
Start running

Summer is a good time to do things outdoors. Running is a fun outdoor thing to do.

Running can help improve your health. It is good for your body and mind.

Running is free. You can run anywhere. It is also an easy sport to learn. You only need a pair of running shoes!

1. Set a goal.
2. Start out slow.
3. Listen to upbeat music.
4. Run at your own pace.
5. Drink water.
6. Enjoy the scenery.
7. Cool down with stretches.



This woman is running.

Submitted by Jade Chan • Photo: Pexels/Ketut Subiyanto