Running and jogging - health benefits
Both running and jogging are forms of aerobic exercise. A beginner to exercise should start with brisk walking, progress to jogging and work up to running. See your doctor for a check-up before starting a running program.

Summary

- Both running and jogging are forms of aerobic exercise.
- A beginner to exercise should start with brisk walking, progress to jogging and work up to running.
- See your doctor for a check-up before starting a running program.

Jogging or running is a popular form of physical activity. About one in five Australians try running (or jogging) at some stage in their life. Running is an appealing exercise because it doesn't cost a lot to take part and you can run at any time that suits you.

Some runners choose to participate in fun runs, athletics races or marathons. If you are interested in competing with other runners, contact your local running club.

Health benefits of running and jogging

Regular running or jogging offers many health benefits. Running can:

- help to build strong bones, as it is a weight bearing exercise
- strengthen muscles
- improve cardiovascular fitness
- burn plenty of kilojoules
- help maintain a healthy weight.

Running versus jogging

The difference between running and jogging is intensity. Running is faster, uses more kilojoules and demands more effort from the heart, lungs and muscles than jogging. Running requires a higher level of overall fitness than jogging.

Both running and jogging are forms of aerobic exercise. Aerobic means 'with oxygen' – the term 'aerobic exercise' means any physical activity that produces energy by combining oxygen with blood glucose or body fat.

Goal setting for running and jogging

Think about what you want to achieve from running or jogging. Issues to consider may include:

- Getting fit – if you're a beginner, you should start with brisk walking, progress to jogging and work up to running. This should take a few months.
- General fitness – mix your running with other forms of exercise (such as swimming or team sports) to maximise your overall fitness.
- Weight loss – adjust your diet to include plenty of fresh fruits and vegetables, lean meats, wholegrain cereals and low-fat dairy products. Cut back on dietary fats,
takeaway foods, soft drinks and sugar.
• **Companionship** – you could run with a friend or join a local running club.
• **Competition** – running clubs may offer competitive events. Most clubs have sessions designed for beginners through to advanced runners. You can pit your running skills against others in fun runs or marathons. Many community-based running events cater for people of all ages and abilities. Join a local orienteering club to combine running with the challenge of navigating through various environments.

### Running and jogging for beginners

Some general tips for beginners:

- See your doctor for a check-up before you start a running program. This is especially important if you are over 40 years, are overweight, have a chronic illness or haven't exercised in a long time.

- Pre-exercise screening is used to identify people with medical conditions that may put them at a higher risk of a experiencing a health problem during physical activity. It is a filter or 'safety net' to help decide if the potential benefits of exercise outweigh the risks for you. Print a copy of the [pre-exercise screening tool](#) and discuss it with your doctor or exercise professional.

- Start with brisk walking. Aim for 30 minutes per session. Allow a minimum of six weeks to build up to regular running. Aim to increase your jogging time each session, and alternate between walking and jogging.

- Make sure you warm up and stretch thoroughly before you head out. Cool your body down with light stretches when you return.

- Make sure you have plenty of fluids and take a water bottle with you on your run. Try to drink plenty of water before, during and after any activity.

- Plan your route. If possible, choose flat, grassy areas rather than hard or loose (such as sandy) surfaces to reduce the risk of injury.

- Avoid the ‘peak hour’ periods to reduce your risk of inhaling air pollution from motor vehicles. If possible, schedule your runs for either the early morning or the evening.

- Wear loose cotton clothing. Dress your upper body in layers of clothing so that you can take off layers as required.

- Apply SPF 30+ sunscreen to exposed skin areas.

- Buy an appropriate pair of shoes.

### Choosing running and jogging shoes

Issues to consider when choosing running shoes include:

- Don't wear your old sneakers. Poorly fitted shoes are a common cause of injuries.

- The running shoe should bend easily, feel comfortable and have a wedge of shock-absorbing material in the heel.

- The fit should not be too snug. Your foot will splay as it impacts with the ground.

- When buying the shoes, wear the socks you intend to wear while running.

- Have your shoes professionally fitted.

### Health and safety suggestions with running and jogging

Suggestions include:

- Make sure you eat a healthy, well-balanced diet.

- Avoid eating directly before going for a run.

- Avoid running during the hottest part of the day in summer.

- Drink plenty of water before, during and after your run.

- Take your mobile phone with you.

- If using an iPod or headset, do not have the music too loud – stay alert and aware.

- Wear reflective materials if you’re running in the early morning or at night.

- Tell someone where you plan to run and when you think you’ll be back.

- Choose well-lit, populated routes and avoid dangerous and isolated areas.

- If you injure yourself while running, stop immediately. Seek medical advice.

### Where to get help

- **Your doctor**
- **Always call triple zero for an ambulance in an emergency Tel. 000**
- **Physiotherapist**
- **Sports shoe store**
- **Local council**
- **Local running club**
- **Victorian Orienteering Association Tel. (03) 8846 4140**
- **Smartplay Tel. (03) 9674 8777**

### Things to remember

- Both running and jogging are forms of aerobic exercise.

- A beginner to exercise should start with brisk walking, progress to jogging and work up to running.

- See your doctor for a check-up before starting a running program.

### References

More information

Keeping active

The following content is displayed as Tabs. Once you have activated a link navigate to the end of the list to view its associated content. The activated link is defined as Active Tab.

- Keeping active basics
- Getting started
- Staying fit and motivated
- Exercise safety and injury prevention
- Healthy eating and exercise
- Keeping active throughout life
- Health conditions and exercise

Keeping active basics

- Balancing energy in and energy out
  A kilojoule is a unit of measure of energy, in the same way that kilometres measure distance.

- Body mass index (BMI)
  Body mass index or BMI is an approximate measure of your total body fat.

- Energy in food (kilojoules and calories)
  A kilojoule is a unit of measure of energy, in the same way that kilometres measure distance.

- Exercise intensity
  If you can talk but not sing, you’re exercising at the right intensity.

- Exercise in your local surroundings (video)
  Want to exercise, but find gyms boring or expensive? Sue Stanley and Shane Bilsborough team up to show you how to exercise indoors and outdoors using your local surroundings — whether it’s running up...

- Exercise - the low-down on hydration
  You need to drink enough and regularly to keep hydrated during exercise.

- Exercise with a friend
  Exercise is important for your physical and mental health. Working out with a friend means you’re more likely to have fun and stick to your exercise plan.

- Fitness centres – how to choose one
  Do some research before signing up at a fitness centre.

- How to make exercise fun
  Many of us find it difficult to stick to some form of exercise, others don’t know where to start. Experts say the key to taking up or keeping to any form of physical activity is to have fun. Get off...

- Kids and energy needs
  It’s important for kids to eat a wide variety of foods for a healthy, well-balanced diet and to be physically active. Creating healthy habits during childhood helps to ensure lifelong healthy..

- Personal trainers – how to choose one
  Make sure your personal trainer is properly qualified before entering into any agreement.

- Physical activity for men
  Many men are only motivated to become more active after they have a health scare.

- Physical activity for seniors
  Physical activity can help older people maintain independence, recover from illness and reduce their risk of disease.

- Physical activity for women
  If you can't make the time to exercise for yourself, do it for your family.

- Physical activity - how to get active when you are busy
  Even if you’re busy, you still need to find a way to be physically active.

- Physical activity - it's important
Just 30 minutes of moderate activity each day can improve your health and reduce the risk of developing certain conditions or diseases.

- Physical activity – setting yourself goals
  When you’re trying to become more physically active, set realistic health and fitness goals.

- Physical activity – what's your excuse?
  There are many excuses we can come up with to avoid being active, but the truth is there is always a way to fit some physical activity into your day.

- Secrets to healthy ageing
  Experts say the key to living well into our 80s and 90s is making a commitment to live healthily. Check out these simple ideas and embrace your senior years!

- Sports and physical activity
  Around 62 per cent of Australians adults do not meet the recommended physical activity guidelines to gain the health benefits of increased fitness and reduced body fat.

Getting started

- Exercise programs
  If you are unfamiliar with what is involved, starting an exercise program can be challenging.

- Exercise - the low-down on hydration
  You need to drink enough and regularly to keep hydrated during exercise.

- Exercise with a friend
  Exercise is important for your physical and mental health. Working out with a friend means you’re more likely to have fun and stick to your exercise plan.

- Gardening for children
  Children can learn new skills, have fun and develop self-confidence when they grow their own plants.

- Gardening for health - starting out
  Gardening is a healthy activity that can be enjoyed by everyone.

- Gardening for older people
  Garden spaces and equipment can be modified or adapted to help older people enjoy gardening.

- Gardening safety
  Gardening is an enjoyable form of exercise, but you need to take care.

- Getting active - Tucker talk tips
  The main thing is to choose physical activities that you enjoy and that you can stick to in the long term.

- How to make exercise fun
  Many of us find it difficult to stick to some form of exercise, others don’t know where to start. Experts say the key to taking up or keeping to any form of physical activity is to have fun. Get off.

- Physical activity - choosing a provider
  Choosing the right fitness centre or service provider requires some research.

- Physical activity – choosing the one for you
  You are more likely to keep up a healthy lifestyle change if your chosen activity suits you.

- Physical activity for men
  Many men are only motivated to become more active after they have a health scare.

- Physical activity for seniors
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- Physical activity for women
  If you can't make the time to exercise for yourself, do it for your family.

- Physical activity - how to get active when you are busy
  Even if you’re busy, you still need to find a way to be physically active.

- Physical activity – how to get started
  If you’ve been inactive and want to begin physical activity, see a doctor first.
Staying fit and motivated

- Physical activity - learn how to swim (video)
  Swimming is a great low-impact exercise for all ages and abilities. Australian marathon swimmer, Tammy Van Wisse shows ex-AFL (Australian Football League) player and coach, Tony Shaw some swimming.

- Physical activity - overcoming barriers (video)
  Former world aerobics champion, Sue Stanley shows us how to overcome common exercise excuses.

- Physical activity – overcoming the barriers
  If you think physical activity is boring, try exercising with a friend.

- Physical activity – setting yourself goals
  When you’re trying to become more physically active, set realistic health and fitness goals.

10 tips to plan your exercise

Physical activity won’t just happen. Most activities require planning – starting and maintaining a physical activity program does too. Here are some tips for getting ready to exercise: Make...

10 tips to stay active year round

Pick an activity you enjoy ... 10 tips to stay active year round.

- Exercise and mood
  Exercise can have an enormous impact on your mood. Not only can exercise help in treating depression, it can also prevent people from becoming depressed again. So it’s important to keep up an exercise.

- Exercise - everyday activities
  There are lots of everyday activities that provide an opportunity to be active and provide health benefits.

- Exercise in your local surroundings (video)
  Want to exercise, but find gyms boring or expensive? Sue Stanley and Shane Bilsborough team up to show you how to exercise indoors and outdoors using your local surroundings - whether it's running up...

- Exercise programs
  If you are unfamiliar with what is involved, starting an exercise program can be challenging.

- Exercise with a friend
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- How to make exercise fun
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- Pets can make you healthy (video)
  Australians have one of the highest rates of pet ownership in the world.

- Physical activity – choosing the one for you
  You are more likely to keep up a healthy lifestyle change if your chosen activity suits you.

- Physical activity for men
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Physical activity – overcoming the barriers
If you think physical activity is boring, try exercising with a friend.

Physical activity - staying active during summer (video)
Physical Activity and Fitness Trainer Sherri Bourne gives us some great tips for staying active over the summer months.

Physical activity - staying motivated
Pick an exercise or fitness activity that appeals to you and suits your lifestyle.

Physical activity - what's your excuse?
There are many excuses we can come up with to avoid being active, but the truth is there is always a way to fit some physical activity into your day.

Stretching exercise in winter (video)
When starting out an exercise program, it's really important to do a warm up and cool down before and after exercise.

Exercise safety and injury prevention

10 tips for safe stretching
Make stretching part of your life... 10 tips for safe stretching...

10 tips to exercise safely
Exercising regularly has wide-ranging physical, emotional and social health benefits. You need to exercise safely to remain healthy and injury-free. If it’s safe and painless, you’re more...

Aerobics - preventing injury
Aerobics injuries are usually caused by trauma and overuse, but can be prevented by using the right techniques and equipment.

Australian rules football - preventing injury
Australian rules football is a physical contact sport that often results in injuries from tackling, kicking, running and constant competition for the ball.

Basketball - health benefits
Basketball is a sport enjoyed by people of all ages and abilities.

Basketball - preventing injury
Basketball is a fast game with frequent and aggressive body contacts - injuries can and do occur.

Canoeing and kayaking - health benefits
Canoeing and kayaking can be done as a hobby, a competitive sport or as a fun activity on holidays.

Canoeing and kayaking - preventing injury
Careful preparation and the right equipment can help prevent canoeing and kayaking injuries.

Cricket - health benefits
To play cricket you need to be fit and strong and have good hand-eye coordination and ball-handling skills.

Cricket - preventing injury
Cricket is a very popular sport. Injuries are often caused by overuse, being struck by a cricket ball and falls.

Cycling - health benefits
Cycling can help to protect you from serious diseases.

Cycling - preventing injury
You are much more likely to hurt yourself by falling off your bike or hitting a stationary object than colliding with another vehicle.

Dance - health benefits
Dancing can be a fun way to stay fit for people of all ages and abilities.

Dancing - preventing injury
Dancing is fun and a great form of exercise, but make sure you avoid injuries.

Dog walking - the health benefits
If you are planning to buy a dog, make sure you choose a breed that's appropriate to your lifestyle.

Exercise safety
Training too hard or fast is a common cause of sports-related injuries.

- Fishing - preventing injury
  Never go fishing alone? always fish with someone else and, ideally, with two other people.

- Golf - health benefits
  Golf provides a stimulating challenge, combined with a healthy walk in pleasant surroundings.

- Golf - preventing injury
  The average golfer playing an 18-hole game walks about seven kilometres.

- Heat stress and exercise
  Heat stress occurs when sweat can't evaporate fast enough to keep the body sufficiently cool during physical activity.

Healthy eating and exercise

- Food for sport - tucker talk tips
  Carbohydrate is the most important nutrient for athletes.

- Secrets to healthy ageing
  Experts say the key to living well into our 80s and 90s is making a commitment to live healthily. Check out these simple ideas and embrace your senior years.

- Sporting performance and food
  Good nutrition and a healthy diet are essential to improving your sports performance.

- The amount of physical activity you need
  It's important for your health that you get enough physical activity every day, and that you limit your sedentary behaviour. But getting the amount of physical activity you need doesn’t have to be...

Keeping active throughout life

- 10 tips for active seniors
  Stay independent for longer with regular exercise. 10 tips for active seniors.

- Children - keeping them active
  A young child is naturally active, so build upon their inclinations to use their body.

- Exercise and stretching in the office (video)
  Sitting behind a desk all day doesn't mean you can't exercise.

- Gardens for all – a health activity
  Gardening has many health and therapeutic benefits, and is an activity that most people can enjoy.

- Getting active - tucker talk tips
  The main thing is to choose physical activities that you enjoy and that you can stick to in the long term.

- Healthy active Koori kids - tucker talk tips
  Good nutrition and physical exercise help to keep Koori kids healthy and avoid diseases when they get older.

- Healthy ageing - stay involved
  Reach out to the world around you for fun, a sense of achievement, social contact and mental stimulation.

- Healthy and active ageing
  Being physically active, eating well, socialising and improving your health can help you live a healthy, happy and active life as you get older.

- How to make exercise fun
  Many of us find it difficult to stick to some form of exercise, others don’t know where to start. Experts say the key to taking up or keeping to any form of physical activity is to have fun. Get off...

- How to volunteer and boost your health
  Volunteering is great for our health – it makes us feel good, while helping others in the process.

- Older people in hospital – Get well soon
  Learn about improving and maintaining your health during a hospital stay.
Physical activity is an important part of health and wellbeing, and girls should remain active as they grow up.

Many men are only motivated to become more active after they have a health scare.

Physical activity can help older people maintain independence, recover from illness and reduce their risk of disease.

Physical activity can help older people maintain independence, recover from illness and reduce their risk of disease.

If you can't make the time to exercise for yourself, do it for your family.

There are many excuses we can come up with to avoid being active, but the truth is there is always a way to fit some physical activity into your day.

Always consult with your doctor or midwife before starting any postnatal exercise program.

Unless you have complications, you should be able to exercise throughout your pregnancy.

Experts say the key to living well into our 80s and 90s is making a commitment to live healthily. Check out these simple ideas and embrace your senior years!

Make sure that some family outings offer opportunities for physical activity, such as playing sport together.

It’s important for your health that you get enough physical activity every day, and that you limit your sedentary behaviour. But getting the amount of physical activity you need doesn’t have to be...

Many sports can be adapted to suit people who are blind or have low vision.

Walking will improve your fitness and reduce your risk of heart disease.

Walking is great exercise for older people. It has a range of health and social benefits, and most people can do it.

Exercise can reduce some of the symptoms of arthritis, and improve joint mobility and strength.

Exercise-induced asthma can be prevented with medication and by preparing for exercise and physical activity.

A little physical activity and some breathing exercises can help people with lung disease.

People with cancer should be as physically active as their abilities and condition allow.

Adopting a ‘brain healthy’ lifestyle may reduce your risk of dementia in later life.

Many parents worry when their child with diabetes starts or returns to school.

Epilepsy and employment

Health conditions and exercise

Arthritis and exercise

Asthma and exercise

Breathing problems and exercise

Cancer - exercise to help you cope

Dementia - reducing your risk

Diabetes - issues for children and teenagers

Epilepsy and employment

betterhealth.vic.gov.au
Many people living with epilepsy are successfully employed across a range of professional fields.

**Epilepsy and exercise**

It is rare for a person with epilepsy to have a seizure during physical activity, but you should always take safety precautions when exercising.

**Exercise and mood**

Exercise can have an enormous impact on your mood. Not only can exercise help in treating depression, it can also prevent people from becoming depressed again. So it’s important to keep up an exercise.

**Exercise in your local surroundings (video)**

Want to exercise, but find gyms boring or expensive? Sue Stanley and Shane Bilsborough team up to show you how to exercise indoors and outdoors using your local surroundings - whether it's running up...

**HIV, hepatitis and sport**

People with HIV or hepatitis B or C participate in a wide range of sports without restrictions, and the risk of transmission to another player is extremely small.

**Menstruation - athletic amenorrhoea**

Women who are athletes or who exercise a lot on a regular basis are at risk of developing athletic amenorrhoea, which is the absence of periods.

**Osteoporosis and exercise**

Exercise can reduce the risk of fractures resulting from osteoporosis by both slowing the rate of bone loss, and reducing the person's risk of falling by building muscle strength and improving balance.

**Sports injuries**

A sports injury may be more severe than you think.

**Type 2 diabetes - healthy eating and exercise (video)**

People with type 2 diabetes talk about positive lifestyle changes that improve their quality of life.

**Related Information**

- **Cycling - health benefits**
  
  Cycling can help to protect you from serious diseases...

- **Golf - health benefits**
  
  Golf provides a stimulating challenge, combined with a healthy walk in pleasant surroundings.

- **Golf - preventing injury**
  
  The average golfer playing an 18-hole game walks about seven kilometres...

- **Cycling - preventing injury**
  
  You are much more likely to hurt yourself by falling off your bike or hitting a stationary object than colliding with another vehicle.

- **Lawn bowls - preventing injury**
  
  People who take part in lawn bowls develop skills and coordination that improve their fitness.

**Home**

**Related information on other websites**

- [Australian Institute of Sport](#)
- [Easy Exercise and Screening for You](#)

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Running and jogging - health benefits
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