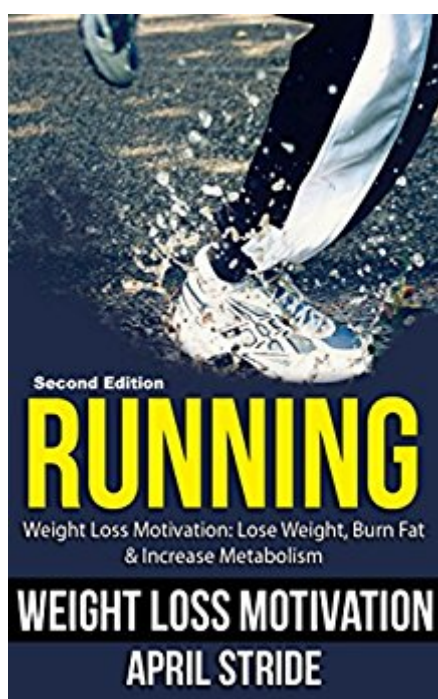


The book was found

Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation)



Synopsis

â††â†…â†† Increase Your Mental and Physical Fitness â† “ Start Running Today! â††â†…â††Now in paperback!Read this book for FREE on Kindle Unlimited - Download Now! Why is running considered by many to be the best form of exercise?Running Is:SimpleInexpensiveConvenientand a very effective way to lose weight!When you purchase Running: Weight Loss Motivation - Lose Weight, Burn Fat & Increase Metabolism, youâ™ll discover what happens in our bodies when we run. Youâ™ll find out how to create running goals and fit this plan into your lifestyle. With this advice, you can reinvent yourself as a healthier, happier person!Is it hard to maintain your exercise habits? Do you have trouble getting yourself âœout the doorâ•?Running: Weight Loss Motivation - Lose Weight, Burn Fat & Increase Metabolism provides many life-changing motivations to keep you running. From running with friends to participating in races, youâ™ll learn how to stay strong â† “ physically and mentally.This book helps you get it all under control with a simple and efficient system. Youâ™ll discover a holistic system for new runners that helps you build up from walking to running the right way â† “ avoiding injury and over-exertion. This book will give you everything you need to start and maintain a healthy running habit!Scroll to the top and select the "BUY" button for instant download.Youâ™ll be so happy you took this first step!

Book Information

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Customer Reviews

There are many ways that one can get in shape or stay in shape. "Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation" discusses the perks of running in trying to maintain a healthy lifestyle. As a beginning runner is important to understand the core concepts of running to prevent self injury. Running is a sure way to lose weight since it boosts the metabolic rate of the body to burn extra calories which of course is the affected by the different foods we eat. Running involves more than buying a great pair of running shoes, it also involves understanding foot strikes or the best way of landing your foot when you run. Surprisingly, by learning the correct foot landing method, it will not only help improve your posture but also help you cover a longer running distance. Also two other important dynamics of running our stretching and nutrition. Whether you decide to take up running to lose weight or improve your health, this book is a great beginnerâ™s guide to help you get your feet wet.

I don't run because I think my stamina ain't that good but I've been told a lot of times by several people that running enhances one's stamina. So I figured I won't lose anything by trying so I got this book to help me understand running before I actually go and join them run. Well, turned out they were right. I've learned quite a lot of good stuff about running and how beneficial it is to one's health. Proper way to run (yes, there's a proper way) was also discussed in this book and I took it seriously. The first time I run was last week and with proper pacing and breathing, as discussed in this book, I was able to run without palpitating too much. Running felt so good and I've been doing it every morning now.

April Stride`s book "Weight Loss Motivation: Lose Weight, Burn Fat and Improve Your Metabolism", is a 5 chapter guide book, that i got in exchange for my impartial review. It`s written to improve your lifestyle by acquiring the discipline of running as part of your training program. In this book, she explains what is the discipline of running, the effects of this sport on your body and metabolism, apart from the health benefits, it also improves your brain functions and logical reasoning, quite an advantage in distinguishing your emotions based on logic or the purely emotional. She also gathers opinions from psychologists, fitness experts and general public opinion, on how the discipline of running improves your general health and puts you on track for a more positive lifestyle.

Somehow I believe on this theory that, the type of Running is more important than a new Running Shoes which we often see people put attention more on their shoes which is quite funny though. Anyways, I like this book and its ideas & tips which is incredibly nice and comprehend as well. I have learned a lot from this book because it is truly informative to me and it really increased my knowledge as well about the Running concepts and the techniques we should need to use in Running and also I knew some more things that, how we can control the metabolism and how we can loss weigh by Running. This book is really providing such a quality content which is truly helpful and useful as well.

This is a hardcore running guide filled with some fun facts and then some serious planning and running tips. The flow of the book is smooth making it great for beginners and it doubles as a mini guide to picking a pair of running shoes too. I'm really amazed at the value considering how much it teaches. I've never quite seen anything like it online. I'm giving it my huge recommendation!

Running is the most common thing people do when they want to lose weight and yet sometimes other people failed to lose weight or improve performance because they just run without considering the basic stuff in running . Reading this book not only teach you the basic stuff but also a step by step guide on how to run faster and stronger and maximize your potential.

I love how the book give it's impression on running. It is not just running in any sense but the fondness of how to do it with joy remembering our childhood days. This is a great motivational book to a healthier lifestyle. Losing weight is not easy so as motivating oneself to burn fat and extra calories! I love Chapter 2: A Holistic Program to running for Beginners. And I will always remember SMART on my concept to achieve my goals by the way! Awesome April Stride!

Running is the best form of exercise to strengthen leg muscles and also to lose weight. It's cheap, simple and convenient. But there is some things that you do in running which is not right. This is what the book is all about. It will teach you the do's and don'ts in running. How to do it properly is very important to achieve your goal in running. This book is such a great guide.

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