



Correre - Consigli, esperienze e riflessioni (Italian Edition)

Enrique Laso

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'CORRERE' - BESTSELLER RUNNING / SPORTS

Esistono infinite ragioni per decidere di indossare un paio di scarpe da running e iniziare a correre per le strade, in un parco e, per i più avventurosi, su una pista di atletica leggera.

Ma, se dovessi citare qualche motivo, me ne vengono in mente un bel po' per cui vale la pena correre.

Quando non avete molta voglia di correre, quando piove o fa freddo o quando pensate che in realtà non ne valga la pena, potete pensare a questo elenco:

- * **Salute:** è uno dei modi più economici per occuparvi della vostra salute. Stiamo parlando del vostro sistema cardiovascolare, delle vostre ossa e articolazioni, dei vostri polmoni e di tutta la vostra muscolatura. Inoltre, correre migliora notevolmente il vostro sistema immunologico, e pertanto vi renderà più resistenti a possibili infezioni (dovete soltanto prestare attenzione a non prender freddo dopo l'allenamento, che è un momento particolarmente delicato).
- * **Divertimento:** vi divertirete, sia correndo da soli che in gruppo. Potrete ascoltare musica, la radio, pensare o chiacchierare allegramente con qualcuno.
- * **Mente:** correre libera dallo stress, azzera il nostro cervello, ci rilassa e ci consente di affrontare l'inizio o la fine della giornata con una disposizione d'animo diversa.
- * **Riposo:** correlato a quanto esposto in precedenza. Correre ci aiuta a conciliare il sonno, a dormire più ore e a farlo in modo più profondo. Ma attenzione: evitate di uscire a correre molto tardi, se non volete che si produca l'effetto contrario. Lasciate passare almeno un paio d'ore tra la fine del vostro allenamento e il momento in cui andate a letto.
- * **Socializzazione:** correndo si fanno amicizie. Molte amicizie. Inoltre, i corridori sono statisticamente persone sane, allegre, aperte e generose. In qualsiasi gruppo o corsa popolare scoprirete che per integrarvi vi basteranno solo pochi secondi. I corridori sono molto inclini a parlare con qualsiasi sconosciuto, cosicché

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