
The Health Benefits Of Running A Mile A Day

Running a mile, a day is a good goal for your mental health as well as for your body. There are plenty of benefits if you run few miles a day. While, some researches show the amazing health benefits, when you run a mile for few minutes a day at very slow speediness pace, it might help to decrease the risk of death from the heart attack, similarly it keeps you safe from sudden stroke. Running frequently, also abridged danger of cardiovascular disease, However, the benefits of working out aren't just skin deep. Furthermore, people who exercise will witness that they are happier, more motivated and less depressed.

This is why exercise has been described as the miracle medication and has been recommended as a treatment for depression, insomnia, memory loss, Alzheimer's and Parkinson's disease among others. The reason for this is that the body naturally produces hormones. while exercising and these hormones are called serotonin, endorphins. This sounds prodigious, isn't it? Not only it helps in lowering the risk of diseases but it has great effort on your mental health as well.

In this article, we will highlight the top 6 health benefits, by running a mile a day.

- Running a Mile, a day keeps you more focused
- Running Helps you lose weight
- Lowers the risk of certain types of cancers.
- Reduce the symptom of depression
- Running a mile, a day, improves your cardiovascular health.
- Running Makes You Smarter
- Running a Mile, a day keeps you more Focused

According to recent studies on how running few miles helps you stay more focused and healthier. It shows that 5.7 percent individuals who run for few minutes on steady pace speed, stay happier and more attentive throughout the day. While, regular running or jogging daily may show many health reimbursements. Furthermore, running health benefits such as, it can help build strong bones, as it is a subsidiary exercise, even though strengthen muscles and improve your vascular form.

Do know what happens in your brain when you run few miles? Well, doing any sort of exercise will release the endorphins. This is the good kind of chemical which released in your brain and instantly put you in a good mood. This reaction will make you feel more positive and focused. While, not only running but activities like aerobics can also help you cope with your stress.

Running Helps You to Lose Weight

if you want to lose weight running is one of the best ways to do it as running, it burns more calories than any other form of cardio exercise if you have some extra pounds that you want to

shed. You need to have a get a great pair of running shoes you need to support your feet well and start running at slow speed, if you are running for the very first time. Don't stress yourself - Remember slow and steady wins the race?

Now, if you are trying lose some weight and tried of doing diets which are not working. Then, you must consider losing weight through running or doing some kind of cardio exercises to reach your target goal of weight. As, you do run or any kind of cardio, your body reacts towards and hear rates raises, the process of calories burning begins. Also, when you start running daily you will actually be burning more calories because you're increasing the oxygenation to your red blood cells. It increases your metabolism rate as well, while keeping you more in good physical shape.

Running a Mile Lowers the Risk of Certain Types of Cancers

The thing that people often don't understand is that exercise actually prevents cancer as little as 30 minutes of exercise at least five times a week really can make a difference in your life. Also, few studies show that 25% reduction in developing colon cancer by exercise results in reduced risk of breast and endometrial cancers. it's never too early to start being active but it's certainly also never too late.

Another study shows that people who have suffered from these diseases, after getting physical active by doing exercises such as, running a mile for few minutes or doing yoga are less likely to see it return. As, running have anti-tumors effects.

Reduces the Symptoms of Depression

There are lots of good reasons to run, like toning those legs and your physique. It can also make you happier. That's why working out or running a mile a day, it just doesn't affect your body-fat percentage. It also helps with fighting depression and anxiety.

The effects can be affected that many psychologists think regular exercise can help disorders like anxiety and depression. Lots of research studies over the past few decades have drawn a clear link between exercise and positive feelings. The mood-boosting effects of a single exercise can stick around for up to 24 hours.

Technically speaking, physical exercise on the body, which means it activates the hypothalamic-pituitary-adrenal or HPA axis — the part of your nervous system that controls your body's stress response. One of the things it does is signal production of the stress hormone cortisol. Cortisol helps produce physical changes associated with stress or exercise, like elevated heart rate.

Running daily also helps raise your levels of serotonin, a neurotransmitter involved in the regulation of mood and emotion. The harder you work, the more serotonin you produce. That's

especially interesting, because low serotonin is linked to disorders like depression and anxiety. In fact, many antidepressant medications work by directly or indirectly increasing levels of serotonin in your brain. Another interesting fact is that of brain-derived neurotrophic factor, or BDNF, also goes up during exercise, which helps you fight mood swings, depression and anxiety through running.

Running a mile, a day, improves your cardiovascular health. If you're trying to get healthy, particularly if you haven't been active in a while, then you need to think about your overall health level and if you're someone who doesn't have any heart disease. Then you should be able to go right into an exercise program like, running and cycling. If you are somebody who's had a history of heart problems and especially if you haven't seen a physician in a while, then you really ought to talk to your general internist or see a cardiologist before you start any kind workout. The general recommendations are at least 30 minutes of exercise, up to 5 days a week. So, a fair amount of exercise, probably more than most. However, it doesn't have to be 30 minutes constant. It can be broken up into individual periods of, at least, 10 minutes or so and so sometimes, that's the way that people can work that into their daily routine. Furthermore, Running also helps diminishes the workload of your heart. Since runners have sturdier hearts, they generally have lower inactive pulse rates and higher volume of oxygen. Which keeps, the organ works smoothly and handle the pumping to a greater amount of blood per beat, which helps the heart to carry out its work with ease.

The most important thing for people with or without our disease when they start an exercise program, is to start slowly and listen to your body. But as long as you start slowly, increase slowly, and listen to your body, most people do very well. More exercises associated with longer life span, lower risk of heart attack, lower risk of congestive heart failure, lower risk of stroke, and higher functional level. So, it's not just how long you live, but how well you live.

Running Makes You Smarter

Do you know that running for few minutes daily, can improve your memory and makes you smarter? The studies that show, people that running fast have a lot better of a memory than those who don't do exercise or do any sort of workout. Additionally, studies show that people who run early in the morning. Have a huge benefit, as running is tremendous sport that allows you to get all the benefits of exercise without putting your body under huge amounts of strain. Running is one of the simplest forms of exercises that people from all age groups can perform this exercise benefits the brain health by releasing endorphins that can help calm down the stress. Running also enhances the lungs capacity as well as improves the blood cholesterol levels a data revealed that job you regularly can increase life expectancy by five to six years in both men and women.

Running, will let you be in a better state both mentally and physically. While, running it keeps your mind more focused. The higher levels of energy and positivity will help you to maintain a youthful Look as well. Moreover, running will upsurge the blood and oxygen levels in the blood vessels of the skin making you look fresh and radiant while, making your memory more sharpened and focused.

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