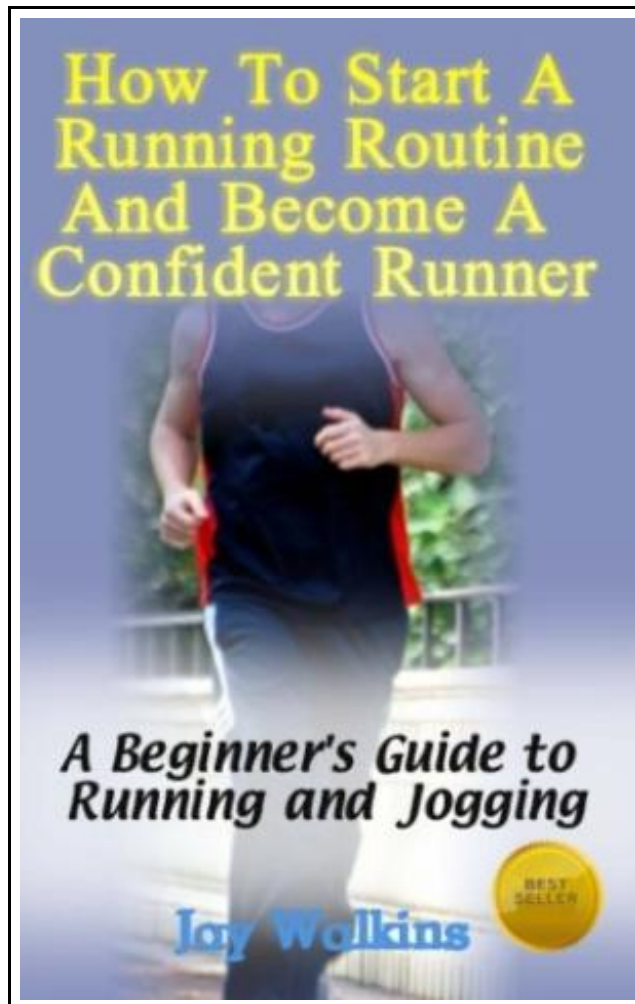


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
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Createspace, United States, 2012. Paperback. Book Condition: New. 196 x 122 mm. Language: English . Brand New Book ***** Print on Demand *****.How to Start a Running Routine and Become a Confident Runner A Beginner s Guide to Running and Jogging Brought to you by: Jay Walkins B.S., CFT Jay Walkins holds a B.S. Degree in Exercise Sciences, Nutrition and is a Certified Fitness Trainer Jay Walkins is author of other Health, Fitness, Exercise and Wellness books that can be found on Amazon Books using Search. It seems that weight loss and getting into shape is a universal goal for the majority of people in North America. One way to lose weight and get into shape for once and for all is through a serious running program. How to Start a Running Routine and Become a Confident Runner. Running, along with walking, are exercises that you can begin fairly quickly and easily. Notice that we didn t say that weight loss would be easy to accomplish, but then nothing worthwhile ever is. But with a good pair of running shoes and comfortable clothing, you are ready to begin training for a lifetime of activity that you can enjoy. How to Start a Running Routine and Become a Confident Runner You can get up from a relatively sedentary lifestyle and learn to run. and do it well. As a matter of fact, many folks who are new to running participate in a 5K (3.2 miles) within the first few months they begin to run. How to Start a Running Routine and Become a Confident Runner. For some, the possibility of crossing a finish line is the motivation they need to start running. Others just want to feel better and lose weight, but then find the camaraderie of the races fun and...

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