

Transcription

Running is a terrific sport. Running can improve your life in a whole number of ways. I have ran nearly half of my life. Thus, I am in a good position to testify to the benefits of running. I believe if you are determined to participate in a program of running at least three days a week, 30 minutes a day,[some experts recommend this program] you can improve your life, quality-wise and quantity-wise.

One great way you can improve your life is by the extra energy you get from running [like others have noted]. Many runners and other athletes seem to be like the Energizer Bunny. As the commercial says, “they keep going and going and going.” Runners often seem to have endless energy. I don't understand why more people don't want this. Life is no fun when you're dragged out. Life is no fun when you're lethargic or listless. Life is not fun when you can't live it your fullest. When you are energetic, you inspire others. Others love to see your zest for life. They love to see how full you are living. I have observed workers who exercise and workers who don't exercise. Those who don't exercise feel nearly beat when day of work is through. Runners may feel tired after eight hours of work, but everything isn't taken from them. They can still have fun. By taking a little time out of your day to run, you will find other tasks become easier because you have all this wonderful energy to keep you driven.

There is a social benefit of running [like others note]. It can be very good fun to run with others [like others note]. When you do this, you can essentially kill two birds with one stone:

- Not only are you having a good time connecting with a friend [like others note],
- but you also are able to help relieve the monotony that can sometimes set in [like others note].

It's awesome to connect with your friend on a number of levels. You can connect by sharing the same activity. Also, you can connect in a conversation.

Running can be great if you have a significant other. Even if the person doesn't run themselves, they can hop on a bike, pedal along while you're jogging.

Runner's World magazine describes an additional benefit of running with someone else: This benefit is motivation. The magazine tells us that “we may more easily convince ourselves we don't want to run than we are able to tell a running partner who has came all the way to our house early in the morning that we don't feel like running today.”

Many of those people who like the social aspect of running [say they] find it's a good way to meet with friends when you don't always have enough time. My friend Bill and I were both busy people in college. We didn't have enough time for our busy schedules to intersect. But we realized we both like to run. Thus we use running whenever we could.

There is “an urge in humans to be a part of something bigger and better than themselves.”, [like others note] Thus many people enjoy competitive running [like others note]. I have participated in competitive running for about 8 of about 12 years of running. Many love the team atmosphere. They [say they] love the camaraderie. I had a good time in high school across country and track. Many believe running is never dull when you have tons of people on the team with you. I have noticed that runners tend to have laid back, goofy personalities that many find enjoyable.

If you're concerned about running certain times, running with others is great. Many people on cross

country teams don't like to run by themselves: It's too dull for them [they say]. They like someone else to keep their mind off their body the whole time [they say]. Also, others can push you [they say]. Whether by running with you, making you stay with them, or by encouragement. It's great in the middle of the race to have your whole team cheering for you, wishing that you do well.

If you're doing workouts, running with others can really help [like coaches tell us]. Many of us have lots of stress in our lives [like others note]. We have lots of tension [like others note]. Unfortunately, we don't deal with this enough [like others note]. We don't have sufficient opportunities to get rid of our stress [like others note]. This is dangerous because stress can build up [like others note]. It can eat us away [like others note]. Running is marvelous to soothe our nerves: it takes worry away [like others note].

There's been a number of times where I may have been angry, worked up, worried, full of angst. But running makes it seem better. When you run, your body uses this nervousness, rechanneled positively [like others note]. Also, many times when something's bothering us, it's a matter of perspective [like psychologists say] Maybe we're being too hard on ourselves [like psychologists say] . Or we're fearing an outcome that may not necessarily happen [like psychologists say] . "Running helps us see in a different way. We start to see maybe it's not so bad after all." [like psychologists say]

Many people who are violent should use running as a way to get their anger out of them. It can work wonders. Many people realize exercise is good. But a lot of people don't have the inner strength and initiative to be disciplined to run religiously. These people often try to find justifications for their sedentary lives. One of the lamest, oldest excuses is, "I don't have time." I believe that we essentially have time to do what we want to do [like the saying goes]. "If something is a major priority, we can find time for it. It's a matter of how determined you are to do this activity." [like others note]

I worked at a summer camp a couple summers ago. One of my concerns was having time to run. But I was able to find time to run. We had to wake up early. Each morning we had to work long days. If you wanted to run, you likely had to do that early. I awoke around 5:30 every day to run. I love sleep. I rarely neglect sleep if I don't have to. But I knew running is a priority. Some nights I would stay up as late as 11 or 12. That's tough when you wake up at 5:30.

Indeed, there are people who have really busy schedules. I would like you to examine your work. Ask yourself, is this busyness needed? Many people work way too hard. We are workaholics in America. Ask yourself if you really need to work this long. In Europe, they work much shorter hours. [everything in this paragraph others have noted]

In many cases, isn't a privileged society supposed to not make us work all day yet people want to break their backs? I don't understand.

I have found how little a person needs to live on. Thus, I have often worked only enough to have me survive. Sometimes, I have worked under what I really need. If it's unavoidable for you to work, maybe you get really low wages due to some horrible boss, then I recommend this:

- Remember, time management is not often about pulling new time out of thin air, but using current time more effectively, [like productivity experts say].
- Ask yourself where you have downtime that you can use better. Even busy schedules often have downtime.
- The key is to combine two tasks at the same time, if you can.

Physical fitness is an excellent opportunity to do another task. There was a time when I was wondering how I would ever find enough minutes to practice all the speeches I wanted to practice. Then it dawned on me. I can practice speeches while I run.

Just as was the case with social benefits, it is also the case here. You can kill two birds with one stone. You relieve a non-needy also. Get something very productive done. If you use your imagination, you can do any number of other tasks. Maybe you can go through an important case as your law firm in your head. Maybe you could rehearse what you're going to say to a client. Maybe you need to memorize all the capitals of a nation or school. Running is a great time to do this.

If you're running on a treadmill, your options are even greater. You can read a book. You can study for a class. Especially, there's rarely a good excuse not to do something as essential as exercise.

People may not be aware that running can improve your creativity [like experts say]. We've all heard the expression, jog your mind. This can happen when you jog [experts say]. It's unfortunate we have these notions of dumb jocks. Because I believe intelligent people can become better by exercise. I believe many smart people are not tapping into their fullest potential by not exercising.

When you exercise, the right side of your brain is stimulated [experts say]. I have often felt very creative while running. I've thought of new ideas for a poem. I've worked through political issues in my head. The creativity can help you see new angles.

George Sheehan, a famous running writer, talked about how “the philosopher Kierkegaard would use walking as a way to find creative solutions to his problems.” George Sheehan himself wrote that “he considered running to be a good first draft.” Many ideas for columns came to him while running [he noted].

It is unfortunate “Western society has this dichotomy between the mind and body” [like observers say]. If we look more holistically, we can see that the two are connected [observers say]. If you work your body, your mind can improve too [scientists note]. Creativity is one of the great joys of life. If you want to maximize, to optimize this creativity, you should run.

Surely a big reason people run is for physical fitness. There's a whole number of body systems that can improve by physical fitness. Mentally you can improve, you can become sharper. Surely your leg muscles become stronger. Even your arm muscles become stronger. Many of us love those with muscles. We have to realize something. We usually consider attractive people those with toned muscles, not bulging muscles [like observers note]. Arnold Schwarzenegger and Hulk Hogan aren't considered the most attractive people on the planet. But someone who works out aerobically has more subtle tone that we enjoy. Madonna is a prime example. Surely one of the most attractive women of our age. Your heart can improve. Heart disease kills way too many Americans. There's no excuse for it. Your lung capacity can increase. Your immune system is boosted. You're less likely to get sick if you exercise religiously [scientists say]. It is awesome to rarely get sick. When others have these viruses, you can defend yourself from them. Very strong.

I remember one of my roommates my sophomore year in college was a hockey referee. He was in fairly decent shape, but he could have done a little better. He didn't take care of himself the best. I caught this nasty virus. Fortunately, I am rarely ever sick. But this virus didn't make me feel very good. I still did most of my activities. I don't think I missed a class because of it. I didn't even miss practice because of it. Eventually, it went away. Soon after it went away for me, my roommate got it. He had a

huge fever. He was sweating and panting. He was almost losing his breath. He had to be taken to the hospital, he said. I am glad running has enabled me to do this. This is a great gift you can get from running.

We usually consider people who don't use something to take it for granted. If you bought your child new clothes and they never wore them, you would probably think they wouldn't value these clothes. The same can be said for our talents, our abilities. Those who can run but don't aren't valuing that ability enough. There's many people in wheelchairs who wish they could run. They envy those who can. But these people don't. They're not valuing it. They've taken it for granted.

George Sheehan was right [when he said] that “one of his best ways to worship was to run because he was using this great gift that was given to him.” People keep running because it makes them feel good [experts say]. Not only does it feel good to accomplish something, it feels awesome to stick to a running program and see results. It feels wonderful to make sacrifices for something more sublime.

But you also often feel good while you are running. At first it may be hard, but once you get used to it, you start to feel great, [experts say]. It becomes a positive addiction [experts say]. Unlike drugs, it does your body wonders. “There are not negative side effects from running” [experts say]. When you run, your body produces positive chemicals called endorphins [scientists say]. These are responsible for positive moods. Although this endorphins are the best, they will benefit after the heat [scientists say]. These endorphins make you happy to be alive [scientists say]. They have even gotten runners have a good high [scientists say]. This is a blissful feeling when you feel as if you're in an altered state, but an altered state that is not making havoc on your body, as what happens when people take drugs [scientists say].

If you feel low, you should exercise. It's hard to feel bad when you're doing something so wonderful. There have been times when I've been depressed, but running can help. I do not believe those who are physically fit are likely to have mental health problems. Instead of these doctors prescribing antidepressants, why don't they prescribe exercise [observers say]? Could it be that if people exercise, they won't need a psychiatrist anymore [observers say]? It may not be the case in all examples, but we should wonder about this.

Running can help clear out your mind [scientists say]. A mind that may be loaded with information in the information age [observers say]. We have information everywhere. We need to not always have it come in. We need to release. Running allows us to do that [scientists say]. It brings us back to equilibrium [scientists say].

Many people who work 9-5 jobs enjoy a run in the country after work or a run in a forest trail. The retreat helps them deal with problems better [observers note]. There was this man who was feeling burnt out from his job: he wrote an article in Runner's World magazine about how this race in the forest helped him get a new perspective on it all. Many love what nature does for your sense of serenity. Imagine that added on to the benefits of physical fitness. It is truly awesome.

The retreat running can provide you in a new location is a healthy retreat as opposed to the escape of drugs. Running makes you more able to deal with your problems while drugs make you less able [experts say]. Running can help us overcome obstacles. We gain confidence and empowerment in ourselves. When we religiously stick to a program, we see how dedicated we can be [experts say].

We use our ambition, our initiative to make sacrifices. [Like scientists say] What was difficult at first,

we are able to do now without all that much sweat. Many beginning runners find it difficult to run around the block [like others say]. But after they run for a while, they can run two miles [like others say].. Not breathing nearly as hard as they did originally when they ran around that one block. If you run competitively, you can really see a lot of difference in your results. Competitive running can push your times greatly. You become ecstatic when you I remember how much I improved through good coaching in high school. One example people like to tell me about was “I couldn't hardly run these 800 meter runs in six minutes during practice”, which is harder to do well than during a race because you have adrenaline going, you have all these other people competing against [like others sat]. By the time I was done, I was able to run almost three miles at 5.15 pace [like my coach pointed out]. I felt awfully good.

This can be carried over to other areas of your life. Running is fabulous to maintain a healthy weight [like others say]. We are obsessed with weight in our country [like others say]. . We have unhealthy extremes [like others say]. . On one side of the coin, we have people who are focused on this unrealistic ideal of fitness [like others say]. . Women are especially targeted with absurd models of fitness [like others say].

Someone once told me, “we shouldn't push physical education too hard because people are in this category of unrealistic views of weight.” But I believe we're not doing them a favor by not encouraging physical fitness, because there are people in the other category who are sedentary, who eat too many animal products, who watch too much television, who don't exercise enough [like observers say]. Exercise helps you keep a healthy weight without having to resort to extreme measures, anorexia or bulimia [like observers note]. When you run, you can eat enough calories [like experts note] . You can eat healthy foods, still be thin [like experts note]. Many runners find that they can eat almost anything they want without having to worry [like others note].

The person who criticized me for wanting to push education, physical education, said, “we should tell people it's okay to be heavy.” No we shouldn't. It's not healthy to be heavy. Certainly some people have bigger bones than others , like the excuse goes. People have larger brains. But don't buy that whole metabolism argument people like to use. There's very few cases of that [like scientists say]. Very small percentage actually have a metabolic problem [like scientists say].. Most fat people don't exercise. If they did exercise, they would lose weight.

There is a difference between fat on your body that is fine, that's not interfering with your health. But if someone's 300 pounds, they should exercise. The well-rounded approach to weight loss is exercise [like experts note]. Don't try these stupid diets [like experts note]. Don't be anorexic or bulimic, but also care about yourself enough to become thin through exercise [like experts note].

Running is a terrific sport. You can do so much good for yourself by running. I hope you all are ready to start running. You can become so much happier, so much healthier, so much more fulfilled if you start a running program of at least three days a week, 30 minutes a day. Running is something I have not regretted. I cannot...