

Beginners Guide To Healthy Running By Amanda Whiston + Special Bonus

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Beginners Guide To Healthy Running Enjoy Your Running, Stay Safe And Healthy What do you know about exercise? "Are You a Couch Potato?" The Truth About Running for Good Health! Dear Reader, Well, you have finally made a decision. You're sick and tired of feeling sick and tired all the time. You know you have to eat right and you know you have to start an exercise program. Finding a diet plan is easy. There are tons of recipes and charts available that help you identify what your dietary goals must be. When it comes to exercise, however, it starts getting difficult. Oh, there are also many exercise programs out there. The problem is usually cost. You can join a fitness club. You can build your own exercise gym at home. You could buy one of those machines that are advertised on the TV. Again, all great ideas. The problem is that each would probably cost you your first born child! Fitness clubs and gyms require a monthly fee and a long-term contract. Each of the other two plans have equally prohibitive costs. So, What's the Alternative? Well, it's running, of course! It might cost you a new pair of shoes if you don't already own a good pair of running shoes. Other than that the cost is measured in the amount of time you are ready to invest in your good health. There are club dues to pay. You don't need to buy high-priced exercise equipment. All you need are the two feet you were born with and a sincere desire to do something about your health and well-being. Did You Know? 1. All weather is good weather for running. 2. Keeping a running diary will greatly improve your success. 3. Proper preparation prevents poor performance. The good news is that you can properly prepare to introduce your body to good health by healthy running. You can do it with your very own copy of the "Beginners Guide To Healthy Running." You can get a great education and fill in the blanks with the "Beginners Guide To Healthy Running." And, its easy to understand Its presented in simple, easy to read and understand language. Because of that you dont * Need any special training. * Need a lot of money - the cost is minimal. * Have to wait days for answers get them immediately. You have all the information you need to get answers about the "Beginners Guide To Healthy Running." Take a quick look inside of the "Beginners Guide To Healthy Running." and see what you will learn: Running well depends as much on how you think about your

running as the effort you put into the physical actions. Get the details in the "Mind Game" chapter.

Moderation in all things is a good maxim to keep in mind when you are starting your running. It will help your body to adjust at an appropriate rate and reduce the chance of an early injury. Learn more in the

Preparation section. Cross training is using other forms of exercise to improve your ability to perform the main type of exercise which you like to do. There is much more that you will access inside. No Risk, 100

money Back Guarantee! I truly hope you see the potential here, and realize how important this offer is!

You can learn all of this virtually Risk Free! We want the "Beginners Guide To Healthy Running" to be an

absolute 100 no-brainer for you. That's why you can order your copy with complete peace of mind. If you

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the "Beginners Guide To Healthy Running" you are armed and ready to start your quest into the world of

healthy running! Table Of Contents: About the Author Introduction The Difference between "Aerobic" and

"Anaerobic" Exercise Preparation Start slowly Recovering from Injury with R.I.C.E Gradual Muscle

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with Your Dog Tips for Better Running Making a Comeback Wonderful Water Water Poisoning Useful

Websites for Runners United States of America Australia United Kingdom Run On! About The Author

Amanda Whiston Amanda Whiston is an enthusiastic runner who also has a busy career and family life.

Amanda started running as a form of exercise which could fit easily in and around her other personal and

business commitments. She was helped from the start by a couple of good friends that were also

recreational runners. She found that the family dog enjoyed a run too and they are both more fit from

doing a light run regularly. She soon found that the promised benefits were worth the effort and time

involved. She did not need the monthly payments for a Membership of a gym and she could adjust her

running to changing needs and circumstances. She has made new friends of other runners and learned

much from them. Amanda has also gained a better appreciation of places that she and her family visited

for holidays since she started to run there instead of just driving around. Amanda believes that almost

everyone can benefit from running at a level which suits them and their lifestyle. She hopes that her book will help many people get the healthy running habit. Tags: run

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