



#HEALTH & FITNESS

The benefits of running regularly

Running on a daily basis is one of the best and most efficient ways to remain healthy. This simple form of workout comes with quite the number of benefits, in addition to the most obvious ones.

One of the best forms of physical exercise

Running is perhaps the easiest form of exercise. You do not need a gym or any fancy equipment. Just put on your sneakers or jogging/running shoes, turn on your favourite music and go for a run in your neighbourhood for your daily dose of exercise.

Weight loss

If you want to lose some of those extra pounds, think no further and start running regularly. You will be surprised by the results. Continuing to run regularly after the weight loss prevents the extra pounds from creeping back in.

Good for your muscles and bones

Running helps strengthen and tone up your muscles. It makes your bones stronger and improves your posture.

Increases lifespan

Multiple studies have shown that running prevents cardiovascular diseases, maintains positive neurological functioning, regulates hormones and maintains proper blood glucose concentration. Thus, it greatly enhances overall health.

Improves immunity

Running has been linked with enhanced immunity. According to studies, regular runners are more resistant to diseases, have lower inflammation and better gut microbiota.

Helps prevent cognitive decline like Alzheimer's disease

Exercise in the form of running increases blood flow to the brain, which greatly improves brain health. Moreover, it stimulates the release of brain-derived neurotrophic factor (BDNF). This is a protein that encourages the growth and survival of neurons in the brain.

Reduces risk of many cancers

According to an article published in the *Journal of the American Medical Association* in 2016, runners had a lower risk for developing 26 different kinds of cancer than low-and non-exercisers.

Helps you sleep better

Exercises, like going for a run regularly, helps you fall asleep more quickly and improves sleep quality.

Greatly upgrades mental health

All kinds of physical exercises have been found to boost mental health because they release 'feel-good' hormones like dopamine in the body. After a run, it goes without saying that you are more aware of your senses and have a feeling of wellbeing. There are evidence that exercises like running can be as effective as psychotherapy sometimes, to treat depression.

By Faiza Khondokar

Photo: LS Archive/Sazzad Ibne Sayed

HOROSCOPE



ARIES (MAR. 21-APR. 20)

Don't let others make you feel insecure. Look after financial transactions this week. Joint ventures might not work. Your lucky day this week will be Tuesday.



TAURUS (APR. 21-MAY 21)

Don't let your partner annoy you. Find an energetic outlet to dissipate your anxiety. Watch your spending habits. Your lucky day this week will be Friday.



GEMINI (MAY 22-JUN. 21)

Don't spoil children too much. Look into real estate. Start your own business. Your lucky day this week will be Saturday.



CANCER (JUN. 22-JUL. 22)

Curb your jealousy. Find friends to participate with in indoor sports. Don't make rash decisions. Your lucky day this week will be Saturday.



LEO (JUL. 23-AUG. 22)

Make some extra money. Put in the overtime required. Secret affairs will eventually backfire. Your lucky day this week will be Thursday.



VIRGO (AUG. 23-SEP. 23)

Don't judge those you live with. Focus on getting things done. Avoid getting involved in other people's problems. Your lucky day this week will be Friday.



LIBRA (SEP. 24-OCT. 23)

Invest in profitable ventures. Expect to face opposition at home. Interaction with colleagues will be upsetting. Your lucky day this week will be Thursday.



SCORPIO (OCT. 24-NOV. 21)

Sudden romantic encounters are quite likely. Confront your situation decisively. Best to avoid disputes this week. Your lucky day this week will be Friday.



SAGITTARIUS (NOV. 22-DEC. 21)

Don't make promises you can't keep. Your partner may not understand your needs. Don't be too emotional. Your lucky day this week will be Tuesday.



CAPRICORN (DEC. 22-JAN. 20)

Romance might solve many problems. Make creative changes to your residence. Do something energetic with friends. Your lucky day this week will be Friday.



AQUARIUS (JAN. 21-FEB. 19)

Spend time with friends. This won't be a good week for relationships. Sort out your issues. Your lucky day this week will be Thursday.



PISCES (FEB. 20-MAR. 20)

Do your job. Money can be made with your ingenuity. Avoid uncertain joint financial deals. Your lucky day this week will be Friday.