

Why Something We Never Evolved To Do Is Healthy And Rewarding



Exercised: Why Something We Never Evolved to Do Is Healthy and Rewarding by Daniel Lieberman

★★★★☆ 4.6 out of 5

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Screen Reader	: Supported
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We were never meant to run long distances. Our ancestors were hunter-gatherers who spent their days foraging for food and running from predators. They didn't have time to go for long runs. In fact, they probably didn't even know what a long run was.

But despite the fact that we didn't evolve to run long distances, it's one of the best things we can do for our health. Running has been shown to improve cardiovascular health, reduce stress, and boost our mood. It can also help us lose weight and keep it off.

So why is something that we never evolved to do so good for us? The answer lies in our physiology.

When we run, our bodies release endorphins, which have mood-boosting and pain-relieving effects. Running also helps to improve our cardiovascular health by strengthening our heart and lungs. And because running is a weight-bearing exercise, it helps to build strong bones and muscles.

In addition to the physical benefits, running can also have a positive impact on our mental health. Studies have shown that running can help to reduce stress, anxiety, and depression. It can also improve our sleep quality and boost our self-esteem.

So if you're looking for a way to improve your health and well-being, running is a great option. It's something that we may not have evolved to do, but it's something that our bodies and minds love.

Here are some tips for getting started with running:

- Start slowly and gradually increase the distance and intensity of your runs over time.
- Listen to your body and don't push yourself too hard.
- Find a running buddy or group to make it more enjoyable.
- Wear comfortable shoes and clothing.
- Stay hydrated by drinking plenty of water before, during, and after your run.

If you're new to running, it's a good idea to talk to your doctor before starting a running program. They can help you determine if running is right for you and make sure that you're doing it safely.

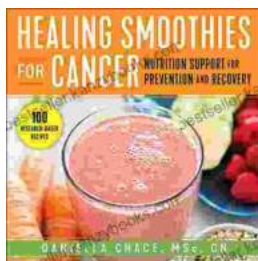
So what are you waiting for? Give running a try and see how it can improve your health and well-being.



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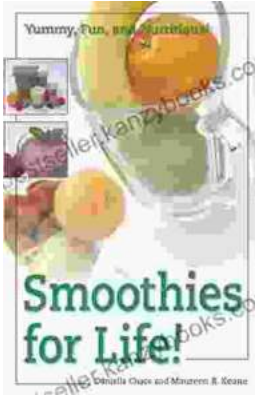
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