

## Run, Runner and Running: How to Use Your Feet to Beat the Fat: Running for Weight Loss Made Easy (Paperback)



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**(Dayne Johns)**

## RUN, RUNNER AND RUNNING: HOW TO USE YOUR FEET TO BEAT THE FAT: RUNNING FOR WEIGHT LOSS MADE EASY (PAPERBACK)



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Speedy Publishing LLC, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Most people who are looking for a quick an easy way to introduce a weight loss, or fitness element into their busy lives will benefit from a straightforward exercise regimen. The human body was designed to shape-up with an expenditure of excess fat store fuels through increased activity levels. For people who are fit enough to move with purpose, running for weight loss is a perfect lifestyle adaptation. Don t change anything else in your diet or schedule, simply introduce a set distance or time that will be dedicated to comfortable running or jogging each day. The introduction of an activity like running will increase the body s metabolic rate, appetite for clean food fuel, and the desire to continue on a new course of fitness. Running for weight loss is centered around the fact that the body will start using excess fat to perform new activities. For most people, running is the perfect new activity to begin slimming-down.



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