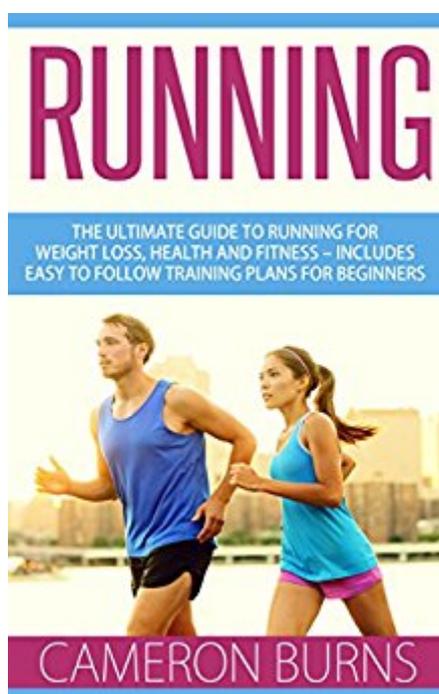


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# Running: The Ultimate Guide To Running For Weight Loss, Health And Fitness - Includes Easy To Follow Training Plans For Beginners (How To Run, Jogging, Marathon Training)



## 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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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) RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging): (Running And Jogging For Beginners, Weight Loss, Exercise, How to Run And Jog) Your First Marathon: A Beginners Guide To Marathon Training, Marathon Preparation and Completing Your First Marathon (Marathon Training, Marathon Guide) Your First Marathon: A Beginners Guide To Marathon Training, Marathon Preparation and Completing Your First Marathon Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Chi Marathon: The Breakthrough Natural Running Program for a Pain-Free Half Marathon and Marathon The Ultimate Running Guide: Dominate Every Run The Mile 5k 10k Half Marathon Marathon The Ultimate Guide to Weight Training for Racquetball and Squash (The Ultimate Guide to Weight Training for Sports, 18) (The Ultimate Guide to Weight ... ... Guide to Weight Training for Sports, 18) Runner's World Big Book of Marathon and Half-Marathon Training: Winning Strategies, Inspiring Stories, and the Ultimate Training Tools Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Mudras: Mudras For Weight Loss: 15 Easy Hand Gestures

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