RUNNING SHORTS
## Can you drop some weight by running?
By Ken Johnson

Losing weight is rather simple.  Burn more calories than you consume.

Running is one of the best exercises for burning calories, so running can help you lose weight.  Besides helping you lose weight, running will improve your cardiovascular system and muscle strength.  And, running will improve your appearance.

We burn calories in all our daily activities.  For example, you burn about 360 during 8 hours of sleep and about 72 calories watching TV for an hour.  How many calories you burn in various activities largely depends on your weight and the intensity of the activity.  The more you weigh, the more calories you will burn.  For example, if you walk at a 3 m.p.h. pace for an hour and weigh 130, you will burn 207 calories.  If you weigh 190, you will burn 302 calories.

Running is more intensive.  Weigh 130 and run for an hour at a 6 m.p.h. pace and burn 590 calories; weigh 190 and burn 863 calories.  Very few other intensive exercises burn as many calories as running.

How many calories an individual needs each day for routine activities, depends on age, gender, height and weight.  The average is about 2,000.

While running is a great exercise to help you lose weight, you still have to burn more calories than you consume in order to lose weight.  You can run two hours every day and burn a lot of calories, but if you consume more than you burn, you will gain weight.  Reducing calorie consumption during the holidays is difficult. At the same time, the holidays are a good time to make a resolution to quit smoking, start an exercise program, consume fewer calories and lose that unhealthy excess weight.

Set goals and do not let other activities interfere with improving your health.   Of course, consult your physician before starting an exercise program.

**Recent race results:**

**LaPorte By the Bay Half Marathon (13.1 miles), Dec. 5**
Will Oliver, 43           1:57:54

**Sunday Night 5K (3.1 miles), The Woodlands, Dec. 5**
Leah Koester, 44          25:55

**Texas Trail Run, Huntsville State Park, Dec. 11**
**50K (31 miles)**
J. C. Guzman, 38          4:55:48 (7th Overall)
Ken Johnson, 69           8:50:40
**12.5 Miles**
Jose Moreno, 29           1:57:39
Darryl Shreves, 50        1:59:24
Anna Shreves, 51          3:12:14

**St. Jude's Jingle Bell 5K, Gruene, Dec. 11**
Lavonne Zaiontz, 43           30:27

**Jingle Bell Run, 5K, Livingston, Dec. 11**
Steve Bickford, 49     22:55
Jan Parks, 54           29:20 (1st in age group)
Don Ortloff, 65         33:48 ($2^{nd}$ in age group)

**Willis Wildkat 5K, Willis, Dec. 18**
Ken Johnson, 69         32:37 ($1^{st}$ in age group)

**Upcoming races in Huntsville.**
Jan. 1 – New Years Day Resolution Run, 5K, 1-Mile Run/Walk, Huntsville
Feb. 5 & 6 – Rocky Raccoon 100 and 50-Mile Trail Runs, Huntsville State Park
For more information about these races and others, visit the Seven Hills Running Club
web site at http://www.7hills.us and click on Race Schedule.