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Your Head. You might think running is all about your lower body, but your run technique needs to be dialed in from the top down. That said, don't look at your feet. "Be sure to gaze directly in front of you," says Kelli Fierras, USATF-certified running coach and ASICS Studio trainer. "Don't tilt your chin up or down,...

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Exercise. Exercise may be the last thing on your mind when you're feeling low on energy, but consistent exercise will help build your stamina. Results of a 2017 study showed that the participants who were experiencing work-related fatigue improved their energy levels after six weeks of exercise intervention.

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Running every day may have benefits for your health. Studies show that the benefits of running for just 5 to 10 minutes at a moderate pace (6.0 miles per hour) each day may include: reduced risk of death from heart attack or stroke. reduced risk of cardiovascular disease. lower risk of developing cancer.

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Aside from including at least one rest day in your week, one of the best ways to avoid overtraining is cross-training, or "mixing up" your workouts so that you don't continually stress the same parts of your body in the same way. If you enjoy jogging, some fun ways to introduce variety into your workouts include:

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