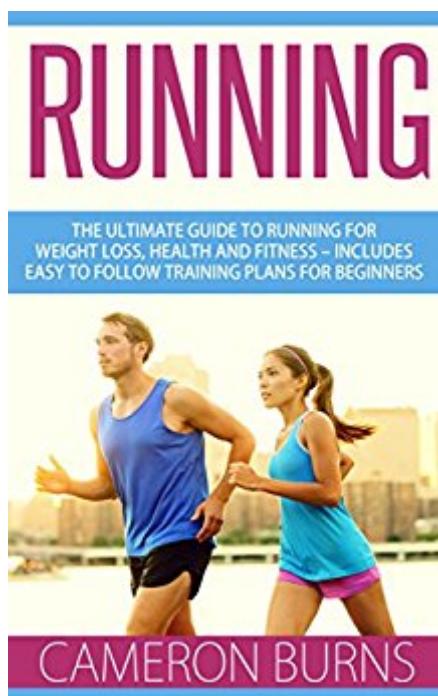


The book was found

Running: The Ultimate Guide To Running For Weight Loss, Health And Fitness - Includes Easy To Follow Training Plans For Beginners (How To Run, Jogging, Marathon Training)



Synopsis

RunningThe Ultimate Guide To Running For Weight Loss, Health And Fitness â€“ Includes Easy To Follow Training Plans For BeginnersIf you want to lose weight, then you canâ€™t go wrong with taking up a running regimen. Running has been mankindâ€™s tool of survival throughout the centuries, and it has many benefits besides losing weight. Running can make you feel good about yourself, improve your heart and mind, and make you live longer. So how do you even begin running? Whatâ€™s the best way to go about it? In this book, we have you covered. Weâ€™ll give you pointers on how you can begin a workout, and answer some of your burning questions, including:Whatâ€™s the best way to begin running? Should I go all out, or should I take it one step at a time?Do shoes matter when you run, or can you pick any old shoe you want?Whatâ€™s the best track to choose from? Should I run on a treadmill, a sidewalk, or on a trail?Should I just walk, or is running better? Also, what is the difference between running and jogging? Which should I do?How should I go about my diet? Can I lose weight without having to change things up?All these questions and more will be answered in this book, all fast-paced and easy to understand. So lace up your running shoes and get going, because weâ€™re about to give you all the basics!Download your copy of "Running" by scrolling up and clicking "Buy Now With 1-Click" button.

Book Information

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Customer Reviews

I am not physically fit kind of guy, so I was looking for way to lose the excess weight. Getting this help answer almost all my question and even answered some questions I never dreamed of asking. The author also include a plan for you to try. This has helped point me in the right direction.

What a waste of time - just as book got started it stopped - would not recommend this to others - buy a running world book and get value for money

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