



The Benefits Of Jogging

Charis Men's Fellowship

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Main Scripture: I Tim. 4:8

- “For physical training is of some value (useful for a little), but godliness (spiritual training) is useful and of value in everything and in every way, for it holds promise for the present life and also for the life which is to come.”(I Timothy 4:8 AMP)

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- The benefits of jogging just keep on piling up. Jogging is one of the oldest and most popular forms of **aerobic exercise.**
- There are many health benefits of jogging which is why it has remained so popular.

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- Purchase the proper running clothes, but be especially particular with running shoes.
- They should be a half size bigger than your actual size, to give your toes wiggle room.
- Also, make up your mind if jogging on a treadmill or outdoors suits you better.
- Treadmill jogging is great because rain or shine, you get to do the activity.

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- Jogging outdoors on the other hand keeps you in touch with outside action. You can also determine if you are a morning or afternoon jogger so you can plan and make time for the exercise.
- The benefits of jogging in the morning are that you are fresh, well-rested, and if you run on an empty stomach, you could burn more fat. Afternoon jogs on the other hand can help you blow-off steam and accumulated stress from the day. **Here are seven major reasons that you should take up jogging.**

I. Jogging Helps Prevent Hypertension and Heart Disease

- **Aerobic fitness:** The benefit of jogging is that it can reduce your risk of developing a host of diseases.
- Among these is heart disease since your cardiovascular system **gets a great workout with this exercise.**

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- Jogging helps to keep **high blood pressure** at bay. One mechanism it activates is the lowering of **LDL** or the “**bad cholesterol**” in your blood as you do vigorous exercise such as jogging.
- Known as the “**silent killer**”, hypertension can have long term effects on your body that could lead to life threatening conditions such as **hemorrhaging**, **atherosclerosis** and **aneurysms** if it is unchecked.

A hemorrhage

- May be "external" and visible on the outside of the body or "internal," where there is **no sign** of bleeding outside the body.
- Bleeding from a cut on the face is an external hemorrhage.
- Bleeding into the spleen or liver are examples of internal hemorrhage.

Atherosclerosis

- (ath-er-o-skler-O-sis) is a disease in which plaque (plak) builds up inside your arteries.
- Arteries are blood vessels that carry oxygen-rich blood to your heart and other parts of your body. Plaque is made up of fat, cholesterol, calcium, and other substances found in the blood.
- Over time, plaque hardens and narrows your arteries. This limits the flow of oxygen-rich blood to your **organs** and other parts of your body.
- Atherosclerosis can lead to serious problems, including **heart attack, stroke, or even death.**

Aneurysms

- The aorta is the main blood vessel that supplies blood to the abdomen, pelvis, and legs. An abdominal aortic aneurysm occurs when an area of the aorta becomes very large or balloons out.
 - And the causes may be:
 - High blood pressure
 - Male gender
 - Genetic factors

Cont.

- An abdominal aortic aneurysm is most often seen in males over age 60 who have one or more risk factors.
- The larger the aneurysm, the more likely it is to break open. This can be life-threatening.

2. Jogging Helps Prevent Some Cancers

- Researchers strongly agree that jogging is helpful in the prevention of some cancers. This is achieved by the **better oxygenation of the entire body** while we are jogging. Cells that do not get adequate supplies of oxygen have been known to **mutate** (change into an unusual characteristic) more vigorously, often turning **malignant** (tending to become worse and ending to death). Jogging increases the supply of oxygen to all parts of the body, helping prevent some cancers.

3. Jogging Helps Keep Infectious Diseases at Bay

- Jogging also strengthens the immune system remarkably well. There is strong evidence that aerobic exercise helps promote the stimulation of macrophages or bacteria fighting cells and lymphocytes that fight infections through the immune system. Having these cells circulate systemically helps boost our over-all immunity to stave off several infectious diseases, such as the common cold and flu which are viral diseases, and some bacterial infections.

4. Jogging Wages War with Diabetes

- Jogging also helps control and prevents **diabetes**. A sedentary lifestyle and being overweight has been shown to directly increase your risk of developing diabetes. Adopting jogging and a healthy lifestyle can prevent you from acquiring this debilitating condition.
- Jogging also has other beneficial effects besides physical well being. **It also promotes our mental and psychological conditions.**

5. Improved Mental Fitness

- Jogging also benefits our mental health. Being in shape gives us a better sense of confidence and self esteem. You are also able to improve your over-all demeanor since jogging helps release the feel-good hormones called endorphins. These are chemicals released into the body that causes you to have an upbeat mood. This is what is commonly referred to as the “runners high.” Exercise like jogging will keep you feeling better and happy the whole day.

6. Combat Stress with Jogging

- Jogging is very helpful when it comes to **fighting stress**. It helps put you in a more peaceful state of mind and helps promote an upbeat attitude. Jogging or running on a treadmill can give immediate tension release by helping the release of brain chemicals that have a calming effect on our emotions. These chemicals are norepinephrine, serotonin and dopamine.

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- Exercise has been shown to affect at the cellular level by reversing some of the adverse effects of stress that are aging related. Jogging and the repeated pounding of your feet on the treadmill or pavement helps give us that peaceful state that allows us to shut out the world and just be alone with our thoughts. This can be a very soothing feeling, shutting out stressors while we are immersed in the joy of running. It also affords us the solitude to sort out some of our daily concerns with less distraction.

7. Jogging Helps you Lose Weight and Reduces Body Fat Levels

- The benefits of jogging for women and men is that it almost has no equal with regards to weight regulation. It is estimated that you will burn roughly around 150 calories for every “**mile**” that you go jogging. Doing this religiously would increase the number of calories you lose in the long run. This is one of the benefits of jogging everyday. There is also the after burn effect as you will still be burning additional calories for the next 48 hours after your last run.

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- This is also one of the most efficient ways to lose weight and get into shape. You will be able to achieve your fitness goals faster than if you did other cardiovascular exercises such as walking. Jogging is your answer to losing those extra pounds that just stubbornly won't come off. Since it is weight bearing, it allows you to burn a larger number of calories per session. Bear in mind a little math; one pound of fat is equal to 3,500 calories, which simply means you have to torch 3,500 calories to lose one pound(0.454kg) of fat. Jogging will help you reach that goal faster.

Other Benefits

- Jogging helps against insomnia (habitual sleeplessness)
- Helps with healthy food choices – Gives you cravings for healthy foods like fruits & veggies, more cravings for water and juice.
- Jogging fights aging- it arrests bone & muscle loss which happens with age. You can keep those years (up to six years) at bay.