

New to Running? A Few Tips to Help You Along the Way! Week 4 – Make it FUN!!

It's pretty simple – if you have a way to keep your run interesting, you will keep at it!

Tip #4: Toys are fun – so get one!!

Almost every long-term, committed runner has a device of some kind that keeps them motivated. Whether they run 5km a few times per week, or are avid distance runners, most of them have an iPod, GPS system, heart rate monitor, app, or something else they use that keeps the time interesting.

These devices can also help them monitor all those great numbers; *distance, calories burned, kilometer times, hill repeats, heart rate fluctuations* and more!

Any running group or running store can help you choose one. Just talk to a runner – they are happy to share what works for them!

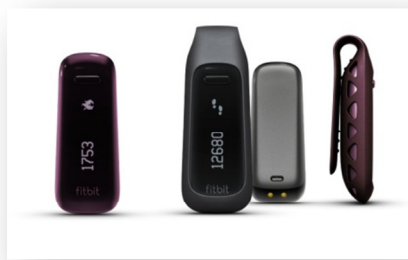


iPod shuffles can be found for \$49! Not only does listening to music while you run help pass the time, it can also put some bounce in your step and help you find the mind and body meld that puts you “in the zone”!

So if you are music driven or like to listen to podcasts or audio books, it is a small investment to keep you out on the trails or the roads.



Heart Rate Monitor Watch



FitBit



Garmin GPS Watch

Remember – running is great for your body, mind & spirit! Allow yourself time to be a beginner, nobody wins a marathon their first time out of the gate! Ease into it and find what works best for your life and you can look forward to a lifetime of the benefits of running!