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Tips for running safely

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How to successfully start running

Running makes you happy. Running reduces stress, strengthens the muscles and has a positive impact on mental health. You don't need much in terms of equipment, either, and running can be done any time of the day. If you have never run before or have had a long break from running, there are a few points worth considering before you start.

The following tips will help you stay safe as you start your running routine. This will help you to run properly and stay injury-free.

Invest in good equipment

- Good running shoes that are specifically designed for the relevant terrain, your running style and feet.
- Functional running clothing – this will help regulate your body's temperature.

Warm up

- Before starting to run, rotate your hips, knees and ankles.
- Start with a slow and gentle 10-minute run.
- Rotate your shoulders and arms while doing so.

Don't overdo it

- Choose a speed you can easily sustain.
- Don't run more than two to three times per week: your body needs time to recover.

Improve your technique

The ABCs of running include a range of exercises designed to help you run faster and safer.

- → Don't forget to **warm up** before those exercises.
- → **Running on the spot:** Lift your legs up and down as if running but stay in the same place.
- → **High knees:** Lift your knees as high as possible. If you use your core, your back will stay straight and not arch.
- → **Bum kicks:** Gently lean forward and kick your heels up to your bum. Alternate heels.

Our blog has more tips for jogging safely:
helsana.ch/running-training

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