5K programme

Running club

Parkrun

This Girl Can

RunTogether

www.englandathletics.org

Author: Dr Lisa Hyland