Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

ACE AMERICAN COUNCIL ON EXERCISE

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First things first: check with your doctor to be sure that running is the right activity for you. Individuals who should probably bypass running in favor of walking include those with orthopedic or heart problems, or those who are more than 20 percent overweight.

Nothing can derail a running program faster than sore feet. Though they often carry a hefty price tag, good-fitting running shoes can help prevent shin splints, blisters, and sore muscles. Aside from comfortable clothing, little else is required. Asphalt or dirt surfaces are preferable to concrete; be sure that where you run is safe and well lit.

As a child, you probably didn't think about how you ran. You just did it. Your muscles took over while your brain concentrated on more important things, like hopscotch or baseball cards. But as you've grown older, your muscles may have forgotten how to run effortlessly. To help jog both you and your muscles' memories, here are a few tips:

- Keep your head level, avoid bouncing, and lean forward slightly from the ankles, not the waist.
- Keep your shoulders down and relaxed.
- Strike the ground first with your heel, then roll to the ball of the foot, pushing off from the toes.

The best way to halt a running program in its tracks is to do too much too soon. A minimum of 20 to 30 minutes, three days per week (with days off in between) at an intensity of 50 percent to 85 percent of maximum heart rate is the standard recommendation, but may be manipulated to suit individual speed or endurance goals.

Here are a few more things to keep in mind:

- Take time to warm up before, and cool down after, a run.
- Never increase mileage more than 10 percent per week.
- If anything hurts, take time off until it feels better.
- Follow a strength-training program on alternate days to help reduce upper-body fatigue.

Like any activity, running isn't for everybody. If you don't enjoy it, don't do it. But if you do, take your time, progress slowly, and allow your muscles to adapt to the rigors of running.

No government endorsement is implied.

Fort Detrick Jogging Trails

STARTING LOCATION

CPT Jennifer J. Shafer
Odom Fitness Center,
Building 1507

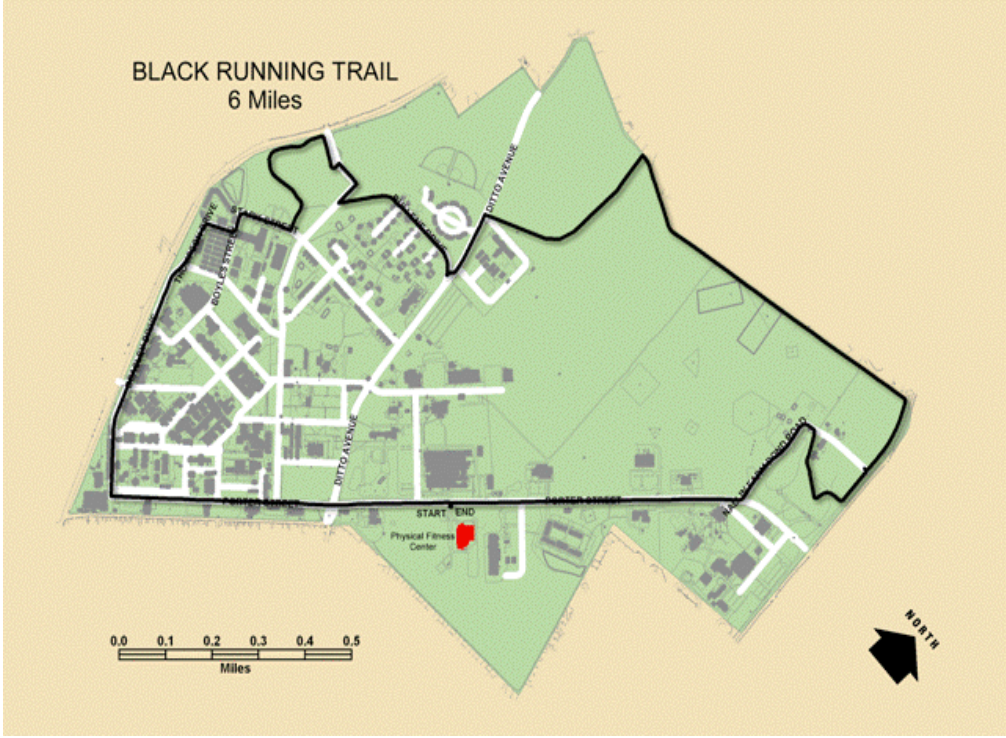
301-619-2498

FORT DETRICK U.S. ARMY MWR FOR ALL OF YOUR LIFE

RED RUNNING TRAIL
3 Miles
STARK STREET
THOMPSON DRIVE
BOYLES STREET
BEASLEY DRIVE
BULLENE DRIVE
DITTO AVENUE
PORTER STREET
START
END
Physical Fitness Center
NALLIN FARM POND ROAD
0.0 0.1 0.2 0.3 0.4 0.5
Miles
NORTH

BLUE RUNNING TRAIL
4 Miles
STARK STREET
THOMPSON DRIVE
BOYLES STREET
BEASLEY DRIVE
BULLENE DRIVE
DITTO AVENUE
PORTER STREET
START
END
Physical Fitness Center
NALLIN FARM POND ROAD
0.0 0.1 0.2 0.3 0.4 0.5
Miles
NORTH

GREEN RUNNING TRAIL
4 Miles
STARK STREET
THOMPSON DRIVE
BOYLES STREET
BEASLEY DRIVE
BULLENE DRIVE
DITTO AVENUE
PORTER STREET
START
END
Physical Fitness Center
NALLIN FARM POND ROAD
0.0 0.1 0.2 0.3 0.4 0.5
Miles
NORTH


BLACK RUNNING TRAIL
6 Miles
STARK STREET
THOMPSON DRIVE
BOYLES STREET
BULLENE DRIVE
DITTO AVENUE
PORTER STREET
START
END
Physical Fitness Center
NALLIN FARM POND ROAD
0.0 0.1 0.2 0.3 0.4 0.5
Miles
NORTH