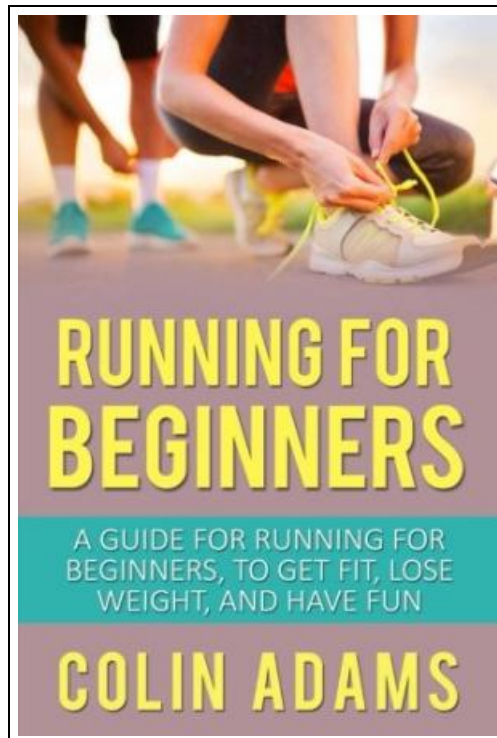


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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Running for Beginners, A Guide for Running for Beginners to Get Fit, Lose Weight, and Have Fun Everything You Will Need to Know About Running for Beginners Are you ready to start running but don t know where to start? Well first of all you have made a great choice about wanting to start running. Millions of people all over the world participate so you re not alone. Running is an inexpensive activity in comparison to gym membership and is a great way to get fit and stay fit. Improving self esteem and mental health are other great benefits to running. Once you have started then you can tackle further milestones such as how far can i run and how fast? Whatever the initial motivation, the desire to get fit and improve your health is usually the driving force for people wanting to start running . When i started out on my running journey many year ago i was unfit, unhealthy, and suffering from low self esteem. Using some of the methods detailed in this guide I managed to get myself up of the sofa and onto the pavements. Don t get me wrong it wasn t easy but with the help and tips available in Running for Beginners you too can get into great shape and feeling so much better about yourself as a person. So if you have come here looking for advice and tips on getting started running as a beginner then you have come to the right place. Buy this guide now and receive all of these benefits and more!! Here s A Preview Of What You ll Learn. How To Get Started On Your Running JourneySelecting The...

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