

24 Tips For Smart Joggers





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Jogging to Lose Weight

Anyone who is trying to lose weight needs to engage in some kind of aerobic exercise in order to boost the metabolism to burn calories faster.

Although a brisk walk will suffice, many people are more comfortable with jogging and feel it works better for them.

Making the choice to jog during weight loss will not only help you lose weight but will also help you get into the routine of exercising, a move that will help you keep the weight off when you have reached your goal weight.

The ideal exercise for weight loss is a combination of aerobic and resistance exercise—jogging combined with some weight lifting routines.

Getting into the habit of jogging is not a difficult one for most people, but if you have never been one to exercise, it may come as a shock at first.

You do not want to try to jump right into a long jogging workout but rather begin slowly and work your way up to where you want to be.

Do not rush to reach the amount of time you wish to spend jogging but let your body guide you and let you know when you are ready.

If you allow your body to be your guide, it will be much easier to work into a jogging routine without all of the discomfort.

In order to achieve the ultimate weight loss, you want to make jogging part of your routine but not the only exercise you perform.

Although aerobic exercise is what helps you burn calories, resistance exercise helps you build lean muscle mass which burns fat faster.

Therefore the perfect routine is a combination of aerobic and resistance exercise.

Of course, if you can't do the resistance routines for health reasons, then certainly you can obtain the benefits from jogging but you may find it takes longer to accomplish.

However, any kind of exercise you can perform will certainly help you lose weight and keep it off after you have reached your goal weight.

You have to remember you will need to keep it up in order to maintain your weight loss.

You cannot stop once you have reached your goal weight and expect to maintain the results.

Do not overdo your jogging in an attempt to lose weight faster. Though you may accomplish that goal, it will be at the cost of your health.

Working your muscles too hard even in jogging can cause your muscles and cartilage to become damaged thus preventing you from doing many activities including jogging.

Choose a Jogging Trail that is Away from Traffic

Although you want to jog in places that are well populated you also want to stay away from traffic.

Do not choose high traffic roads to jog even if you are on the side of the road facing traffic.

There is always the possibility that a car or truck will veer off the road and hit you or maybe just pull off the road with mechanical problems and fail to see you.

If you choose roads that have a high traffic volume, choose one that has a sidewalk or a shoulder that is far enough off the main road for you to be safe.

In addition to the potential for being hit jogging in a high traffic area, is the possibility of being mugged or even kidnapped as you jog alongside the road.

You can avoid those possibilities by making sure you are on the sidewalk or far enough away from the highway that someone would have to stop the car and get out in order to pull you into the car.

Safety is a very important issue for joggers and one that you should not take lightly. Jogging is a healthy activity for the body but you also have to make sure you perform it with your personal safety in mind.

One of the best ways to make certain you are in a well-lit area that is well populated is in a business area.

Keep in mind that not all business sections will follow this pattern, so you still have to be careful where you go. For example, factories and warehouses are not the safest places to be because even though people may be working, they are usually secluded and unable to see what is going on outside.

The best places are round stores where customers come and go at all times rather than restaurants or movie theatres where customers are frequently inside rather than outside.

The key to making jogging a healthy activity is to make certain you are aware of the surroundings where you jog and to be attentive to your surroundings.

Do not make yourself a target by being preoccupied with your own thoughts or with a music player.

Although it may help pass the time while you are jogging it also puts your safety in danger and makes you vulnerable to a surprise attack by someone you neither saw nor heard.

Choosing Proper Clothing for Jogging

One of the most important things to consider when jogging is your clothing, especially the type of shoes you wear.

You want something that is comfortable and that is specifically for running or jogging.

You can also choose cross trainers if you desire, but it is better to have something with cushioning such as the Nike Air and similar shoes.

The cushioning in the shoes will help prevent any hard landing on your feet as well as allowing airflow through your feet to prevent damage to the feet, knees and legs.

If you have to make sacrifices due to budgetary concerns do not do it with your shoes. The shoes are the most important part of your jogging clothing when it comes to preventing injury.

Your outer clothing is also important because you do not want to be too cold or too warm.

In the warmer months, you can certainly choose shorts and a short sleeve or sleeveless top or shirt, but you also want to make sure, if you are jogging during the daylight hours to protect your skin from the sun with sun block that has an SPF of at least 15.

You also want to wear a sun hat or cap that protects your head and prevents heat stroke or heat exhaustion.

During colder months, you will want to choose, either sweat pants or track pants.

Never go out jogging wearing short sleeves when it is cold outside.

You may feel you will stay warm because of your exercise but the reality is that the sweat from your body mingling with the cold air makes a perfect environment for illness.

If you are going jogging during a time when there is likely to be a severe change in temperature you may want to take along a light jacket and tie it around your waist while you are jogging.

In the event the temperature drops substantially you will be able to put your jacket on and shield yourself from the cold.

Use a waist pack to carry any money or keys you need rather than attempting to carry even a small purse that a mugger can easily take.

Better yet, put your money and keys in your pocket where they are out of view from people.

The less opportunity you provide for criminal acts the least likely you are to become a victim.

Choosing Well Lit Places to Jog

Jogging may be your exercise of choice but you also want to make sure you exercise precautions when you jog.

This is especially important for women although men are certainly not immune to acts of violence.

One of the most important things to remember is to always jog in well-lit areas.

If you go to a park, stay away from any areas that are secluded such as bushes and trees.

You want to choose well-lit areas so you can see what is going on and are on the lookout for any strangers and anyone who looks suspicious.

If the area where you customarily jog does not have lights avoid that area or take your own.

You never want to take the chance of someone jumping at you suddenly and you are not able to see the person.

No matter where you live you do not want to take a chance—even, high-class neighbourhoods have criminals or criminals come in from other areas.

You do not want to take a chance of being another statistic because you failed to exercise reasonable precautions by making sure to jog in a well-lit area.

Besides avoiding criminal activity, it is also a good idea to jog in a well-lit area so that you are able to follow the trail you have set for yourself.

If you are jogging after dark, it is very easy to lose track of where you are going, especially if you are concentrating more on your jog than on where you are going.

Certainly, it is preferable to jog while it is still light, but if that is not possible because of work commitments or other valid reason, make sure you can see where you are going and who might be hiding in the shadows.

The best rule to follow when jogging is to exercise caution and know where you are going.

Never choose areas you do not know even if they are well lit and appear to be populated.

Nighttime is not the time to learn new places to go or attempt to decide if an area is bright enough for you to see anyone who may come out from the shadows.

There are many would-be attackers that are looking for those who have failed to exercise precautions and are therefore very vulnerable and an easy prey.

Do not be one of the unlucky ones.

Creating Your Own Jogging Trail

For those who live in rural areas or even suburban areas with a good deal of land, you might want to consider creating your own jogging trail.

It does not have to be anything fancy, and you can choose to use grass or dirt at your preference.

Some people may even find it helpful to use AstroTurf or a similar product—“fake grass” instead of the real thing.

The choice you make is yours but you want to make sure the design and space meets your needs.

Check it before you begin so that you make sure you allow enough space because once you finish there is no going back without redoing the entire jogging trail.

Another possibility for those who live in a neighbourhood with a lot of open land is to obtain permission to create a jogging trail on a piece of that open land.

In many cases, the open land belongs to the state or the county, and for a good cause, they may even do the construction and foot the cost for you if enough people are interested.

Even if they will not finance the project, all you need is permission to use the land for the jogging trail.

It is something that would be a benefit to the community as a whole much as a park is beneficial to the children of a community.

Sometimes it is not necessary to obtain permission to create a jogging trail; it depends where you want to place it.

Certainly if it is part of your property, you will not need permission as long as you stay within the bounds of your own property and do not create any obstructions that would prevent public access to water or sewer lines.

A project would not only be beneficial but inexpensive.

Having your own jogging trail would also mean you do not have to worry about your safety in a remote area and would make the activity more enjoyable for you.

In addition, you would never have to worry about going out in the weather or wondering where you could go to jog.

If you are considering creating your own jogging trail, you might want to get together with a neighbour and perhaps build one the two of you can share.

This project can be a benefit to more than one person and would help both families become healthier by engaging in a mutual exercise.

Developing a Jogging Routine

Before you begin jogging, you want to develop a routine that combines jogging with walking or running.

Although jogging is fine in itself, a combination of other aerobic exercise is much better on the body.

Jogging is a good way to develop a slow and rhythmic pace but it can also be bad on the calves and knees if you are not careful.

That is one reason it's better to try to combine jogging with running or walking.

If possible, try to do your jogging on a soft—or at least smooth—surface.

The softer the surface on which you jog the easier it will be on your legs.

Of course, it can be difficult to jog on grass unless it is solid, so the time of year you are attempting to jog will have a huge impact on where you can jog.

You want to develop a routine that does not cause you to run the risk of injury.

That means stopping when your body has told you that you have had enough.

Even if you develop a routine that calls for one hour per day, let your knees and legs be the guide.

If they are beginning to hurt, do not continue insisting you are going to meet your goals.

Continuing when you are experiencing pain can be detrimental to your health.

The idea of jogging is to develop and participate in a healthy activity that allows you to burn calories and increase your heart rate.

That does not mean you have to cause health problems for yourself in the meantime by any means.

You can gradually build to a pace your body can tolerate—there is no need to do it all in one day or even a week.

While some people may be able to develop a good routine in a week, it may take others a couple of weeks or even a month.

The level of tolerance for each person will be different which is why you cannot develop your routine based upon any general set of rules.

You also cannot follow someone else's guidelines about how long you should jog or how long it should take you to be able to reach your ultimate goal.

No two people are alike and you have to follow your own body and tolerances.

If you attempt to push yourself beyond your body's tolerances, you will defeat the purpose of your jogging routine.

Don't Overdo it

Sometimes we are tempted to overdo things in the exercise department.

With resistance exercises the worse you're going to do is have some sore muscles for a few days—in most cases anyway—but if you overdo it when you're jogging you run the risk of damaging your knees or calves.

The consistent pressure on the balls of the feet and the knees will eventually take a toll on those parts of your body if you are not careful.

That means not to attempt to jog for hours at a time even if you may split it up throughout the day.

You want to set aside perhaps an hour a day for jogging and only if you are able to do so.

When you first start jogging you want to begin slowly and gradually increase the amount of time you spend jogging.

If you find your legs or knees are hurting stop jogging.

Do not attempt to rest and go back later but stop for the day.

When your body becomes used to the new routine you will then be able to spend more time jogging during the day—perhaps even stop when you begin to hurt and return later.

However, you do not want to attempt to do this until your body including your legs, knees and feet become used to jogging.

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