

How Does Running Affect the Human Body? Essay

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Running is an action or a movement, but actually it serves as more than just that. Running is what the human body was made to since the creation of the human species. Over many years of evolution the body has evolved and become adaptable to different types of running. Many who begin running at such a young age whether it is long distance or sprints, but have never stopped and realized, wait how is this affecting my body? Many believe that there is all good to [running](#) and that no harm can come from it. Others may argue that it comes with a series of lasting internal injuries that may not affect them at the moment but affect them in the long run. The physical characteristics associated with running can come with a list of positives, but have we forgot about the negatives ? Runners remain with lasting injuries that serve as injurious to the body . The benefits and downfalls in the physical aspects of running serve in areas such as the [heart](#), bones, and joints.

Though physical exercise and training such as running can serve as valuable to the human body it can also come with downfalls as well. Running typically involves with using the lower part of the body such as the legs, knees and joints. This causes a runner to put most of its weight on the lower part of the body which eventually causes complications. "A runner usually is putting the weight down incorrectly on the lower body due to poor foot and lower body placement, this causes a person that may be 120 pounds to put double the

weight on the lower body”(Davis). The extra pounds exerted to the body can cause problems such a damaged cartilage, tearing, and swelling. “[Marathon](#) runners tend to have the most problems with this because they put so much on their body physically for long...

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