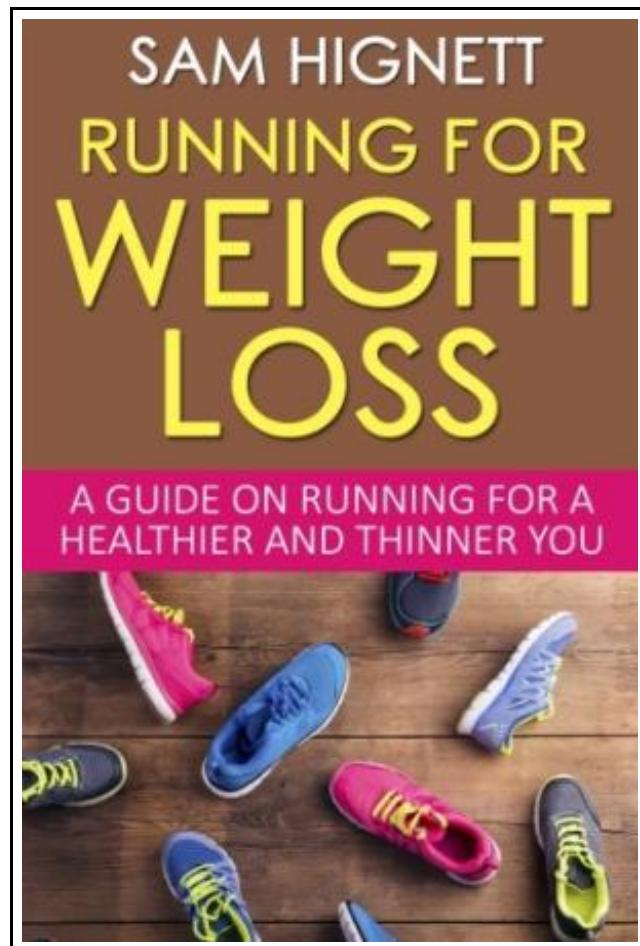


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Running for Weight Loss, A Guide on Running for a Healthier and Thinner You This Guide Will Help With Your Weight Loss Goals and Change Your Life Forever! Are you like the millions of people around the world who have tried diet after diet and are still not managing to lose weight! Well this book can help you achieve your goals. By adding a simple running routine to your calorie controlled diet will see you shed that weight and lose it forever. Running is a fun and rewarding challenge. The release of endorphins after running leaves you feeling like you're on top of the world and this results in the perfect motivating factor in your quest to lose weight. Running whether preparing for a Marathon or for Improving ones mental and physical health offers a great deal more than just weight loss. So what are you waiting for, get this guide and you too can change the way you look and feel forever. Here's A Preview Of What You'll Learn. Why We Put On WeightNutritional AdviceEssential Information To Get You StartedHealth Benefits of RunningPreparing and Warming Up8 Week Running ProgramStaying MotivatedCooling Down RoutinesAnd Much More! Get your copy today to receive all of this information! Tags: Running for Weight Loss, Running, Weight Loss, Paleo, Diet, Jogging, Marathon, Health and Fitness, Running for Beginners, Running Books, Running for Dummies, 5k, Jogging, Health, Fitness.



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