

## **Take a Run At It!**

**by Dr. Brian S. Seaman, DC, FCCSS(C), FICC**

Every year there are lots of good reasons to start a walking or running program. Over the years there are more and more opportunities in which walking and running are used as activities to raise much needed funds for a variety of charities. For our clinic, breast cancer research has a very special place in our hearts.

It never ceases to amaze me as to how many people's lives have been touched by breast cancer – either directly (having been diagnosed with breast cancer) or indirectly (family, friends or coworkers).

While there have been many advances in the diagnosis and treatment of breast cancer, there is still much to be done. In the Halifax area, there are a couple of high profile events which have been very successful in raising funds for breast cancer research:

- Weekend to End Breast Cancer – [www.endcancer.ca](http://www.endcancer.ca)
- Run for the Cure – [www.cibcrunforthecure.com](http://www.cibcrunforthecure.com)

### **How Does This Benefit Me?**

Raising funds for cancer research is an excellent reason to get more active and start a walking or running program. Not only does this benefit research, but also benefits you –

- Reduces your weight.
- Tones your muscles.
- Improves your cardio vascular health (heart and lung function).
- Improves your circulation.
- Helps to reduce stress levels.

So not only do you improve your health but the funds you raise through events such as these, may someday save the life of someone you know – or even yourself.

### **How To Get Started**

The answer is quite simple – just get moving!

You can start a walking program by beginning with just 10 minutes a day. Wear proper supportive walking shoes or sneakers. Try to walk at least five times a week. Gradually increase your time but be sure to maintain a consistent walking pace. For example in week #1 you would walk 10 minutes per day. By increasing by five minutes per day every week, by week #8, you would be walking 45 minutes per day.

Maintaining this program on an ongoing basis, will certainly benefit your health and well being.

### **How About Running?**

The best advice is to join a running club and learn about how to best start and develop a running program. This also provides an opportunity for support of fellow runners.

If you have never run before, it is important to be cautious. “The Running Room” ([www.runningroom.com](http://www.runningroom.com)) has programs for all types of runners – young, old, novice or experienced – and it also often has presentations on a variety of topics such as training tips, nutrition and sports injuries.

So whether you are just running for fitness, or setting your sites on a longer distance (like a half marathon or marathon) you can still use this activity to eradicating breast cancer.

Think Pink! Do it for a good cause!

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