

I'm a Runner

Kathleen Sebelius

Health and Human Services Secretary
63, Washington, D.C.

Interview by
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Photograph by ERIC McNATT

I've been running for at least 30 years. I used to walk a lot, and then I just decided to pick up the pace. Running made me feel like I got some exercise, so I just kept it up.

Running produces results—I know this from the way I feel. And now that I'm in the primary health agency in the world, I have the scientific backup to show how important it is to work out on a daily basis.

I've got guys on the security detail that run with me. Over the course of a year and a half, some of them have had to stop running because of various injuries. I keep teasing them because I'm much older and I'm still running.

I run five days a week, three to four miles on the weekdays and six on the weekends.

Running is one of the most natural forms of exercise for kids. They start out running around, and then it becomes a great way to promote a regular routine. With running they don't need a lot of training or equipment to keep in shape.

May is Physical Fitness and Sports Month. This lets us show the important role that staying active plays in preventing some of our most



“ Saying you don't have enough time is a bad reason to not run. There's always time for a run. ”


costly and widespread health problems like heart disease, diabetes, and obesity.

I've always run early in the morning because I could get out and not disturb anyone. I didn't interrupt my kids by coming home from work and going out again. As I got busier, mornings became the time of day I could control.

When I was governor of Kansas, I used to chair a 5-K Governor's Cup race in Topeka. I surprised people the first year by actually running it [29:16]. No one had done that before.

I love this run in D.C. that goes around the Capitol and out on the Mall, and back up. There's something majestic about running between all the

monuments. Sometimes I finish humming "God Bless America" under my breath.

As you get older, you don't need to be fast, you just need to keep running. 

Go to runnersworld.com/imarunner for a video interview, photos, and the full Q&A.

→ AT THE 2010 KOMEN RACE FOR THE CURE 5-K IN WASHINGTON, D.C., SEBELIUS EARNED SECOND PLACE IN HER AGE GROUP (27:00).



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Brittany Dobrin – Toronto, ON
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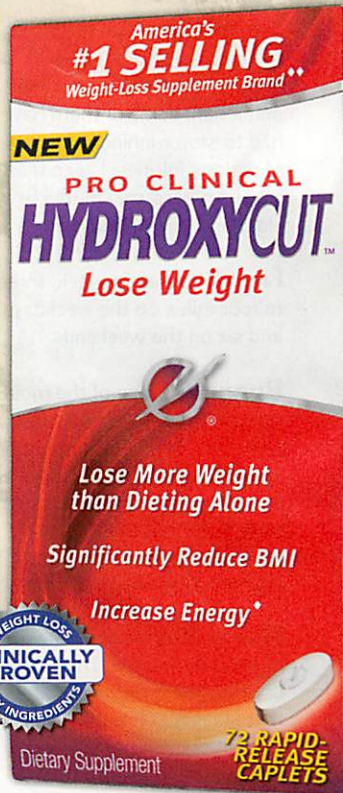


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**Based on IRI F/D/MX dollar sales data for 12 weeks ending 12/26/10. Read the entire label before use. © 2011.