

Chapter 1 : How much exercise is optimal for heart health? - Harvard Health

Loki was waiting for someone. Someone really, really, really important. And someone who isn't on the list of people who can sneak up on Loki. "You came." Loki said, holding a mischievous smirk on his face, you can clearly see the reflection of his fine figure on the big window. He looks down to see.

A great made for television movie lasts 2 hours and 30 minutes. And, even better, fitness experts tell us to break up exercise into smaller chunks of time during the day. Take computer breaks 3 times at work and run or jog in place for 10 minutes. Ask coworkers to join you. Walk your dog before and after work – running everyday as you go total of 20 minutes. Add a minute midday jog around your office building to reach the minute goal. Gift yourself a used treadmill and watch that movie at home while running for 30 minutes or more. Watch the news at sunrise or evening news while running on your treadmill. But running everyday has its downsides. If you are now training for a 5k or other road race, running on a treadmill should suffice during inclement weather. But if you are a fitness runner, consider trying an elliptical machine. Elliptical machines offer low-impact aerobic activity and should not cause knee pain, if you use it properly. And if running everyday causes joint pain because of osteoarthritis, elliptical machines offer similar health benefits to running without the stress and strain. Talk to your doctor to see if running every day is right for you or if you have any injuries or health concerns. Thinkstock Running Gives You a Self-Healing Heart Any runner will tell you that nothing gets the heart pumping like a long run on a trail or treadmill. In a study of 40 elite athletes who were training for endurance running events, researchers found signs of damage immediately following the races – the heart was enlarged, and the function of the right ventricle had decreased. Glatt said in his press release. He says that the loss of facial fatty tissue is just as likely to be caused by a strict diet or a different form of rigorous exercise. Watch out for pain around or just behind your kneecap, especially after long periods of sitting with bent knees, running, squatting, or climbing or descending stairs. Wondering what you did to your knee to provoke those angry clicking noises? It serves as the connector between your thigh bone and shinbone. The best treatment is to take a short vacation from running, and then ease back in steadily with plenty of warm-up exercise and supplemental training, such as straight leg raises and stretches, to strengthen your knee joint. Pulled muscles, muscle strains, and hip and pelvis misalignment are other culprits. Burns advises taking the same measures with your achy bum as you would with a bum knee. Are you going through a goth phase, or is that not black nail polish on your big toe? Many runners suffer from black toenails, which are caused by bleeding underneath the nail. Remedy the problem by buying your running shoes a size larger, or talking to experienced runners or personal trainers at your local gym for shoe recommendations. Burns says he has seen many male runners sporting bruised or bloody chests after a marathon, and he advises them to use petroleum jelly or bandages to protect their nipples during long runs. Female runners commonly chafe along the bikini line – especially if they wear thong underwear. The ropelike fabric can rub and irritate that sensitive area, and excess sweat makes the problem worse. To protect your nether regions, choose comfort over fashion while working out. Look for undergarments made of fabrics with natural wicking properties, like nylon or mesh. Also, the weather has a serious impact: Consider taking an antihistamine to dry out nasal passages prior to your workout, tuck tissues into the pockets of your shorts, or switch to indoor training. This could be due to a couple of factors. Also, the urge to pee may not be what it seems, Burns says. Instead, plan ahead to scope out pit stops along your route, and talk to your doctor if it becomes a consistent issue. But in general, researchers found most people to be happier and more relaxed during and after runs. If the thought of these running-related maladies makes you want to toss your sneakers, you may want to reconsider.

Chapter 2 : The Power of Pace & Heart Rate Training

Keep your heart rate low when running by reducing exertion. If your heart rate has a tendency to zing up to your max rate, or you're taking medications that can impact heart rate, such as pseudoephedrine, you want to keep your heart rate low during your runs.

A long time ago, people even thought that their emotions came from their hearts, maybe because the heart beats faster when a person is scared or excited. Now we know that emotions come from the brain, and in this case, the brain tells the heart to speed up. How does it keep busy? What does it look like? The Heart Is a Muscle Your heart is really a muscle. There are lots of muscles all over your body – in your arms, in your legs, in your back, even in your behind. But the heart muscle is special because of what it does. The heart sends blood around your body. The blood provides your body with the oxygen and nutrients it needs. It also carries away waste. Your heart is sort of like a pump, or two pumps in one. The right side of your heart receives blood from the body and pumps it to the lungs. The left side of the heart does the exact opposite: It receives blood from the lungs and pumps it out to the body. How the Heart Beats How does the heart beat? Before each beat, your heart fills with blood. Then its muscle contracts to squirt the blood along. When the heart contracts, it squeezes – try squeezing your hand into a fist. Your heart does this all day and all night, all the time. The heart is one hard worker! Parts of the Heart The heart is made up of four different blood-filled areas, and each of these areas is called a chamber. There are two chambers on each side of the heart. One chamber is on the top and one chamber is on the bottom. The two chambers on top are called the atria say: The atria are the chambers that fill with the blood returning to the heart from the body and lungs. The heart has a left atrium and a right atrium. The two chambers on the bottom are called the ventricles say: The heart has a left ventricle and a right ventricle. Their job is to squirt out the blood to the body and lungs. Running down the middle of the heart is a thick wall of muscle called the septum say: The atria and ventricles work as a team – the atria fill with blood, then dump it into the ventricles. The ventricles then squeeze, pumping blood out of the heart. While the ventricles are squeezing, the atria refill and get ready for the next contraction. So when the blood gets pumped, how does it know which way to go? Well, your blood relies on four special valves inside the heart. A valve lets something in and keeps it there by closing – think of walking through a door. The door shuts behind you and keeps you from going backward. Two of the heart valves are the mitral say: MY-trul valve and the tricuspid say: They let blood flow from the atria to the ventricles. The other two are called the aortic say: These valves all work to keep the blood flowing forward. They open up to let the blood move ahead, then they close quickly to keep the blood from flowing backward. It moves through many tubes called arteries and veins, which together are called blood vessels. These blood vessels are attached to the heart. The blood vessels that carry blood away from the heart are called arteries. The ones that carry blood back to the heart are called veins. The movement of the blood through the heart and around the body is called circulation say: Your body needs this steady supply of blood to keep it working right. To stay alive, a person needs healthy, living cells. Without oxygen, these cells would die. The left side of your heart sends that oxygen-rich blood out to the body. When the cells use the oxygen, they make carbon dioxide and other stuff that gets carried away by the blood. The returning blood enters the right side of the heart. The right ventricle pumps the blood to the lungs for a little freshening up. In the lungs, carbon dioxide is removed from the blood and sent out of the body when we exhale. An inhale, of course, and a fresh breath of oxygen that can enter the blood to start the process again. And remember, it all happens in about a minute! Listen to the Lub-Dub When you go for a checkup, your doctor uses a stethoscope to listen carefully to your heart. A healthy heart makes a lub-dub sound with each beat. This sound comes from the valves shutting on the blood inside the heart. The first sound the lub happens when the mitral and tricuspid valves close. The next sound the dub happens when the aortic and pulmonary valves close after the blood has been squeezed out of the heart. Next time you go to the doctor, ask if you can listen to the lub-dub, too. Two good places to find it are on the side of your neck and the inside of your wrist, just below the thumb. Each beat is caused by the contraction squeezing of your heart. If you want to find out what your heart rate is, use a watch with a second

hand and count how many beats you feel in 1 minute. When you are resting, you will probably feel between 70 and 80 beats per minute. When you run around a lot, your body needs a lot more oxygen-filled blood. Your heart pumps faster to supply the oxygen-filled blood that your body needs. You may even feel your heart pounding in your chest. Try running in place or jumping rope for a few minutes and taking your pulse again. Now how many beats do you count in 1 minute? Here are some things that you can do to help keep your heart happy: Remember that your heart is a muscle. If you want it to be strong, you need to exercise it. How do you do it? By being active in a way that gets you huffing and puffing, like jumping rope, dancing, or playing basketball. Try to be active every day for at least 30 minutes! An hour would be even better for your heart! Eat a variety of healthy foods and avoid foods high in unhealthy fats, such as saturated fats and trans fats. Reading food labels can help you figure out if your favorite snacks contain these unhealthy ingredients. Try to eat at least five servings of fruits and vegetables each day. Avoid sugary soft drinks and fruit drinks. They can damage the heart and blood vessels. Your heart deserves to be loved for all the work it does. It started pumping blood before you were born and will continue pumping throughout your whole life.

Chapter 3 : How to Lower Your Heart Rate While Running – Dai Manuel: Your Lifestyle Mentor

Were you to pump your arms raised at chest level running, your heart rate will increase as you are moving your arms at or above the level of the heart, creating a greater level of exertion. To lower your heart rate, lower your arms so they swing closer to your hips or even lower as you run.

For out of it are the issues of life. Pulpit Commentary Verse 23 - Keep thy heart with all diligence; properly, above all things that have to be guarded, keep or guard thy heart. So Mercerus, Gesenius, Delitzsch, Zockler. It is as if the teacher said, "Guard riches, property, health, body, everything, in short, in which you have a legitimate interest, or which is advantageous; but before and above everything else, keep a guard on your heart. A third rendering is, "Keep thy heart with all keeping;" so the Vulgate, *omni custodia serva cor tuum*; and the LXX. Heart lev ; here the affections and the moral consciousness. The conjunction "for" introduces the reason. The fact here stated is that the moral conduct of life, its actions and proceedings, are determined by the condition of the heart. If the heart is pure, the life will be pure; if the heart is corrupt, the life will be corrupt. The heart is here compared with a fountain. The same idea which is affixed to it in its physical sense is also assigned to it in its ethical or moral sense. Physically, it is the central organ of the body; morally, it is the seat of the affections and the centre of the moral consciousness. From this moral centre flow forth "the issues of life;" i. And as the bodily health depends on the healthy action of the heart, so the moral health depends on and is influenced by the state in which this spring of all action is preserved. For "the issues of life," the LXX. Matthew Henry Commentary 4: It is not said, Keep at a due distance, but at a great distance; never think you can get far enough from it. The way of the righteous is light; Christ is their Way, and he is the Light. The saints will not be perfect till they reach heaven, but there they shall shine as the sun in his strength. The way of sin is as darkness. The way of the wicked is dark, therefore dangerous; they fall into sin, but know not how to avoid it. They fall into trouble, but never seek to know wherefore God contends with them, nor what will be in the end of it. This is the way we are bid to shun. Attentive hearing the word of God, is a good sign of a work of grace begun in the heart, and a good means of carrying it on. There is in the word of God a proper remedy for all diseases of the soul. Keep thy heart with all diligence. We must set a strict guard upon our souls; keep our hearts from doing hurt, and getting hurt. A good reason is given; because out of it are the issues of life. Above all, we should seek from the Lord Jesus that living water, the sanctifying Spirit, issuing forth unto everlasting life. Lord, forgive the past, and enable us to follow thee more closely for the time to come.

Chapter 4 : Proverbs Guard your heart with all diligence, for from it flow springs of life.

Decreasing your running speed is a simple technique that lowers your heart rate. delascience.com have uniformity in your running, use a minute-mile/kilometer ratio in adjusting your speed. For example, if you feel that your heart rate is too fast in running 7 minutes a mile, then decrease it by adding more.

Harvard Heart Letter How much exercise is optimal for heart health? Doing as little as 15 minutes a day can make a difference. Logging extra time helps—but only up to a point. February, Regular exercise helps fend off high blood pressure, heart attacks, strokes, and a host of other chronic diseases. One reason may be a mistaken belief that exercise requires heart-pounding exertion and sweat. In , the "father of aerobics," Dr. Subsequent research showed that boosting oxygen uptake through repetitive, vigorous exercise could increase aerobic fitness. Higher aerobic fitness translates into better athletic performance and a lower risk of cardiovascular disease. So why bother doing anything? But as evidence for the health benefits of moderate exercise accumulated, he switched tactics. During his 34 years as a primary care doctor, he persuaded many of his patients to start walking, and the benefits were often striking. People lost weight, their blood pressure dropped, and so did their cholesterol readings, he says. Simon reviewed current research on the health effects on both ends of the exercise spectrum, from minimum to maximum. Modest activity—even as little as one hour of walking or gardening per week—was linked to lower rates of heart attack, stroke, and death from all causes, according to an analysis of 22 studies that included more than , adults. One found that people who did moderate exercise just 15 minutes a day tended to live an average of three years longer than their inactive peers. While more exercise is even better for your health, the benefits plateau beyond 45 to 60 minutes of daily moderate exercise. Do more exercise if you enjoy it, but from a health standpoint, there are diminishing returns after the first hour, says Dr. The other end of the curve Is there any danger from doing too much exercise? On this matter, the research is reassuring. In one study, researchers tracked more than , people from the United States and Sweden, using the current U. But there was no evidence of any downside—even at levels 10 times more than the minimum. But if you go over your daily routine, you can usually find a way to add in few short walks or flights of stairs, says Dr. Aim for a daily goal of 30 minutes of moderate walking see "What do we mean by moderate? But you can do it in increments of 10 minutes and at whatever pace suits your body. Simon quotes Edward Stanley, the Earl of Derby, who in said, "Those who think they have not time for bodily exercise will sooner or later have to find time for illness. Exercise intensity levels are very subjective and affected by your current fitness level, but these descriptions will give you a sense of the different levels. Brisk walking is great, but walking at a moderate pace will also reap health rewards.

Chapter 5 : Your Heart & Circulatory System

*Keep your heart running: a graduated total health and fitness program for people of all ages [Paul J. Frelinghuysen, Joseph S. Kiell] on calendrierdelascience.com *FREE* shipping on qualifying offers.*

So yeah this was created by my friend and I in a conversation. Thought it was kinda cool so have decided to post it here and see if you guys like it: It all depends on you anyway. Loki was waiting for someone. Someone really, really, really important. He looks down to see the busy Manhattan street. Tony rolled his eyes and settled them on the couch. And what I find interesting is So they are putting us together as a couple. He thought for a moment and stood up, he looked at Loki with a serious face. What do you think is between us? Or what the people think, love? He gasped and panted, tried hard to breathe normally. Tony choked and coughed, craving for fresh air, and slowly stood up from the pain. Loki looked at Tony from head to toe, and from toe to head again, then he turned his back on him. No one understands me. No one feels what I feel. Me standing here doing nothing and understanding nothing will not help you. He has been trying to escape from this, but then he failed. I admit, I am pathetic, and vulnerable. Coming here alone is like asking you to conquer my world, my mind. You asked me here, I came. You stepped on me, describing me as stupid, pathetic, weak, and I should no longer stay in your eyesight, I leave. But then you stopped me. I have even sacrificed the trust put on me by my fellows, only to satisfy your, who is supposed to be my enemy. What have I earned? Again, pathetic mortal, stupid human What do you actually want? Loki shed a tear. Tony looked up, unsure of what he had just heard. Did Loki just say sorry? Did he just apologize? He hung up a shocked face, with tears still uncontrollably dropping from his eyes. Tony was now completely astonished. Is this only a trap to make Tony work for Loki? Is this a lie, a joke? Loki turned away and stomped on the ground like a child. Especially at expressing my feelings! Tony was more shocked than ever. Did Loki just admitted his love to him? Is he lying or did he really, really fall for him? He swallowed his nervous and replied in a soft voice. But this man is more than important to Loki now, in his heart. I once cared too much. I killed my real father for the fake one. I gave him the last chance to claim me. But then what did I get? Again, that hateful, cold response I have done all that I can but what did I get?! I tried killing myself. But what I fell into is a portal instead. There someone taught me to conquer the Earth, I did, because I wanted to prove, to find someone who respects and understands me. The first one I got was Clint. He has no true feelings for me, he obeys me only because I have brainwashed him. He told me everything about the team. I looked at you like how I looked at the normal midgardians at first, but then Clint told me more about your background The plane trip, the entire fight about you, the soldier and Thor. I looked at you all the time, I cannot control my eyes. And I would admit Far more than what I want. I had to come for you before destroying your world. I had to see you. Loki drowned in despair. He finally found his voice, and said, "Loki. From that moment you appeared in front of my eyes, the perfect, god-like face attracted me like nobody ever have done before I have loved you, and until now I still am. I could do and give up anything for you. I broke down, I cried, and I left I just thought that you deserve someone better than me. I have been looking at you secretly I could not tell you because of our identities. A little hope rose up from my heart, but I know that was stupid, so I forced myself to forget. I was nothing, and I still am. Then in a second he turned to face Tony, his now and only love. Your body, your soul, your heart You are too everything I need and want, you may not be perfect in others eyes, but I love you just the way you are. Loki chuckled, and whispered, "Anthony, you know, just as agent Romanoff said, Love is for children. My heart, though remains cool all the time, would only run for one person, who is now standing in front of me. Loki smirked and backed off a little, using his seductive voice, he teased the genius. It burns you to have come soooooo close. What, you plan to steal a kiss from me? Loki let out a soft hum, "Aw, not the ear Two pairs of beautiful green and brown eyes stare into each other. Whispered the one who owns the green eyes, "Do you desire to hear it from me, Anthony? Let me satisfy you. A long sigh is then heard, there seems to be something troubling the God. I know I am too selfish to have kept you with me and forced you to make a choice between me and your friends I thought of it before coming here, I understood the whole thing. I come, I regret. And what does it mean? It means that my feeling to you is strong enough to knock down my career as a

hero. It means that I have given up everything for you. It means that you Wherever, when, whatever happens, whoever you becomes, this, will always be with you. All because of this hateful, annoying mortal. There is a way to keep you alive, but I must go back to Asgard to complete that. Loki gave no reply, but that obviously means yes. Loki knew exactly why he left, and knew exactly why not telling Tony the reason would be important. He left to grant them a chance.

Keep your heart healthy and your weight down with regular exercise. you might start by walking and then add bursts of jogging into your walks. Gradually start running for longer than you walk.

Sometimes, you might be faced with a problem of keeping up a good pace. Furthermore, it is vital for you to understand your body and its needs first to avoid any unwanted injury or accident. Among these health concerns, having a high heart rate can be a problem. What Affects Your Heart Rate? Besides running, there are many other factors that can affect your heart rate. This is measured through a minute or most commonly known as bpm or beats per minute. As a result, this causes your heart rate to go up. Consuming stimulants like caffeine from coffee or nicotine through cigarettes increase heart contraction too. In contrast, a decrease in calcium and sodium can lead to lower heart rates. Your body temperature is also closely connected to it. A lower body temperature would show a lower heart rate and vice versa. Heart Rate And Running The focus of this article will be about running. However, there are instances where you can feel your heart pumping out of control during and after running. This can be beneficial to people who are aging or to those who have discomfort due to medical reasons. Furthermore, incorporating running techniques to decrease heart rate can give you better stamina. Although the intensity might suffer, your distance, speed, and overall efficiency will significantly improve. Hence, having the right balance is key to prolong your run without burning your body out of exhaustion. Pacing is the most important factor when it comes to running efficiency. Hence, a slower pace is ideal to start with. Aerobic base training is an essential step that many runners often overlook. This is mostly a result of wanting to run faster but not better. To build your base, a popular method that you can use is the Maffetone Method. Phil Maffetone which aims to find your ideal heart rate for training. It lets you use your maximum heart rate MHR as a standard to use in not just running, but also workouts. Check out the interview with Dr. Phil Maffeton on the Paleo Runner Podcast below 2 " Adjusting Your Speed To add to your aerobic base build up, improving your running is a small tweak that can pay dividends to your overall performance. Decreasing your running speed is a simple technique that lowers your heart rate. For example, if you feel that your heart rate is too fast in running 7 minutes a mile, then decrease it by adding more. Instead, you can reach a mile by running 10 or even 11 minutes. This is because running is almost as simple as walking. Well, such a misconception can lead to added exhaustion and increased beats in your heart. When running, always maintain a proper form. A good form includes your feet being set shoulder-width apart. Also, your hands and arms must be not higher than your abdomen. If you tend to see people run with their hands near their chest, consider it as a bad form. Avoid steep slopes and inclined surfaces because again, gravity is not friendly to your movement. Any form of added force means added beats to the heart. In a Nutshell With all that said, the one thing you should focus and read more about is the aerobic base training method. Having a mix of knowledge towards the formula of your maximum heart rate along with simple techniques is all it takes to be an efficient and healthy runner. Emily Carter Emily Carter is an American competitive athlete who is always trying to push herself to the limit. She is also the founder of GoAheadRunner , where her associates blog contain articles to offer everything a runner needs, whether you are a seasoned pro or an absolute beginner. She loves bringing what she knows and learns to the community and hopes to help everyone to the road to happiness. Get your free e-book!

Chapter 7 : 9 Weird Things Running Every Day Does to Your Body | Everyday Health

The Keep Your Heart Running Study is an ongoing project that targets middle-aged adults (years old) who regularly participate in marathons or who are healthy and do not run marathons. Participants will be compensated with a stipend up to \$25 and free information regarding their cardiovascular health, fitness and body composition status.

Thanks to running magazines and the companies that sell running gadgets, runners feel like they need a heart rate monitor to train for running, and without it, they are at a disadvantage to the rest of the running world. Heart rate monitors can keep you in the right training zones, prevent overtraining, and help monitor progress. In my experience as a coach and athlete, training by heart rate is less accurate and more problematic than training by pace and feel unless you are a very experienced runner. Sleep, stress, and dehydration can all raise or lower heart rate on any given day. Sleep Many studies have concluded that a lack of sleep, a reality that many runners are plagued with, will elevate your heart rate beats per minute bpm. While this may not seem like a big change, coupled with the other factors below, a lack of sleep could cause you to train at heart rate levels that are below your optimal training zones. You naturally have a lower heart rate in the morning than you do at night. Your heart rate can vary by bpm from one day to the next without any changes to fitness or fatigue! Stress Stress has the same affect on your heart rate as a lack of sleep. One study in particular showed that workplace stress raised heart rates by bpm. This is an important statistic for runners who train after work. Did you ever consider that ego depletion could be affecting your workouts? More than you realize! Unlike sleep, an exact measurement of your stress level, and therefore the exact increase in your heart rate, is difficult to determine. While running is a great way to reduce the effects of stress, the elevated heart rates you experience while in a stressful state will change the heart rates at which you should be running. Caffeine As runners with busy lives, caffeine often becomes the fuel that runs our day " for better or worse. Although we found that there are 9 true benefits for runners to take caffeine, especially for performance enhancement and recovery after workouts, there are some downsides. Studies have shown that caffeine elevates heart rate for up to 24 hours after ingestion. Runners who are accustomed to caffeine will be less affected than those who only drink the occasional cup. Weather Weather also has a dramatic influence on heart rate. During hot days, your heart rate will increase as your body works to cool itself down. In hot and humid conditions , blood is sent to the skin to aid in the cooling process. This means there is less available blood and oxygen for your working muscles. What does that mean for your body? Your heart has to work harder to maintain the same pace and effort during your run. Heart rate will decrease or more accurately underestimate the intensity of exercise in response to training in cold environments. Researchers posit that training in cold temperatures results in an increase in stroke volume and thus a higher V02max, which will lower the perceived effort and reduce your heart rate. Dehydration Dehydration has a profound affect on heart rate. In one study , researchers found that cyclists who exercised in a dehydrated state exhibited heart rate readings that were Like the above factors, training in a dehydrated state can drastically influence your heart rate training zones. Likewise, the exact measurement of your stress levels, caffeine intake, and heart rate variability can be difficult to pinpoint, leaving you guessing at your actual heart rate levels. Which kind of defeats the purpose, right? Heart Rate Training Zones are Often Wrong Another inherent drawback to heart rate training is how difficult it is to establish you max heart rate and accurate training zones. Although we do have a calculator to help you find your max heart rate , the problem is that heart rate calculators are based on an average. Not only that, but is maximum heart rate really the best predictor of training zones? How to find the correct heart rate training zones In order to establish proper training zones, an athlete must first determine their maximum heart rate MHR. Unfortunately, a majority of runners use simple heart rate formulas: Does minus age ring a bell? Therefore, many runners who control their effort by heart rate may be doomed from the start by using faulty max heart rates. Unfortunately, maximum heart rate is not the ideal way to measure the bodies response to exercise. So what should you use instead? Blood lactate levels are more accurate. In fact, research has demonstrated that there is no predictable relationship between heart rate and lactate threshold. Your optimal training zones could be far outside what traditional heart rate training advocates suggest. From a training and

coaching standpoint, I am not willing to make my training decisions based on devices that barely work half of the time. Here are some of the ones I have experienced: By now you probably have guessed: Heart rate monitors are often inaccurate. Otherwise, I may be making training decisions based on irrelevant and inaccurate information.

Chapter 8 : Keep your 'heart' running, an avengers fanfic | FanFiction

But when following the run/walk program also use a heart rate monitor and try to keep your heart rate to the correct level (your age etc) This will probably mean that you will have to walk a bit during the running phase to keep your heart rate down, but that's fine.

Chapter 9 : Keep Your Heart Running Study Recruitment Underway “ Syracuse University News

Studies have shown that running can help prevent obesity, type 2 diabetes, heart disease, high blood pressure, stroke, some cancers, and a host of other unpleasant conditions.