



Run Yourself Fit: Simple Steps to a Healthier You

By Christina Macdonald

Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, Run Yourself Fit: Simple Steps to a Healthier You, Christina Macdonald, Find out how regular running can have a significant effect on improving your heart health as well as prevention and reduced risk of many illnesses, including dementia and some cancers. If you're new to running, you can find out how to start slowly and gradually and how to find the right pace for you, how to use running for weight loss and how to build mileage and reduce injury risk. The book also features inspirational case studies from men and women of all ages and fitness levels, which prove that anyone can run if they really want to! Break down those mental barriers to running that have held you back before, build mental confidence and get started - then reap the benefits of healthier, happier, longer life!



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