10 Golden Rules for Running and Walking

1. Make running or walking a priority in your daily schedule. It is an investment in yourself; it's not selfish or indulgent.

2. Invest in a good pair of walking or running shoes. Tennis shoes or cheap sale shoes won't do. Buy your shoes at a specialty running shoe store where the salespeople are runners or walkers who can evaluate your needs and answer all your questions.

3. If you can't find a full thirty minutes to do your walk or run, try doing fifteen minutes in the morning and fifteen minutes in the evening. Something is always better than nothing. Even ten minutes can give you a sense of accomplishment and contribute to improved fitness.

4. Have a goal. Whether it's completing your first mile or entering a local fun run or walk six months from now, a goal keeps you motivated.

5. Find a training partner. It's motivating when someone's waiting for you, particularly when it's dark, cold, or rainy. It's also a good safety precaution.

6. If you can't carry on a conversation while you're running or walking, you're going too fast. Move fast enough to work up a sweat but avoid going too fast too soon.

7. Drink water all day long. No matter how much you think you're drinking, it's almost never as much as you need.

8. Don't feel guilty about missing a workout. If you miss a few days, just start again when you can.

9. Keep a training log. You'll be amazed and proud of your progress. (You also won't skip workouts!)

10. Running or walking regularly makes you feel good about yourself. And when you feel good about yourself, your relationships with others are better as well.