



Consejos, Pautas E Informacion: Para Corredores (Paperback)

By Edson Carrager James

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: Spanish. Brand New Book ***** Print on Demand *****. Cuantas veces comenzamos el ano con nuevos proyectos donde muchas veces incluimos hacer algun deporte o consideramos la idea de inscribirnos en un gimnasio con la firme intencion de cambiar nuestra apariencia o para obtener una buena salud? El ejercicio fisico se traduce en tener una mejor calidad de vida; ya que para nadie es un secreto los aportes o beneficios que nos trae realizar una actividad fisica con regularidad. En esta oportunidad les quiero mencionar algunos de los aportes para la salud que nos proporciona la practica de Correr o Running, asi como tambien algunos mitos relacionados con esta actividad fisica. Por mucho tiempo se penso que el correr o Running, nos danaba, lesionaba y perjudicaba nuestras rodillas. Estudios realizados por prestigiosas Universidades del mundo, han dado a conocer todo lo contrario, ya que nos va a proporcionar huesos mas sanos permitiendo el desarrollo y produccion del cartilago. En el caso de las mujeres con pechos grandes, todas tienen el mismo riesgo de que la fuerza de la gravedad haga lo suyo, independientemente de que se dediquen a correr...



Reviews

An exceptional pdf and the typeface utilized was fascinating to read through. It can be writter in straightforward words and phrases instead of confusing. I am just quickly could possibly get a delight of looking at a written ebook.

-- Prof. Arlie Bogan

It in a single of the best book. This is for those who statte there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Barney Robel Jr.

See Also



Criar a Nuestros Hijos Creciendo Nosotros: Transformando El Vinculo Entre Padres E Hijos: de Reaccion y Lucha a Liberdad, Poder y Disfrute

Book Publishers Network, United States, 2015. Paperback. Book Condition: New. 231 x 153 mm. Language: English, Spanish . Brand New Book. Every parent would happily give up ever scolding, punishing or threatening if she only knew how to ensure that her toddler/child/teen would...



Estrellas Peregrinas Cuentos de Magia y Poder Spanish Edition

Pinata Books. Paperback. Book Condition: New. Paperback. 178 pages. Dimensions: 8.3in. x 5.4in. x 0.6in.First ever Spanish-language edition of the critically acclaimed collection of short stories for young adults by a master of Latino literature Were all walking stars, the eighty-four year...



The Crown of Light ("W.i.t.c.h." novels)

HarperCollins Children's Books, 2006. Paperback. Book Condition: New. Brand new book. Fast shipping form our UK warehouse in eco-friendly packaging. Fast, efficient and friendly customer service.



Ed468 906 - Como Ayudar a Su Hijo a Ser Un Buen Lector: Con Actividades Para Los Ninos Desde El Nacimiento Hasta Los 6 Anos (Helping Your Child Become

Bibliogov, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English, Spanish. Brand New Book ***** Print on Demand *****. When parents and other family members read with their children, help them with homework, talk with their teachers, and participate...



Harts Desire Book 2.5 La Fleur de Love

Cajunflair Publishing. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.0in. x 5.0in. x 0.3in.lts late 1974, and high school student, Melinda Dawson is in serious trouble. Within two hours of revealing her suspected pregnancy to her parents, shes whisked off against...



The Secret That Shocked de Santis

Harlequin, United States, 2016. Paperback. Book Condition: New. Not for Online.. 165 x 104 mm. Language: English. Brand New Book. How is she going to tell him? Army lieutenant Stella Zambrano had the surprise of her life when a routine medical...