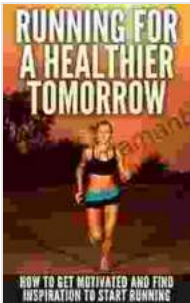


# How to Get Motivated and Find Inspiration To Start Running



## Running For A Healthier Tomorrow: How To Get Motivated And Find Inspiration To Start Running

by Kathy Stanton

★★★★☆ 4 out of 5

Language : English

File size : 215 KB

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Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 21 pages

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Running is a great way to get in shape, relieve stress, and improve your overall health. But getting started can be tough, especially if you're not used to exercising. If you're struggling to find the motivation to start running, don't worry, you're not alone. Millions of people have been in your shoes. But with a little effort, you can overcome your resistance and start enjoying the benefits of running.

### **Here are a few tips on how to get motivated and find inspiration to start running:**

1. **\*\*Set realistic goals.\*\*** Don't try to do too much too soon. Start with a small goal, such as running for 10 minutes three times per week. As

you get stronger, you can gradually increase your distance and frequency.

2. **\*\*Find a running buddy.\*\*** Having someone to run with can help you stay motivated and accountable. Find a friend, family member, or coworker who is also interested in starting to run.
3. **\*\*Listen to music or podcasts while you run.\*\*** This can help you stay entertained and motivated while you're running.
4. **\*\*Run in a beautiful or inspiring place.\*\*** This can help you enjoy your runs more and make them more likely to stick with it.
5. **\*\*Set up a reward system for yourself.\*\*** This could be anything from buying yourself a new pair of running shoes to taking a day off from work to go for a run.

**In addition to the tips above, here are some inspirational stories from people who have overcome their own challenges to start running:**

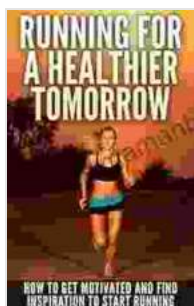
- Sarah was a lifelong couch potato who never thought she would be able to run. But after her doctor told her she needed to lose weight, she decided to give running a try. She started out by walking for short periods of time, and gradually increased her distance and speed. Within a few months, she was running for 30 minutes three times per week. Sarah is now an avid runner and has completed several 5K races.
- John was a heavy smoker who had been trying to quit for years. He found that running helped him to quit smoking and improve his overall health. He started out by running for short periods of time, and gradually increased his distance and speed. Within a few months, he

was running for 30 minutes three times per week. John is now a non-smoker and has completed several marathons.

- Mary was a single mother who was struggling to find time to exercise. She decided to start running with her son in a stroller. She started out by running for short periods of time, and gradually increased her distance and speed. Within a few months, she was running for 30 minutes three times per week. Mary is now an avid runner and has completed several 5K races with her son.

These are just a few examples of people who have overcome their own challenges to start running. If you're struggling to find the motivation to start running, remember that you're not alone. With a little effort, you can overcome your resistance and start enjoying the benefits of running.

So what are you waiting for? Get out there and start running today!



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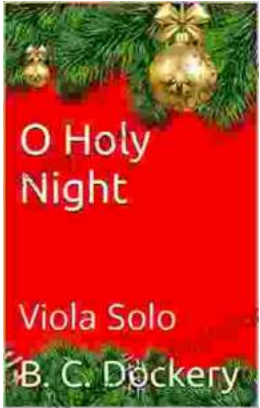
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