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Knee Support - Wear Proper Accessories During Running and Cardio Exercises by [Julia Roger](#)

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Running and cardio exercises are the only way can the obese can shed the fat. There is no substitute to running. Running for a mile or two on a daily basis can be tremendously beneficial for those who want to shed their fat within a shorter time range. One need not have to run like Usain Bolt. Rather, a slow start can also be beneficial. At first, try to adapt the techniques. Try to develop an interest towards running. In fact, start with slow hopping or jogging. Spot jogging can also do initially. Then, try to jog round the park for five minutes. Slowly, try to increase the time. Note: It's increasing the time, not speed. Keep this mind while performing the workout.

Once a person starts to jog easily for 30 minutes or more without any breathing trouble, it is time to switch up the speed. With several variations in running and jogging, effect can be felt soon. In fact, two to three kilos of weight will get reduced within 15 days, if a person starts to follow this exercise on a regular basis. However, diet is also necessary. But, don't ever jog or run in full stomach. A little bit of sprouted seeds or nuts can be consumed but nothing more than that. Little amount of water can be taken at the start of the activity. However, drinking too much water can create problem during running. It can slow down the intensity level and can even lead to vomiting problems. Also, wearing a proper knee support is recommended in case anybody is running on concrete surfaces. Knee injury can take place if proper supportive straps are not worn while running, skipping, or doing any kind of weighted exercise on concrete surface.

It's not difficult to find suitable physio supplies within locality. In fact, every town or city does feature some quality physio supplies store where knee straps as well other exercise equipment and accessories are available. And then there is also the internet from where these items can be purchased quite easily.

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