

## BENEFITS OF RUNNING

- ▶ Running allows you to burn at least 10 calories per minute.
- ▶ Running is great for your heart. The interiors of the two ventricles that pump blood out increase in size by 20 percent when you run.
- ▶ Running maintains the elasticity of the arteries expanding and contracting the pathways three times as much as when at rest.
- ▶ Running lowers blood pressure, improves the level of good (HDL) cholesterol, reduces the level of bad (LDL) cholesterol, and minimizes the risk of stroke and heart attack.
- ▶ Running improves lung function since 50 percent of normally unused lung capacity is utilized during running.
- ▶ With the exception of cross-country skiing, running burns more calories per minute than any other cardiovascular exercise
- ▶ Running will make you feel better, such as the “runner’s high” – a rush of feel-good naturally produced chemicals known as endocannabinoids and endorphins.
- ▶ Thirty minutes of running during the week will boost sleep quality, mood, and concentration during the day.
- ▶ Studies have shown that regular running boosts “afterburn” – that is, the number of calories you burn after exercise.
- ▶ Running increases bone mass, and even helps stem age-related bone loss.

## BENEFITS OF RUNNING

- ▶ Regular exercise helps defeat age-related mental decline, particularly functions like task switching, selective attention, and working memory.
- ▶ Running adds years to your life. If you run for 30 minutes, 5 times per week, you'll live longer. Former smokers added 4.1 years to their lives; nonsmokers gained 3 years.

### TOWN OF BEL AIR

39 N. Hickory Avenue  
Bel Air, MD 21014  
410 638 4540  
planning@belairmd.org  
www.belairmd.org



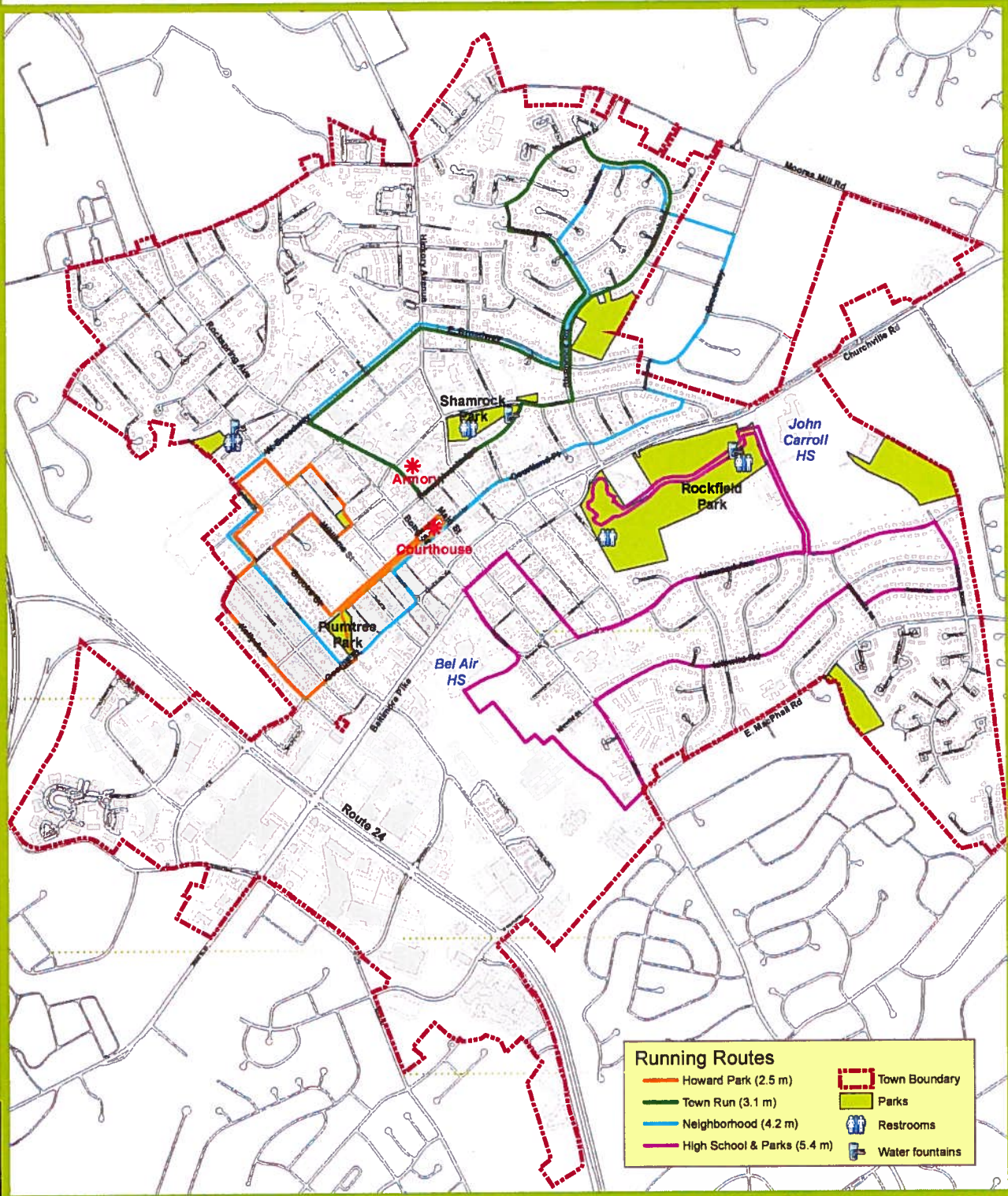
*Bel Air*

# RUNNING GUIDE

for the Town of Bel Air

[www.belairmd.org](http://www.belairmd.org)

# RUNNING RESOURCES



**BEL AIR PARKS AND RECREATION**  
 410-638-3528  
[mcfaulcenter@harfordcountymd.gov](mailto:mcfaulcenter@harfordcountymd.gov)  
[www.BelAirRec.org](http://www.BelAirRec.org)

**HARFORD COUNTY DEPT OF PARKS & RECREATION**  
 410-638-3570  
[pr@harfordcountymd.gov](mailto:pr@harfordcountymd.gov)  
[www.HarfordCountyMD.gov/parks-rec](http://www.HarfordCountyMD.gov/parks-rec)

**MA&PA HERITAGE TRAIL**  
[www.MaPaTrail.org](http://www.MaPaTrail.org)

**CHARM CITY RUN**  
[www.CharmCityRun.com](http://www.CharmCityRun.com)

**HARFORD COUNTY RUNNING CLUB**  
[www.RunHarford.com](http://www.RunHarford.com)

**BEL AIR TOWN RUN**  
[www.BelAirTownRun.com](http://www.BelAirTownRun.com)

**SUGGESTED RUNNING ROUTES IN THE AREA**  
[www.MapMyWalk.com](http://www.MapMyWalk.com)  
[www.TrailLink.com](http://www.TrailLink.com)  
[www.WalkJogRun.com](http://www.WalkJogRun.com)

