



Run Your Butt Off!

By Sarah Lorge Butler, Leslie Bonci, Budd Coates

Rodale Press. Paperback. Book Condition: new. BRAND NEW, Run Your Butt Off!, Sarah Lorge Butler, Leslie Bonci, Budd Coates, "Run Your Butt Off!" is founded on the simple concept that in order to lose weight, calories burned must exceed calories consumed. No gimmicks or shortcuts can circumvent that weight-loss reality. This book shows readers how to shed unwanted pounds by approaching both sides of the weight-loss equation - the calories in and the calories out - at the same time. Leslie Bonci, a renowned sports dietitian, offers a step-by-step guide to painlessly cutting caloric intake through better nutrition choices and improved shopping and cooking habits. Budd Coates, a competitive marathoner who has coached thousands of beginning runners, offers an easy way to boost metabolism with a walking and running schedule designed to steadily change a sedentary lifestyle into an active one. Together, the results are fast and satisfying. With "Run Your Butt Off!", readers will be on their way to permanent weight loss.



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