

WOMEN'S Running

Live Strong,
Stay Healthy!

Spider Veins

These little webs of red and purple are actually enlarged capillaries, inefficient at transporting blood, says Dr. Luis Navarro, director of the Vein Treatment Center in New York City. Running can help reduce their appearance by increasing circulation (yay!), but only if the blood can travel properly. Navarro says poorly fitting running footwear can put pressure on the vein walls, causing them to swell.

Skin Fix: Shop for running shoes in the evening. Your feet swell as the day goes on, just as they do during a long run. Select a pair of shoes that fit well and have proper arch support to allow maximum blood flow.

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WHEN
RUNNING
BECOMES
A DEADLY
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