

## Enjoying Running

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This script is designed to aid the runner, particularly the person who is new to running to experience the joy of running and the health benefits that go with it. A pattern of behaviors is established, and the client is taken on a virtual "run".

### (Script)

You have expressed an interest in running. Running benefits both your mind and your body. Today you to experience the joy of running and feeling healthier as running becomes more a part of your daily routine. Take a moment now to relax even more deeply and focus on my words...

You now run on (*insert appropriate days and times*). You prepare yourself for your day while you run... running helps you to clear your mind... thinking about things you need to do. You feel fresh and alert all day... you feel invigorated and vital.

Running with friends helps to motivate you... you run consistently... making this running routine habitual for you... it makes you happy to have this healthy routine... you find it fun to run. Enjoy this time, and let it be fun for you.

As running becomes part of your healthy routine, you also find your quality of sleep improving at night. You sleep better at night, which helps you to run better by day. As this becomes your routine, you feel better, stronger and more prepared for your day. Picture yourself now, sleeping better... waking more refreshed... feeling better and better as you run...

Now imagine yourself actually running. It can be a sprint or long distance, as you choose. Picture your surroundings. It can be any place you wish it to be, perhaps a favorite place. Take a moment now, and see it completely... perhaps it is a city sidewalk, maybe a suburban walking path, even a country road. Pick the location that has the most meaning to you and experience it completely...

Now you are beginning your run. One foot in front of the next. You begin at a moderate pace and slowly build up speed. Notice the breeze that seems to rush

past you. It's a bright, pleasantly warm day, and you are doing what you enjoy so much. It's exhilarating, watching the scenery drift by. Your heart rate begins to quicken, and you draw in deep breaths of fresh air with each step. You feel the impact of your feet contacting the ground, and it feels good. This is what makes all the time and training worthwhile. Perhaps you are running alone. If so, enjoy this time of solitude, this diversion from the other demands in your life. If you are running with others, enjoy this time with them and remember you are all working toward the common goals of health and well-being. I will be silent for a moment to allow you to fully experience this joy...

When you are ready, allow yourself to come back to the here and now.

As you go about your day, you may find that running is becoming more natural to you, more enjoyable. Whether you run competitively or for your own benefit, you will find as time goes on that your running is an important part of your life and your health. As you grow in strength, endurance and confidence, you will find that running becomes more and more enjoyable. This is something you enjoy. Make it your own. You've done so well here today.