

Running extends life

Question: I have heard that running is both good and bad for your health. Is it healthy to run and what are its benefits?

Answer: A study in the journal *The Lancet* in November 2002 reviewed 370 members of a running club for people over 50. The study indicates that regular running may increase life expectancy and risk of disability in old age for an extended time of 9 years. Not only are deaths prevented, disability levels are decreased and the development of disability is postponed in association with running and other aerobic exercise.

Running of any moderate to intensity exercise performed four days or more a week for 45 minutes minimum may assist in the longevity and quality of life. A key to these positive results is combining your exercise with preventive measures. Always stretch before and after aerobic exercise, drink plenty of water and wear supportive well-made footwear.

Chiropractic is an imperative adjunct to a regular exercise program. Spinal balance minimizes potential injury and allows proper weight bearing distribution to the hips, knees, ankles, and feet. Running on an imbalanced pelvis or spine will overtax one or all of the above mentioned joints, leading to soft tissue or joint disturbance. Avoid running with injuries and have your spine checked prior to and during your aerobic workouts to maintain the highest potential of benefit from your exercise.

Quote of the week: *“The price of greatness is a responsibility.”* Anonymous