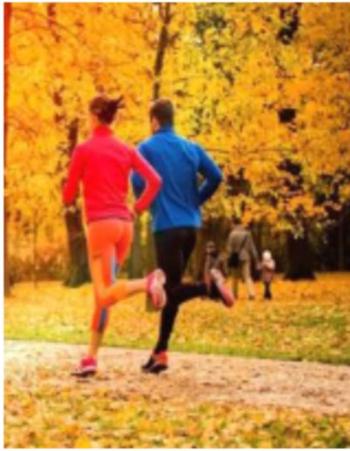




# TARGET TIPS



## METABOLISM MATTERS

A VO2 Max test will give you key information to improve your running experience, whether you are an experienced runner or just starting out. By learning your thresholds, you can enjoy your run at a comfortable pace while still maximizing your cardio and fat burning benefits. Just upload your test results to the CardioCoach App for an effective, pain-free experience!

## After a hot summer fling, it's time to *fall* in love – with Cardio

*The trees are turning colors and cooler temperatures are in the air, making for great weather to take your cardio outdoors. While it may not be a past-time of choice for most, check out these 3 reasons why running, whether a beginner or novice, is great for your health:*

**Running is great cardiovascular exercise to improve your overall health.** Studies have shown in addition to increasing lung capacity and performance, running lowers bad cholesterol and strengthens the immune system. Improving your cardiovascular health is one way to reduce your chances of a heart attack or stroke.

**Running is an excellent way to relieve stress.** Running increases the production of “feel-good” endorphins stabilizing mood and aiding in getting a better night’s rest. Additionally lowering the production of the stress hormone cortisol by running can also have a positive effect on mood; and achieving a physical goal can have therapeutic benefits. Whether the goal is to run one, five or 10 miles, it can improve anyone’s mood.

**Running today is more social.** One added benefit to social running includes being more likely to attain personal health goals – as studies have shown people tend to stick with their exercise regimens when there is social accountability. Make sure your running shoes are the right fit and have good support, and *fall* in love with cardio!