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# Running: Run Yourself Skinny - The Beginner's Training Guide For Weight Loss



## Synopsis

Learn how to Run Successfully and Lose Weight Are you looking to lose weight? Then you're in the right place, because running is one of the most simple and effective forms of exercise. When you start your running program and stick to it, you will lose weight, have more energy, and feel much fitter and healthier. No matter, what your current fitness level is, this guidebook will teach you everything you need to know to successfully lose weight running. It includes an 8-Week Training Plan that will guide you through your running training. By reading this book, you will learn: The benefits of running How to choose the right running shoes How often to train Common mistakes How to prevent injuries The right food for running And much, much more... Are you ready to change your life? - Click the "Buy" Button above!

## Book Information

File Size: 4765 KB

Print Length: 46 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 26, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B015UYBFF4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #444,953 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #76

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## Customer Reviews

Running is the traditional method to lose weight. A large number of Americans are overweight. Perhaps the reason is because they do not know what is causing them to gain excess body fat? Who knowsâ | but for a fact there is only one way to lose weight, and that is by diet and exercise. Running is less time consuming, and carries with it multiple benefits. Heart disease (cardio), arthritis,

weakened bones and so much more cannot survive within a regular runner. The best part of running is that the participant can just run for 40 minutes a couple of times a week, and can run at anytime anywhere.

Running is a very active exercise that we normally do every day. Some of us do this with no reason or just to hang around. What we don't usually know that running helps us a lot in our daily routine and has a lot of health benefits aside from losing weight. But before we should involve in this exercise, we should also be knowledgeable first the things to observe to avoid incidents and injuries. This guide has running tips that is helpful and should be practice. I learned a lot of educational information from this guide that is definitely helpful and should be observe.

Running, as part of my exercise regimen has proven very effective in shedding off some extra pounds. With the running program found in this book, I think I can enhance such aerobic activity by simply following the program. Furthermore, the running program can lessen the chances of getting injuries since it is progressive in nature. The right foods that have been suggested in this book could also aid in my effort to lose weight primarily through running.

Great information and advice on all things concerning running! Explains the benefits of running, common mistakes runner can make, how to stay hydrated, what you should eat, and how to prevent injuries. There's also several other helpful tips designed to make you a better runner and stay healthy. If you're a beginner or just thinking about starting up running regularly, then this is a good book to read. I would definitely recommend it since it's full of useful information.

Running is a great refreshing experience for me especially early mornings during the summer. Great guideline for those how are thinking of taking up running for the first time or equally for those more experienced, it will just recap some important factors you should keep in mind. For example that you should try and do cross training and not only focus on running so that you can develop a many different muscle groups. Diet as always very important and great tips on that!

Being a mom is more than working 8 hours a day in an office. we tend to forget other activities such as running in our daily routine. I found myself gaining weight as i noticed my belly has turned into unwanted fats. In that case this very informative and reliable running book will help me solved my belly fats in about 3 months time. I found this book very motivating and easy to read since all you

want to do is to lose wait and run but not spend more time reading but practicing what you have read, this quick running guide has pack of straight forward information to manage your weight loss by running.

I am looking for a effective method to loose weight like the majority of Americans. Many people has advised that running is the best way to do so. This book contains information to avoid common mistakes made by many of new runners. Author also discusses some key points to keep in mind before starting running and diet forms which a new runner must follow.

I do run, but very very rarely. This book sort of helped me get my mind more focused on the proper manner and routine to do my running. It is mentioned here that cross-training is also beneficial, but I donâ™™t know about that. Getting myself to run is difficult enough. The training plan is more useful to me; actually it is what I was looking for. When I searched for these type of books on this one came on top so I just clicked it and it showed that the price would go up in 3 days, and I just had to grab it when it was at its promo period. But I cannot find fault in the guidelines given in this book. This 'was' a helpful book, but I just get the 'okay' feeling with this.

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Training Program Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism  
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Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And  
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