

WELLNESS WEDNESDAY

WASHINGTON ELEMENTARY SCHOOL

NOVEMBER 28, 2018



Running To Improve Health

You've probably heard the saying, "Exercise is medicine." Well, it's not just a saying; it's the truth. Scientific research proves that regular exercise (150 minutes per week, which is about 30 minutes, five times per week)—and running in particular—has health benefits that extend well beyond any pill a doctor could prescribe. Studies have shown that running can help prevent obesity, type 2 diabetes, heart disease, high blood pressure, stroke, some cancers, and a host of other unpleasant conditions. What's more, scientists have shown that running also vastly improves the quality of your emotional and mental life. It even helps you live longer. Here's how:

1. Running makes you happier

If you've been working out regularly, you've already discovered it: No matter how good or bad you feel at any given moment, exercise will make you feel better. And it goes beyond just the "runner's high"—that rush of feel-good hormones known as endocannabinoids. In a 2006 study published in *Medicine & Science in Sports & Exercise*, researchers found that even a single bout of exercise—30 minutes of walking on a treadmill—could instantly lift the mood of someone suffering from a major depressive disorder. In a May 2013 study in *Medicine & Science in Sports & Exercise* in which rats and mice got antidepressant-like effects from running on a wheel, researchers concluded that physical activity was an effective alternative to treating depression.

And even on those days when you have to force yourself out the door, exercise still protects you against anxiety and depression, studies have shown. Moderate exercise may help people cope with anxiety and stress even after they're done working out, according to a 2012 study published in *Medicine and Science in Sports & Exercise*. A 2012 study in the *Journal of Adolescent Health* proved that just 30 minutes of running during the week for three weeks boosted sleep quality, mood, and concentration during the day.

2. Running helps you lose or maintain weight

You know that exercise burns calories while you're working out. The bonus is that when you exercise, the burn continues after you stop. Studies have shown that regular exercise boosts "afterburn"—that is, the number of calories you burn after exercise. (Scientists call this EPOC, which stands for excess post oxygen consumption.) That's kind of like getting a paycheck even after you retire.

And you don't have to be sprinting at the speed of sound to get this benefit. This happens when you're exercising at an intensity that's about 70 percent of VO2 max. (That's a little faster than your easy pace and a little slower than marathon pace.)

3. Running strengthens your knees (and your other joints and bones, too)

It's long been known that running increases bone mass, and even helps prevent age-related bone loss. But chances are, you've had family, friends, and strangers warn you that "running is bad for your knees." Well, science has proven that it's not. In

fact, studies show that running improves knee health, according to Boston University researcher David Felson in an interview with National Public Radio.

"We know from many long-term studies that running doesn't appear to cause much damage to the knees," Felson said. "When we look at people with knee arthritis, we don't find much of a previous history of running, and when we look at runners and follow them over time, we don't find that their risk of developing osteoarthritis is any more than expected."

4. Running will keep you sharper, even as you age

A 2012 study published in Psychonomic Bulletin & Review concluded that the evidence is insurmountable that regular exercise helps defeat age-related mental decline, particularly functions like task switching, selective attention, and working memory.

Studies consistently found that fitter older adults scored better in mental tests than their unfit peers. What's more, in stroke patients, regular exercise improves memory, language, thinking, and judgment problems by almost 50 percent. The research team found "significant improvements" in overall brain function at the conclusion of the program, with the most improvement in attention, concentration, planning, and organizing.

5. Running reduces your risk of cancer

Maybe running doesn't cure cancer, but there's plenty of proof that it helps prevent it. A vast review of 170 epidemiological studies in the Journal of Nutrition showed that regular exercise is associated with a lower risk of certain cancers. What's more, if you already have cancer, running (with your doctor's approval) can improve your quality of life while you're undergoing chemotherapy.

6. Running adds years to your life

Even if you meet just the minimum of amount of physical activity—(30 minutes, 5 times per week), you'll live longer. Studies show that when different types of people started exercising, they lived longer. Smokers added 4.1 years to their lives; nonsmokers gained 3 years. Even if you're still smoking, you'll get 2.6 more years. Cancer survivors extended their lives by 5.3 years. Those with heart disease gained 4.3 years.

-By Jennifer Van Allen (Runner's World)

RUNNING CLUB

COME JOIN YOUR FELLOW EXPLORER FAMILIES EVERY MONDAY, WEDNESDAY, AND FRIDAY AT 7:45AM FOR RUN CLUB ON THE WASHINGTON FIELD!

MEET NEW FAMILIES, ENGAGE IN A HEALTHY ACTIVITY, AND SET PERSONAL GOALS!

We Want to Hear From You! BCHD Parent Survey

Beach Cities Health District developed the Parent Survey in order to anonymously collect information from parents/caregivers on youth topics such as technology, substance use, mental health and social connection. Please complete the survey to the best of your ability. If you have any questions regarding the survey, please contact Tessa Garner (Tessa.Garner@bchd.org).

The Parent Survey can be found here:
<https://www.surveymonkey.com/r/2FBJ3M9>.

Blue Zones Recipe of the Week



Lentil Soup

Nearly fat-free and filled with fiber, lentils are a power legume that are grown year-round. Lentils provide a little more of a snap when biting into them than other beans, which makes them a nice soup bean—they also retain their shape better than other bean family members. This lentil soup is inspired by the flavors of Ikaria and Sardinia.

[CLICK HERE FOR THE RECIPE](#)

Upcoming Events in the Community

RIVIERA VILLAGE HOLIDAY STROLL
11.28.18 -5-9PM

THE ANNUAL RIVIERA VILLAGE HOLIDAY STROLL IS SO MUCH MORE THAN A VILLAGE-WIDE OPEN HOUSE! THE RIVIERA VILLAGE HOLIDAY STROLL CONTINUES ITS TRADITION ON THE FIRST THURSDAY AFTER THANKSGIVING. THE HOLIDAY PARADE BEGINS AT 6PM.

HAND MADE HOLIDAY CRAFT FAIR
DEC 12.1.18- 10-3PM

OUR ONE OF KIND CRAFT FAIR WILL FEATURE LOCAL ARTISANS AND CRAFTERS WITH UNIQUE GIFTS JUST IN TIME FOR THE HOLIDAYS. FIRST UNITED METHODIST CHURCH, SOUTH BROADWAY, REDONDO BEACH

MUSIC TOGETHER MONDAY
12.3.18 - 1130-12PM

MUSIC TOGETHER IS AN INTERNATIONALLY RECOGNIZED EARLY CHILDHOOD MUSIC PROGRAM FOR BABIES, TODDLERS, PRESCHOOLERS, KINDERGARTENERS, FIRST AND SECOND GRADERS, AND THE ADULTS WHO LOVE THEM.
REDONDO BEACH MAIN LIBRARY

He who has health has hope; and
he who has hope has everything.

-Arabian Proverb