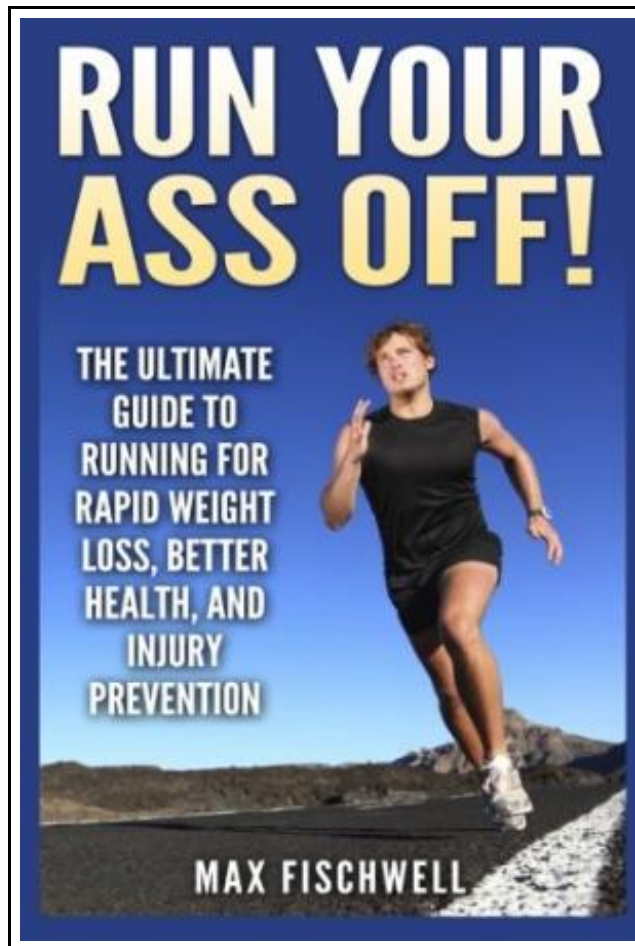


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Reviews

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(Alec Langosh)

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Createspace Independent Pub, 2014. Paperback. Book Condition: New. 232 x 150 mm. Language: English . Brand New Book. Are you sick and tired of looking at that flabby belly in the mirror every day? Are you sick and tired hearing about how your coworkers have lost so much weight from and now that is all you ever seem to hear about? Or maybe you have that cousin at a family gathering that seems to talk about how he or she is going to run a 5k or even 10k.Maybe you have tried exercising in the past but could never have seem to have committed for whatever reason. Then of course any results you may have had are quickly diminished by you simply going back to your old ways. Then of course that means you also will go back to being frustrated knowing that you do so much better for yourself.I m sure you may have heard the term that you cannot run from your problems. While this may usually be true, I can tell you that when it comes to the problem of losing weight running is just exactly what you should do. This is because running is one of the best exercises to lose weight fast.In this book you will learn:Proper nutrition so you get the most benefit from running. Don t worry, it won t be painful :)What type of running gear and accessories are important and which are optionalWhat is the proper running form to prevent painful injuries that can take weeks or even months from your running routineUnderstand the different heart rate zones so you can get the maximum benefit for your runningLearn running tips so you can learn to run fasterDifferent running exercises to prevent boredom and build muscle for more rapid weight lossAnd much...



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