

Karan Muns

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MCO 2342

Annotated Bibliography

Topic: Running and Health

Engber, D. (2013, April 23). Why Scientists Have Been Arguing for 30 Years Over Whether to

Run or Walk. Retrieved from

http://www.slate.com/articles/health_and_science/medical_examiner/2013/04/run_or_walk_why_science_hasn_t_determined_which_exercise_is_best.html

1. Running might be better than walking. Walking could possibly be better than running.

It is possible that running isn't the best exercise for some people. Bad joints are only one of the factors that could make it hard or painful to run. In these instances, gentler exercises like walking or swimming are best. Although running burns more calories and can continue to burn them after exercise, walking is the better choice for people who want to burn only fat and not any muscle. Walking is also a better option for people with weaker joints or bones and other serious health conditions.

2. The author Daniel Engber is a columnist for slate and is otherwise self-employed. He writes for the New York Times, Slate and Wired. He mostly writes science or health related articles. He won National Academies of Science Communication Award in 2012, and the Sex-Positive Journalism Award in 2008.

3. The audience includes people who want to get fit but don't know how to start. People that want to get healthy and don't think they can because they have a pre-existing

condition. The audience could be doctors making a fitness plan for patients that need special workouts in order to not injure themselves while getting healthy.

4. This is different because it shows that sometimes running is not the best choice for a certain individual. This article is one of the only ones in this bibliography that provides any type of con to running. No article other than this one challenges the idea that running is good for everyone. Most people know running with health conditions is dangerous, but this is the only article that mentions that even though it is a commonly known fact.

5. This supports research because it shows that running is more beneficial overall as long as there is not a medical reason preventing someone from running. This article is a valuable source because it provides some contrast that would otherwise go unmentioned.

When writing an essay, it is good practice to mention an opposing viewpoint and this article provides a valid source to challenge the premise that running is life changing.

Fox, K. (2016, March). Running with the gods. *Runner's World*, 51(2). Retrieved from

<http://eds.a.ebscohost.com/eds/detail/detail?nobk=y&vid=4&sid=8af27bbe-a101-478c-8c7f->

[33add1788f3f@sessionmgr4009&hid=4102&bdata=JnNpdGU9ZWRzLWxpdmU=#AN=112457359&db=f5h](http://eds.a.ebscohost.com/eds/detail/detail?nobk=y&vid=4&sid=8af27bbe-a101-478c-8c7f-33add1788f3f@sessionmgr4009&hid=4102&bdata=JnNpdGU9ZWRzLWxpdmU=#AN=112457359&db=f5h)

1. This article explains how these average people trained hard enough to make it to the Olympic qualifiers. They only had to beat a minute and twenty second for men and two minutes and forty-five seconds for women.

2. The author is Kit Fox. He has written for World Sport Stacking Association, Men's Fitness, and Runner's World Magazine. He started as an intern and then freelanced for several magazines before reporting for runner's world.

3. The audience for this is more scholar based but it is also written with athletes in mind as well as regular people because everyone likes to think that they can “[Run] with the Gods”. The article seems more entertainment based and geared toward running enthusiasts. However, as the article continues it brings in facts and statistics that would interest more academics.

4. This is similar to the other sources because it shows that nearly everyone can run and that it is beneficial in more ways than just your health. This article is different from the others though because it shows a broader view on running. The article doesn’t focus in on one key point. It briefly touches on several points and explains the main idea. It does not go into too much depth.

5. This supports the idea that running is a way to fix the health epidemic without dumping a lot of money in to the system. The article brings in the aspect of the way running can impact more than just a single person. If enough people were running it could dramatically decrease the cost of health care in America.

Kuzma, C. (2015, November 13). Nine approaches to running recovery, when to use them, and how to maximize the benefits. Retrieved from

<https://twitter.com/runnersworld/status/777824563111559169>

1. This tweet teases about nine ways to recover after a long run and which type of recovery is best for the type of ache a person has or after the type of run they did. This is in a way click bait but the article is actually full of information including how to get rid of shin splints.

2. Cindy Kuzma is a freelance fitness and health writer. She has written for medical journals for 6 years and now she writes for several health and fitness magazines as well

as Runners' World. She is pursuing her masters at Northwestern's Medill School of Journalism.

3. The intended audience is the group that runs often and for long periods of time.

Someone that only runs one mile probably won't need to use these recovery techniques compared to someone who is preparing for a marathon. People that read runners' world are probably runners.

4. This article was more attention grabbing and was more for entertainment purposes rather than teaching someone how to do something or persuade them to think a certain way.

5. This supports my topic because it supports the premise that not everyone runs already and the people that do run are obsessed with it. Running is a way of life for some people but running provides benefits even for less avid and less committed runners.

Margolis, Z. (2015, August 24). Running saved my life. Retrieved from

<https://www.theguardian.com/lifeandstyle/2015/aug/24/running-saved-my-life-depression-doctors-pills-therapy-did-nothing>

1. Zoe Margolis writes about how running helped pull her out of depression and saved her from a life she didn't want to live. This article is a little heart breaking as Margolis tells the story of how she battled depression and how running ultimately saved her life from suicide and depression.

2. Zoe Margolis has a personal experience that shows first-hand knowledge of running helping someone. Experiences like this can't come from schooling. This definitely presents pathos and logos because the article includes information from her perspective and her doctor's perspective as well.

3. This is targeted toward people who might be going through the same kind of thing that she was and hopefully it helps them with depression too. This article could be attractive to people battling depression themselves, or the friends and family of a person going through depression. This could also appeal to doctors as a creative treatment method when medication and therapy don't seem to be the answer.

4. This shows a different take on it because it is about a personal experience not just an article with a lot of scientific facts in it. This appeals more to pathos than anything else, but it also appeals to logos. Her doctor describes some of the science behind it and the way that running creates endorphins that can help kill depression. This article is really the only one that utilizes pathos. This story definitely makes the reader feel for this girl. The story champions running because running was a life-saving tool in this instance. The other articles are much more fact heavy and hardly bring emotion into the article at all.

5. This supports that running can help stabilize emotions and cure illnesses even if that isn't what it was intended for. This article supports the idea that running can be a miracle cure for a lot of different things not just losing weight. The article also provides an emotional level that would be lacking if this bibliography was turned into an essay.

Mocanu, P. (2015, July 1). Risks and benefits in practicing trail running. *Bulletin of the*

Transilvania University of Brasov, Series IX: Sciences of Human Kinetics, 8(2).

Retrieved from [http://eds.a.ebscohost.com/eds/detail/detail?vid=6&sid=8af27bbe-a101-478c-8c7f-](http://eds.a.ebscohost.com/eds/detail/detail?vid=6&sid=8af27bbe-a101-478c-8c7f-33add1788f3f%40sessionmgr4009&hid=4102&bdata=JnNpdGU9ZWRzLWxpdmU%3d#AN=115283048&db=edb)

[33add1788f3f%40sessionmgr4009&hid=4102&bdata=JnNpdGU9ZWRzLWxpdmU%3d#AN=115283048&db=edb](http://eds.a.ebscohost.com/eds/detail/detail?vid=6&sid=8af27bbe-a101-478c-8c7f-33add1788f3f%40sessionmgr4009&hid=4102&bdata=JnNpdGU9ZWRzLWxpdmU%3d#AN=115283048&db=edb)

1. This article does exactly what the title says it will. It explains how trail running is beneficial to overall health not just physical health and it talks about why running trail is riskier and more dangerous than other types of running can be.
2. Petronela Mocanu is a professor and coach at Transilvania University. Coaching shows deeper insight and she has personal experience with herself and athletes diving into sports too quickly. Mocanu is a professor of kinesiology so she knows the effects running has on the body.
3. This is directed at aspiring runners, current runners, and doctors so that they know what to expect from trail running. The audience could also be cross country runners since they run on trails. It could also be targeting runners that don't run on trails so that they have an idea of how switching from running on a track, a sidewalk or treadmill to running on a trail will affect their body.
4. This text is different from the others because it explains some of the problems with trying to progress into running too fast. The other articles focus on benefits of running while this article warns against the dangers of doing too much running too quickly. This article is more cautionary than informative, but the article is still very insightful.
5. This article supports the idea that with the proper knowledge people could eventually use running to end obesity and decrease the amount of heart disease seen in the United States today. This article adds some new information like how quickly or gradually to start running is necessary. The article also reinforces other sources by touching on topics like preventing disease, weight loss, and respiratory health.

Munoz, K. (2014, April 03). 30 convincing reasons to start running now. Retrieved from <http://greatist.com/fitness/30-convincing-reasons-start-running-now>.

1. This article gives thirty reasons running is great for people. It gives lists of ways that running helps you improve and gain confidence through only using a short period of time each day. This article shows the ways that running for shorter amounts of times at higher intensities provides better more lasting benefits than longer lower intensity workouts provide.

2. Kissairiss Munoz is a writer for greatist a very popular health and fitness blog that is dedicated to make being healthier easier. Kissairiss started running after college and has ran in several marathons to date. Greatist sends out a newsletter every weekday around 11 am with different articles targeting on a different health goal. Kissairiss is one of their most frequent writers so she researches and writes about different health topics often.

3. The audience is someone who might want to run but hasn't totally committed yet. The audience could be people looking for motivation to get up and go for a quick jog. Articles like this one are meant to inspire people to action so the audience would be people that either don't feel like running or people that don't know if they would like running yet.

4. This text is different because it is much more persuasively written than the other articles have been. This is also in a list format and contains a ton of graphics to make it more inviting and interesting. This article was written more for entertainment purposes than informative purposes. The article does still provide facts but it has less technical speech in it and more attention grabbing words.

5. This supports the premise that running has many benefits to everyone that participates not just losing a few unwanted pounds. It is much more beneficial than any weight loss aid that is offered. Since this article is geared towards entertainment it brings an element of excitement to the story. This article provides ideas and jumping off points that could

propel the essay forward and keep it interesting. The article shows many different ways of looking at running that could be incorporated in order to keep a research paper flowing nicely and still be engaging.

NBC team. (2016, April 15). Running has physical and mental benefits. Retrieved from <http://www.nbcconnecticut.com/news/sports/Running-Has-Physical-and-Mental-Benefits--375844381.html>

1. Running is beneficial to brain activity and productivity as well as lowering risk of heart disease and lowering body fat percentage. Running is a great way to get in shape quickly without spending much money or wasting a lot of time commuting to and from a gym.

2. The NBC team published this so there shouldn't be any fact errors. NBC is a reputable news company and news teams generally strive to double and triple check facts. Also since this is a news article it has most likely gone through several stages of editing before it was put up on their website.

3. The audience would be sedentary or non-active people because they are trying to convince people to get out and move. The audience could also include doctors that are trying to get their patients to exercise or friends and family that are worried about the health of another person.

4. This article backs up claims from previous articles and provides insight on how to incorporate this into their everyday lives. The other articles provide lots of facts but doesn't provide much detail about implementing running and other healthy habits into everyday life. This article gives the bibliography a real world application element that it wouldn't have had if this element was replaced by another scholarly article.

5. This supports the fact that running is helpful in more than one way and shows that nearly everyone can run. The article shows the ways that running can be added into a typical life. It also shows that anyone can make time to get healthy if they make getting fit a priority. Then the article gives examples of ways a person's life gets better after they incorporate these changes into their lives for a longer period of time.

Reynolds, G. (2016, July 13). Can running make you smarter?. Retrieved from

http://well.blogs.nytimes.com/2016/07/13/can-running-make-you-smarter/?_r=0

1. Running can help improve brain function and trains the brain to come up with solutions more quickly than a person of the same intelligence that doesn't run. Overall people that run have been found to be smarter than those who don't.
2. The author is Gretchen Reynolds and she writes for the New York times. She is a former competitive runner and cyclist and she runs the New York Times health and fitness column. She was passionate about health and has been writing about fitness for over ten years for publications like the New York times, runner's world, Women's Health, the Oprah magazine and Bicyclist.
3. This article is directed towards people in school and people that are just interested in becoming an all-around better version of themselves physically, mentally, emotionally, spiritually and intellectually. This article is aimed at the general public as well as some of the academic and athletic world. The article doesn't have any hard to understand technical language that the average person couldn't understand, so the target audience is really anyone interested in running or getting smarter.
4. This article is similar to the others because it shows another benefit of running. However, the article is also different because the benefit is very different from the

benefits that the other articles touch on. That makes it stand out some, but mostly this is another article touching on the benefits running provides for the average person's health and overall well-being.

5. This article provides an unexpected point that most people wouldn't expect to be a result from running. This adds to the story this bibliography is telling by surprising readers with a benefit that not many people really think about. It's yet another benefit of running proving that running impacts more than just one area of life and that it helps more than just one type of person as well.

Szabo, A., & Abraham, J. (2012, July 10). The psychological benefits of recreational running: A field study. *Psychology, Health & Medicine*, 18(3). Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/22780910>

1. This article shows the ways that running causes more than just physical benefits. It doesn't have to be professional running or even amateur running in races. A runner can just be someone that decided to run around the block a few times. The benefits of running are endless especially when it comes to the mind. The way that running impacts people's thought processes is very interesting. Running causes people to gain more self-confidence and achieve a lower stress level as well.

2. Atilla Szabo is distinguished NIH researcher with a Ph. D. from Harvard. Julia Abraham is a professor of psychology at Dartmouth. Abraham still teaches at Dartmouth an ivy league school with an excellent psychology department. Szabo is a researcher with NIH, the National Institute of Health, one of the world's most influential medical centers.

3. The audience this was intended for would include people that have just began running, people who are interested in running or people trying to better themselves physically and

mentally. The audience could also be parents trying to increase their children's self-esteem. Doctors and psychologist could also be targeted by this article since it is very scientific and can be used in many ways.

4. This text is different because it explains the psychological events that would not normally be brought up in an article about the benefits of running. Some of the articles touch on non-physical benefits of running, but this article goes a step farther and brings up mental well-being also. There are a few other articles in the bibliography that bring up some non-physical benefits, but the article isn't as in depth and doesn't provide as much evidence as this article does.

5. This supports the research because it shows definite proof that running is good for more than just getting nice legs. While looking better is a good goal to have mental well-being impacts more of a person's life than their looks do. This article makes the reader focus on something bigger and more meaningful than looks. It forces people to understand that mental health is a big deal and running is a great tool to help improve one's mental state without spending tons of money.

Nieman, B., Simpson-Westerburg, J. Effects of long-endurance running on immune system parameters and lymphocyte function in experienced marathoners. Retrieved

<https://www.thieme-connect.com/products/ejournals/html/10.1055/s-2007-1024921>

1. This article documents a lab experiment done on several runners that showed how long periods of running long distances effected their immune system in the long term by testing their blood and comparing the number of red and white blood cells in the blood.

2. The authors all teach med school at Linda Loma University. Linda Loma University is found in southern California. All of the authors have their doctorate degree and still teach

at the university some of them for over 10 years which exemplifies their credibility as academics and as professors.

3. The audience is intended to be other doctors and medical students as well as runners or people thinking about beginning to run. This article could also be used to convince others to start running as well, so the audience could be sedentary people or people that get sick a lot. This article seems to be directed more at medical students and doctors or academics because there is some technical jargon being used that the average person would probably need to look up.

4. This text is much more scientific than all of the others. It has a lot of jargon and terms that most average people would have to look up to completely understand. This does conclude that running is scientifically proven to improve immune system function though. The other articles don't provide any information as concrete as this article does even though some of the information in this article is more complex.

5. This applies significant scientific backing to several of the facts the other articles have just touched on, so it goes into more depth. The article adds a scientific credibility to the group of sources. The article makes everything seem more like fact than just speculation or inferences. This scientific backing creates more credibility and makes the paper more reliable in the eyes of the reader.