Healthy Lifestyle Choices

We have planned for hiking but due to weather we changed it to jogging. The selected place for this activity is ---------------------. We are group of 5 students doing this activity.

 Ability and desire to run laid in every person by nature. Running is considered one of the basic mechanisms provided by evolution for the preservation of health and life. The ancient people were already well aware of the many beneficial effects that give a person regular jogging. What is the benefit of running and how to increase the positive impact of this sport on the body.

 For this activity, we need to register and the timing for this activity was 9 am sharp. But we need to reach at least 40 minutes earlier for warmup. To maximize the benefits of running, we need to take care of the right clothes and shoes. They should be comfortable that never squeeze the body. The best running shoes are sports sneakers with special shock-absorbing pads. I just bring a water bottle with me and some wipes.

When a person is running, all the systems in the body are trained, even small joints and cartilages that start to move, increase and / or contract, which contributes to their better nutrition and release from dead cells. Without training, the joints and cartilage become weak and sedentary. Running also trains the ligaments that support the joints, which reduces the risk of their stretching injury. Also, the bone system of runners is more durable than those of those who do not train. Running also contributes to the development of new capillaries that sprout into places affected by various diseases. This helps to stop the development of the disease, or completely eliminate the causes that cause it.

A group of my friends follow me in this activity. In the beginning, they were not willing to join me but after some motivation, I persuade them to join this activity.