

THE JOY OF RUNNING

TRANSCRIPT

One of my hobbies is running. I really like running because first of all, it's very cheap, doesn't cost you any money, you can do it anywhere, for example on the city street, and it's a healthy hobby. If you run a lot, maybe 3-4 times a week, you will definitely stay in shape. My favorite time to go running is in the morning because in the morning it's nice and quiet, peaceful outside. You can see the sun coming up, feel the cool air on your face, and of course you can hear birds chirping and sometimes a rooster crowing. It's just a really cool time to be outside. Whenever possible, I try to run outside. In nature, it's best for your body to run on dirt. So if you can find a dirt trail or maybe a wide open space of dirt, that's usually the best place to run because running a lot on concrete or pavement will hurt your knees.

{1:01}

Like I said, running is very, very cheap, but you should invest money in a good pair of running shoes. A good pair of running shoes will make it easier and less painful to run and can save you a lot of damage on your body, especially your knees. When you run, it's very important to drink lots of water. You should drink a lot of water before you run, perhaps 500 milligrams. And then maybe you should drink a little when you run, if you run for more than 30 minutes. And then, of course, you should drink some water as soon as you finish your run to rehydrate your body. If you don't, you'll get really bad headaches. Naturally stretching is very important, but most people actually stretch before they run.

{1:59}

Often this isn't as important as stretching after you run. I like to stretch after I run because it helps your muscles build up quicker and recuperate and you'll just feel really good.