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A friend of mine stays close by house. Our families have been here in the same locality for quite a long time. I and my friend have studied together all the way, and have remained good friends until today. Due to this fact our friendship means a lot for both of us and would never compromise on this fact. For many reason we have had the same kinds of interests and even our things at our home would look similar as we go out for shopping together. Due to this fact the whole world around us also knows that we are great friends. It is for the same reason that we have procured our home phone service powered by Centurylink phone. Using this phone we call each other almost daily for varied reasons. The other I called up, we started to speak about jogging and planned that we would go for jogging together every morning.

We had a lot of reasons for doing this and one such reason was to check out some beautiful chicks come out every morning in this area. Also, we were aware of the fact that jogging around our hometown is a great way for you to stay in shape and get all of the benefits from aerobic activity. If we could establish a routine of jogging several times a week, we will soon be on a way for having a healthier heart and cardiovascular system, as well as a healthier body fat percentage. These were some of the things that we spoke during our conversation.

Apart from that, we see of us see joggers in the early morning hours bundled up against the cold as they run alongside traffic, as well as sticking to their pace as they brave the summer sun and sporting sweat through tank-tops. However, the first day we completed our jogging, we had a different set of thoughts running into our head.

You might also consider the parts of town that don't have sidewalks or a shoulder on the road. These areas can pose a dangerous risk for people jogging alongside the road. However, Jogging in such kind of areas has its own set of risks that the jogger naturally takes. Most joggers will continue to jog anyway, either because they don't know about the risks, or because they have taken the appropriate measures to deal with the risks.

However one of the main risks in jogging involves external factors, such as cars or people, or the weather. On the other hand they involve internal factors, like damages to muscles or connective tissues that can even affect treadmill joggers at home or the gym. But leaving all these problems aside, if you still love jogging, you should consider assessing the risks that you take on a daily basis and you need to keep staying safe while jogging.

One of the internal risks that joggers take lends damage to their body and will affect their physical performance throughout the day. It also hampers their jogging in their next workout as well. All these injuries can be avoided by having a good warming up session before you start jogging, or else you can jog at a reasonable pace and then cool your body down through stretching.

A warm up and a cool down help your active muscles shifts from rest to activity, and then continue with your activities for the day. After you warm up, it is always advisable to start your jogging at a slower than normal pace, or even a brisk walk, before increase your speed gradually. By this way you can not only stay fit, on the other hand increase your stamina as well.

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Stuart is a freelance writer who has written articles on various topics. He likes to use services like a [Centurylink phone](#) for talking to his friends. He wants to share some of his thought pertaining to jogging and it benefits.

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