

Fun Run

Running is great exercise whatever your age – it strengthens bones, helps improve coordination, exercises the heart (cardiovascular system), improves our muscle strength and is also loads of fun! Running also releases endorphins, our body's feel-good chemical, which boosts our happiness.

The best thing about running is that almost anyone can do it, almost anytime and anywhere. However, we need to make sure we have the right gear if we plan to run regularly. This includes:

- › Proper running shoes to stay comfortable and avoid injury
- › A reusable water bottle to keep us hydrated
- › Lightweight clothes to help us to stay cool
- › A hi-vis vest or jacket for safety when running in low light or near roads

You can go for a run no matter where you live! Just plan out a route, whether it is through a park, field, local estates or on the beach – it is just as much fun.

It's important to listen to our bodies when we run. This includes:

- › Taking breaks as you need them
- › Drinking plenty of water before, during and after running
- › Incorporating stretches, warming up and cooling down as part of our routine

Starting off with running can be difficult, so begin by setting small achievable goals. Why not start slowly by walking, then jogging and then back to walking again? Begin with short distances as goals and work your way up to longer distances, such as 1 km or 2km. Some people like to go running in large groups – it could be fun for your family to run with other families, too! Now grab your runners and let's get going!



Check out
[layasupertroopers.ie](https://www.layasupertroopers.ie)
for more fun tips
and activities!