

Mayo Clinic Minute: How to start a running routine

VIDEO	AUDIO
Dr. Asplund	"I think the best part about running is that it's a very simple exercise. All you really need is a pair of shoes and the motivation."
Jason	But, Dr. Chad Asplund says, it's important to start a running routine the right way.
Chad Asplund, M.D. Sports Medicine Mayo Clinic	"Take a step back and sort of do a self-assessment on your fitness level. How long it's been since you've exercised previously? And whether you have any underlying medical conditions that may become an issue if you start a vigorous exercise program."
Jason	Once you have the all-clear, don't overdo it right out of the gate. Instead, begin with a walk-to-run program.
Dr. Asplund	"Where you start with a mix of walk/run, gradually build up to a smaller amount of running. And then you increase that running until you get to your goal."
Jason	And for runners, the most important piece of sports equipment is on their feet.
Dr. Asplund	"What the research has supported is the best shoe is one that's comfortable and fits well."
Jason	Using these tips, you'll be a regular runner within a few weeks.
Dr. Asplund	"I think most people over the course of a month could go from zero running to 3 miles of running with an adequate progression."
Jason	For the Mayo Clinic News Network, I'm Jason Howland.