

# Fitness Tips

## Running For A Lifetime

(NAPSA)—Here's news that may bring you to your feet: A study in the *Journal of the American College of Cardiology* found that as little as five to 10 minutes of low-intensity running a day can extend your life by several years, compared with not running at all. Running is one of the best forms of cardiovascular exercise, with numerous physiological and psychological benefits.

### The Issue

Over time, running can take a toll on your body. The repetitive stress and impact of running can lead to joint pain and soft tissue damage, which occurs in the form of microtears within a muscle, ligament or tendon that results in scar tissue, making that area painful to use. Overuse injuries, such as runner's knee, shin splints and plantar fasciitis, account for approximately 50 to 75 percent of all running injuries, due to constant repetition of the same movement. These injuries can hinder or shorten your running regimen.

### Running Smarter

The good news is that you can prolong your running longevity. Here are three ways to run for a lifetime:

**1. Build a strong base.** The easiest way to injure yourself is to push yourself too hard or increase your mileage too quickly. It's important to listen to your body to avoid overtraining. First, focus on maintaining a consistent exercise routine. When training for a race, give yourself time to prepare, use walking breaks and slowly increase your mileage each week. Gradually adding mileage allows your body to adapt and can help prevent muscle and joint aches.

**2. Perfect your form.** Learning and maintaining proper running form is key to efficient running and avoiding injuries. For example, experts suggest running at a cadence of 180 steps per minute when outside or on a treadmill. Also, avoid overstriding—on every step, ensure your foot lands under your knee, not in front of it, especially when running downhill.

Another way to practice proper form is by training on the Octane Fitness Zero Runner. This zero-impact running machine replicates natural running but eliminates the stressful, repetitive impact that can compromise form, cause fatigue and lead to injuries. The free SmartLink app connects to the Zero Runner and traces your stride so you can monitor form and ensure consistency.

Additionally, avoid running when you're fatigued because your form will typically deteriorate. Running with an improper form can significantly increase your risk of injury.



**With low-impact fitness machines, you can walk, jog or run without the stressful impact.**

**3. Cross-train to strengthen muscles and increase endurance.** While running benefits your health in many ways, incorporating other workouts can lead to better overall performance and fitness. Ways to increase endurance without adding stressful impact include swimming, cycling or using the elliptical. In fact, the ElliptiGO 8C elliptical bike combines the best of running, cycling and an elliptical for a fun and effective way to exercise outdoors. The bike offers a unique, low-impact exercise that emulates running and is easy on the joints.

Doing strength training, core work, and balance and flexibility exercises are other techniques for maintaining optimal fitness and reducing the risk of running-related injuries.

Another way to reduce stress to the body is by running on soft surfaces, such as grass or trails, which can engage different muscles and ultimately limit injuries.

"One of the most important facets of running is to take care of yourself and be proactive about preventing injuries," advises Rick Muhr, Octane Fitness Commercial Zero Runner Endurance Coach and 32-time marathon finisher. "Avoiding repetitive stress and making small changes to your running routine can help maximize the longevity of your running life."

### Learn More

For further information about the Octane Fitness Zero Runner, go to [www.octanefitness.com/home/products/zero-runner](http://www.octanefitness.com/home/products/zero-runner). Octane Fitness, a Nautilus, Inc. brand, has reinvented low-impact training by offering standout innovations that deliver more effective, efficient and rewarding workouts.

For more on the ElliptiGO 8C elliptical bike, visit [http://shop.elliptigo.com/ElliptiGO-8C\\_3](http://shop.elliptigo.com/ElliptiGO-8C_3). ElliptiGO created the world's first elliptical bicycle to deliver a fun, comfortable and effective workout experience that inspires people, improves their lives and revolutionizes fitness.