

# 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

