

# Overcome the 11 Myths About Running and Live a Healthier Life

Running is a great way to get in shape, but there are a lot of myths about running that can discourage people from starting or keep them from reaching their fitness goals. This book will help you overcome these myths and live a healthier life.



## Lifelong Running: Overcome the 11 Myths About Running and Live a Healthier Life by Martin Rowe

★★★★☆ 4.5 out of 5

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### Myth 1: Running is bad for your knees

This is one of the most common myths about running, but it's simply not true. In fact, running can actually help to strengthen your knees and reduce your risk of developing knee problems.

One study found that runners had a 50% lower risk of developing knee osteoarthritis than non-runners. Another study found that runners who had

knee pain before they started running actually saw their pain decrease after they started running.

So, if you're worried about running being bad for your knees, don't be. Running is a great way to get in shape and improve your overall health.

### **Myth 2: You need to run long distances to get in shape**

This is another common myth about running. While it's true that running long distances can help you to burn more calories and improve your endurance, it's not necessary to run long distances to get in shape.

In fact, running for short periods of time can be just as effective as running for long periods of time. One study found that people who ran for 30 minutes three times per week lost just as much weight as people who ran for 60 minutes three times per week.

So, if you're new to running, don't feel like you have to run long distances. Start by running for short periods of time and gradually increase your distance as you get stronger.

### **Myth 3: You need to run every day to see results**

This is another myth about running. While it's true that running every day can help you to see results faster, it's not necessary to run every day to get in shape.

In fact, running too often can actually lead to injuries. It's better to start by running a few times per week and gradually increase your frequency as you get stronger.

So, if you're new to running, don't feel like you have to run every day. Start by running a few times per week and gradually increase your frequency as you get stronger.

#### **Myth 4: You need to run fast to get in shape**

This is another common myth about running. While it's true that running fast can help you to burn more calories, it's not necessary to run fast to get in shape.

In fact, running slow can actually be more effective for burning fat. One study found that people who ran at a slow pace burned more fat than people who ran at a fast pace.

So, if you're new to running, don't feel like you have to run fast. Start by running at a slow pace and gradually increase your speed as you get stronger.

#### **Myth 5: You need to be in shape to start running**

This is one of the biggest myths about running. Running is a great way to get in shape, but you don't need to be in shape to start running.

In fact, running is a great way to get in shape if you're overweight or obese. Running can help you to lose weight, improve your cardiovascular health, and reduce your risk of developing chronic diseases.

So, if you're not in shape, don't let that stop you from starting to run. Just start slowly and gradually increase your distance and speed as you get stronger.

## **Myth 6: Running is boring**

This is a common complaint about running, but it's not true. Running can be a great way to de-stress, clear your head, and enjoy the outdoors.

There are many different ways to make running more enjoyable. You can listen to music, podcasts, or audiobooks while you run. You can run with a friend or join a running group. You can even run in different locations to keep things interesting.

So, if you think running is boring, don't give up. Try some of these tips to make running more enjoyable.

## **Myth 7: Running is expensive**

This is another common myth about running. Running is one of the most affordable ways to get in shape. All you need is a pair of running shoes and some comfortable clothes.

There are many free places to run, such as parks, trails, and sidewalks. You don't need to join a gym or buy expensive equipment to start running.

So, if you think running is expensive, don't let that stop you from starting. Running is a great way to get in shape without breaking the bank.

## **Myth 8: Running is dangerous**

This is another common myth about running. Running is a relatively safe activity, but there are some risks involved.

The most common risk associated with running is injury. However, there are a number of things you can do to reduce your risk of injury, such as

warming up before you run, cooling down after you run, and running on soft surfaces.

Another risk associated with running is heatstroke. However, you can reduce your risk of heatstroke by running in the early morning or evening, drinking plenty of fluids, and wearing loose-fitting clothing.

Overall, running is a safe activity. However, it's important to be aware of the risks and take steps to reduce your risk of injury.

### **Myth 9: Running is only for young people**

This is another common myth about running. Running is a great activity for people of all ages. In fact, running can actually help to improve your health and fitness as you get older.

One study found that people who ran regularly had a 45% lower risk of developing dementia than people who did not run. Another study found that people who ran regularly had a 30% lower risk of developing heart disease than people who did not run.

So, if you're older and looking for a way to improve your health and fitness, running is a great option.

### **Myth 10: Running is bad for your feet**

This is another common myth about running. Running can actually help to strengthen your feet and reduce your risk of developing foot problems.

One study found that runners had a 50% lower risk of developing plantar fasciitis than non-runners. Another study found that runners had a 30%

lower risk of developing heel spurs than non-runners.

So, if you're worried about running being bad for your feet, don't be.

Running can actually help to strengthen your feet and reduce your risk of developing foot problems.

## Myth 11: Running is addictive

This is a common myth about running



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