

12 TIPS TO MAKE RUNNING *Easier*



1 START WITH WALKING



2 PAIR RUNNING WITH AN ENJOYABLE ACTIVITY



3 SET SMALLER GOALS



4 FIND A RUNNING PARTNER



5 TRACK PROGRESS



6 LISTEN TO YOUR FAVORITE MUSIC



7 INVEST IN GOOD SHOES



8 PROGRESS GRADUALLY



9 REWARD YOURSELF



10 JOIN A GROUP



11 USE POSITIVE SELF-TALK



12 FOLLOW A TRAINING PLAN