

## Running for Beginners: The Most Complete Guide to Learning to Run, Mastering the Proper Form, and Boosting Your Performance (Paperback)



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## **RUNNING FOR BEGINNERS: THE MOST COMPLETE GUIDE TO LEARNING TO RUN, MASTERING THE PROPER FORM, AND BOOSTING YOUR PERFORMANCE (PAPERBACK)**



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Running is awesome; it's as simple as that. The physical and mental health benefits derived from a regular running regime are life changing. Of all the well documented benefits of running there are many lesser known ones such as increased feelings of enthusiasm and boundless energy, jumping out of bed in the morning after a great night's sleep ready to face what the day will bring is a surprising result of regular jogging. Running is an inexpensive hobby that will not only shred the pounds but will improve the bank balance in comparison to costly monthly gym membership fees! Take the first steps to a better, fitter, and newer you by downloading this guide and arm yourself with all the essential knowledge to get started! Whether it's increased cardio fitness or improved mental health running is a wonderful way to achieve your health goals Running couldn't be simpler to get started with. Whilst other sports require some sort of learning curve and tuition, running requires only some suitable clothing and footwear. Running is also a natural motion that humans are designed to perform and therefore we can literally take this sport in our stride! Weight loss, an improved cardiovascular system, and an increase in life expectancy are just a few of the obvious health benefits of running. Having been running for a few years now I can vouch for all of the above and there is no reason why you too can't benefit from all the advantages of life that running can bring. So what are you waiting for, get this guide today and get on the road to health and happiness. Here's A Preview Of...

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