



Running For Women: Couch Potato To 10km In 8 Weeks. The Nonrunner's Guide To Get Started, Lose Weight & Stay Motivated (Running For Beginners, Running For Weight Loss)

Sophie C Brooke

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Discover The Benefits Of Running! How To Get Started, Lose Weight & Stay Motivated

In this book you'll find everything you need to know on starting and enjoying running!

- How to get moving when you're stuck on the couch
- Why running is the most efficient form of exercise
- How to choose the best running shoes
- How to run during and after pregnancy
- How to easily prevent common running injuries
- What types of sports bras actually work
- How to build up distance slowly and easily
- Much, much more..

Congratulations! You have taken the first step to start improving your general health and fitness just by reading this intro! Having the right mind-set and thinking positively is such a big part of running and, by motivating yourself to get active; you've already proven that you have a real desire to be a fitter, healthier and better you. I've been running for quite some time now, years and years in fact, and I still get a real buzz from slipping on my trainers and hitting the road or trail or wherever my run takes me on that day. But I was a beginner once too, everyone was. I used to think that running was a great way to lose weight and that was all I was interested in, but when I became more of a regular runner and found myself hooked on the sport I was amazed at all the advantages there are to it;

It Makes You Feel Great

The first one may be blatantly obvious but I can't overstate how true it is. Let's look at some of the science behind this statement. Running, like other cardiovascular exercises e.g. swimming and cycling, helps to stimulate your body to release endorphins, which are one of the brain's chemicals known as neurotransmitters; they send electrical messages to the nervous system and tend to relieve stress and also pain. They can make you feel energized and often euphoric during and after your training and the effect is usually referred to as 'runner's high'. It's a guilt-free pick-me-up!

Lose Fat

One of the most common reasons that women turn to running is often the knowledge that it helps to burn fat. But what are the figures behind it? This question is a little like 'how long is a piece of string'? The number of calories that you burn will depend on your weight, how long you run for, your fitness levels and the speed that you're running at. But as a very general rule of thumb you will burn an average of 100 calories per 10

minutes of running at about 6 miles per hour (which is about 9.65km per hour). So if you run for 30 minutes you're burning the equivalent of a small Mars Bar. Not bad!

It's (almost) Free!

What's the saying? The best things in life are free! Well, running comes under that heading. To become a runner you won't need to pay hefty gym membership fees or invest in expensive gear. Aside from a good pair of trainers and, for the ladies out there, a supportive sports bra you won't need much more to kick-start your running.

Running Buddies

Running can be a way of socializing as well as a great way of getting fit. There are running clubs all over the world that accept new members; you can meet new people while you improve your health and well-being. It's win win! Running is also a great way to catch up with friends or to spend some quality time with your partner. You'll be surprised how fast the miles go when you're chatting and enjoying the company of others.

And finally...It's Fun! I Promise

The paramount reason that you should run and the reason that once you have started you won't be able to stop is because it is fun! You will have a great time running, challenging yourself and doing things that you never thought you would be able to.

So what are you waiting for? Click "add to cart" and let's get started!

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From reader reviews:

Dorothy Waddell:

As people who live in often the modest era should be revise about what going on or details even knowledge to make these individuals keep up with the era that is certainly always change and move ahead. Some of you maybe will update themselves by examining books. It is a good choice to suit your needs but the problems coming to a person is you don't know which you should start with. This Running For Women: Couch Potato To 10km In 8 Weeks. The Nonrunner's Guide To Get Started, Lose Weight & Stay Motivated (Running For Beginners, Running For Weight Loss) is our recommendation so you keep up with the world. Why, because this book serves what you want and want in this era.

James Sanchez:

Reading a publication tends to be new life style on this era globalization. With studying you can get a lot of information that could give you benefit in your life. Along with book everyone in this world may share their idea. Textbooks can also inspire a lot of people. A lot of author can inspire their very own reader with their story or even their experience. Not only the storyline that share in the books. But also they write about the ability about something that you need illustration. How to get the good score toefl, or how to teach your kids, there are many kinds of book which exist now. The authors on earth always try to improve their talent in writing, they also doing some exploration before they write on their book. One of them is this Running For Women: Couch Potato To 10km In 8 Weeks. The Nonrunner's Guide To Get Started, Lose Weight & Stay Motivated (Running For Beginners, Running For Weight Loss).

Karen McCarthy:

That book can make you to feel relax. This specific book Running For Women: Couch Potato To 10km In 8 Weeks. The Nonrunner's Guide To Get Started, Lose Weight & Stay Motivated (Running For Beginners, Running For Weight Loss) was vibrant and of course has pictures on the website. As we know that book Running For Women: Couch Potato To 10km In 8 Weeks. The Nonrunner's Guide To Get Started, Lose Weight & Stay Motivated (Running For Beginners, Running For Weight Loss) has many kinds or variety. Start from kids until youngsters. For example Naruto or Investigation company Conan you can read and feel that you are the character on there. Therefore not at all of book are generally make you bored, any it can make you feel happy, fun and loosen up. Try to choose the best book for you personally and try to like reading which.

Amy Lewis:

As a college student exactly feel bored for you to reading. If their teacher inquired them to go to the library or even make summary for some guide, they are complained. Just small students that has reading's heart or real their pastime. They just do what the teacher want, like asked to the library. They go to there but nothing

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