**Hit the Road: How to Start a Running Program**

By Madeline



According to a national **survey of 6,207** people, about one in 10 jog or run as part of their weight management or weight-loss strategy. Runners edged out other dieters in terms of reaching overall weight loss goals.Running is a challenging form of exercise that builds aerobic fitness and heart health as it seems to melt away fat. However, if you are interested in building muscle mass, Guillory says you will have to alternate running with weight training.

*(It is a preferable idea to use statistics and figures in your writings)*

You may be eager **to hit the road**, but taking it slow ensures safety and increases the likelihood that you will enjoy running more. Here are the steps you need to take:

**Talk to your doctor.** Most people can start to train for running with no problems, but Guillory advises checking in with your doctor before beginning a new exercise program. **Running**, **people who** have heart problems or have recently had foot or knee surgery should be particularly cautious, she says.*( Dangling Subject)*

**Start by walking.** Guillory works her clients up from walking to running. “If someone has never run before, let’s get you to 4.0 miles per hour walking before you start running,” she says. Walk at this pace for a week and then gradually speed up and add distance. “The rule is no more than a 10 percent increase in mileage per week,” says Guillory. Once you start running, don’t run every day and vary your routine — short, high-intensity runs on some days, distance runs on others.

**Keep a running journal.** This will **help keep** track of your pace, heart rate, and how far you have run each day, so you can stay on track and feel good about your achievements.

**Buy the right shoes**. Expect to spend $50 to $60 for a good pair of shoes, says Guillory. Choose comfortable shoes specifically designed for running, not cross-trainers, and only use them when you are running. If you run regularly, plan on getting a new pair in about three months.

**Plan for safety.** Guillory recommends carrying your cell phone and pepper spray while running outdoors. The pepper spray is helpful for dogs as well as humans, she says. Make sure the route you choose is well-lit during the hours that you plan on running.

**Hydrate, hydrate, hydrate.** Especially if you are running outside during the summer or in the heat of the day, you must drink water. Drink 8 ounces about 15 minutes before you run and carry water with you. A tip from Guillory: If you are running long distances and will return on the same route, hide water bottles so you can retrieve them on the way back.

**Snack on protein and carbs.** A small snack with protein and carbohydrates before and after you run can be helpful. However, Guillory points out that weight loss is all about calorie math: If you only run enough to burn 200 calories and you gulp down a 200-calorie sports drink, you haven’t achieved any net loss.

**At the end of the day** ,if you want to start running and you are still nervous about how to do it, work with a personal trainer for a few sessions, then slip on your running shoes and hit the road.*( Terminating Sentence)*