



▶ A HEALTHY START TO  
YOUR RUNNING JOURNEY

BROUGHT TO YOU BY:

**Voltaren** Emulgel



# Healthy You Happy You



*Running can do wonders for you. From cardiovascular health to peace of mind — it's a holistic activity that can have a positive effect in your everyday life. Here are just a few of the benefits for hitting the road for a run.*

## **1** *Cardiovascular*

The cardiovascular benefits of running are probably some of the most commonly known. Your heart is a muscle, and as such, it gets stronger with exercise. Running can lower your resting heart rate, and increase your heart efficiency when delivering blood to your muscles, helping you run longer and stronger.

## **2** *Weight Loss*

Long and slow runs can put you in the fat burn zone, helping you do just that — burn off excess body fat. Rule of thumb is that you should run at about 65% of your max heart rate to get into that zone. Regardless of what zone you keep your heart rate in, running is a great way to burn calories and along with a healthy diet, can help facilitate weight loss.

## **3** *Peace of Mind*

Whether you call it runner's high, flow state, getting in the zone, or just unwinding on the road, there is no doubt that a long run can be meditative. You may find yourself more focused in your everyday activities or getting a better night's sleep — results will be individual, but you won't regret your runs.

Now keep going! Armed with this new knowledge and with Voltaren by your side, you can stay on track in your running journey.

