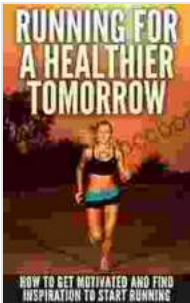


How to Get Motivated and Find Inspiration to Start Running



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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Word Wise : Enabled

Print length : 21 pages

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If you're like most people, you probably have a lot of reasons why you want to start running. Maybe you want to lose weight, get in shape, or improve your overall health. But if you're like most people, you probably also have a lot of excuses for why you can't start running. You don't have enough time, you're not in good enough shape, or you just don't feel like it.

If you're serious about getting started with running, you need to find a way to overcome your excuses and find the motivation to get started. Here are a few tips to help you get started:

1. Set realistic goals

One of the biggest mistakes people make when they're trying to start running is that they set unrealistic goals for themselves. They try to run too far, too fast, and too often, and they quickly get discouraged when they can't keep up. If you're new to running, it's important to start slowly and gradually increase your distance and speed over time. A good goal for beginners is to run for 30 minutes, three times per week.

2. Find a running buddy

One of the best ways to stay motivated is to find a running buddy. Having someone to run with can help you stay accountable and make running more enjoyable. If you don't know anyone who wants to run with you, there are plenty of online resources where you can find running partners.

3. Listen to music or podcasts

Listening to music or podcasts can help you stay entertained and motivated while you're running. If you're not sure what to listen to, there are plenty of running playlists available online. You can also find podcasts that are specifically designed for runners.

4. Join a running group

Joining a running group is a great way to meet other runners and stay motivated. Running groups often have organized runs and training programs, which can help you stay on track and reach your goals. You can find running groups in your area by searching online or asking at your local running store.

5. Set up a reward system

Rewarding yourself for reaching your running goals can help you stay motivated. When you reach a goal, give yourself something you enjoy, such as a new pair of running shoes or a massage. This will help you associate running with positive feelings and make it more likely that you'll stick with it.

6. Track your progress

Tracking your progress can help you stay motivated and see how far you've come. There are a number of ways to track your progress, such as using a running app, keeping a running journal, or simply writing down your runs in a calendar. Seeing how much you've improved over time can help you stay motivated and keep you going.

7. Don't be afraid to fail

Everyone fails at some point, and running is no exception. If you have a bad run, don't give up. Just pick yourself up and try again tomorrow. The more you run, the easier it will become, and you'll be less likely to give up.

8. Have fun

Running should be enjoyable, so make sure you're having fun while you're running it. If you're not enjoying your runs, you're less likely to stick with them. Find ways to make running more fun, such as listening to music, running with friends, or exploring new running routes.

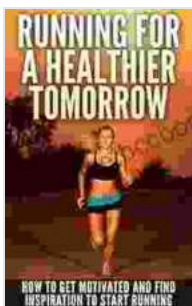
If you're still struggling to find the motivation to start running, remember that you're not alone. Millions of people have been in your shoes, and they've all found a way to get started. With a little effort and dedication, you can too.

Free Download your copy of "How to Get Motivated and Find Inspiration to Start Running" today!

This book will provide you with all the tools you need to get started with running, including:

- A step-by-step plan for getting started
- Tips on how to find the motivation to run
- Advice on how to overcome common obstacles
- Information on how to run safely and effectively

With this book, you'll be well on your way to achieving your running goals. Free Download your copy today!



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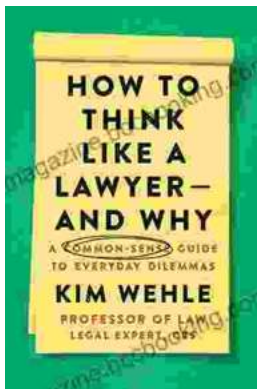
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