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Build a support system: Equip your routine with things that will make you feel good, says Duhigg. Run with friends or go to a parkrun, and track your miles so you can see your progress.

How to start running today: a guide to running for beginners

9 Weird Things Running Does to Your Body. There's no doubt that running can be tough on your body, so in honor of marathon season, we rounded up some of the more bizarre things that can happen ...

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