



JOGGING: THE BEST WAY TO REMAIN FIT AND HAPPY

CASE STUDY/INSIGHT

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Jogging is a form of running at a slow, gentle and easy pace. It is running at a pace of fewer than 6 miles per hour. It has less stress on the body than running but more than walking. When performed over long distances, jogging is a form of aerobic endurance training. It has great benefits for people who want to maintain physical fitness without doing complicated workouts.

The most important aspect to begin jogging is to start small. It can be started by walking and then gradually jogging. With practice, the time spent on jogging can be increased and the time spent on walking can be decreased or eliminated. Starting with the habit of jogging isn't that hard. All it requires is a pair of shoes, comfortable clothes and a willingness to move.

Choosing shoes of the correct size and type that suits us is important. Wearing the wrong size shoes could result in injuries. The average lifespan of running shoes is 500 km and after that, they should be replaced with a new pair of shoes. This is done to prevent injuries and to protect joints. While choosing the dress for jogging, it should be selected based on the climate. Ideally track pants, shorts, t-shirts and socks are worn while jogging. When a person gets ready for jogging with his attire and shoes, he will get a feel of an athlete and will feel confident and happy.

Warm-up exercises before jogging and warm-down exercises after jogging should be done. These are simple stretching exercises done at a lower intensity and slower pace. A warm-up generally increases body temperature and blood circulation to muscles. It helps in reducing muscle soreness and injuries. A warm down exercise gradually brings down the heart rate and blood pressure to the pre-jogging level.

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There are numerous benefits of jogging for the body and mind. Jogging can be opted by people who are in the process of weight reduction. It prevents obesity and helps in weight reduction. Jogging strengthens the immune system and the body's response to illness. It reduces the risk of diabetes, heart diseases, controls blood pressure and cholesterol levels. It strengthens the muscles in the body. Jogging helps in keeping the spine flexible and improves cardiovascular health. Jogging improves the functioning of the brain and protects it from stress and symptoms of depression.



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Jogging in the morning will give a refreshing feel from the breeze and enables a fresh start for the day. It could be made more enjoyable with music. Jogging creates a healthy body, sound and stress-free mind, gives positivity, keeps us motivated, active and fit. It is better to consult a doctor before starting jogging. Let's start jogging and remain fit and happy!

