

Tip sheet for Running 101

1. Running "101" info.
 - a. This web site also provides some good tip sheets for runners
<http://www.howtobefit.com/running-training-articles.htm> You can look through it and see what strikes you as interesting.
 - b. I sent you an article that you can access on the Health Coaching website at www.healthcoachingu.com. If you have difficulty finding them, please email me.
 - c. Information on correct breathing techniques while running
http://www.ehow.com/how_18755_breathe-efficiently-running.html It essentially talks about what we discussed, but here it is in print with a few extras! Again, if you need more info, just email me☺
2. A device for measuring Heart Rate while running:
 - a. <http://www.howtobefit.com/polar-s120-heart-monitor.htm> this heart rate monitor is inexpensive in regards to HR monitors, and will give you everything you need now, and in the future if you decide to run races, marathons, or whatever your cardio needs. Sara can wear it too to track her cardio progress.
 - b. You can look at others at this web site. Polar is the brand I recommend, the cost and features it gives you are well balanced☺
<http://www.howtobefit.com/?gclid=CJ290oDXm4cCFScElgodAXBStA>
 - c.