

Running FREE DOWNLOAD WITH KINDLE UNLIMITED! Running is rapidly becoming more than just a hobby for some people, but it's not something that you should jump into right away. It is important that you know what you are doing, and this book gives you a glimpse into what you need to do when you decide to take up running as a regular activity. Running can be fun, but if you start off at the wrong foot, then you are putting yourself at risk to injury, exhaustion and aggravated health problems. When running is done properly it helps you get back to good health and stay in great shape. Like many people who found it fun, it's a good way to keep you positive and clear-headed and will even get you to see interesting places. It also is a great way to stay stress-free and young looking. Running requires knowing the correct posture, footwear and diet if it is to be done correctly. There is also other information that people commonly ask about such as how to start, how often, how to stop and even where and when to run. Best practices to increasing distance, speed and intensity also need to be considered. Finally for running to become a hobby and a passion to enjoy, one needs to have a good starting plan to go from being a non-runner to a hot runner. 7 Reasons to Buy This Book 1. This book teaches you what running actually is, and how to do it safely. 2. Inside this book you will learn the correct way to run safely and efficiently 3. This book will help to teach you what to look for when searching for the perfect running shoe 4. Inside this book you will find safety tips for running to avoid injury 5. This book shows you some of the best practices to increase speed and distance and make the most of running to burn more calories. 6. In this book you will find answers to some of the more common questions asked about running 7. This book will show you how to begin running through an eight week running plan. What you'll Know from "Running for Beginners" • Essential Information about Running for Beginners • The Seven Main Reasons why People Run • The Three Important Things You Need to Know before Running • Frequently Asked Questions about Running for Beginners • Some Best Practices • Final Thoughts on Running for Beginners Scroll Up And Click Buy Now Button, Start Reading Today!! Tags: running, running for beginners, running books, runner, running guide, running exercises,

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