



Weight Loss Coaching: The Ultimate Beginners Running Program for Weight Loss, and the Top Recipe to Maintain a Fit and Healthy Body

Martin McGrann

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Your health can be badly affected by excess weight, so it has become the mission for many people around the globe to live a healthy life, and maintain good body weight. Nonetheless, there are those that are struggling to lose weight and seeking a sustainable solution so that they can achieve results. Running is a brilliant way to lose weight and maintain a fit body, as it guarantees that your body shall burn calories.

For running to be effective for sustained weight loss, it needs to be combined with other healthy habits. One of these habits is healthy eating, as well as technique when it comes to running. The best results are attained through a running program, that capitalizes on your body's ability to burn calories.

Running programs work very well though you have to be committed to keep up with the program from the beginning to the end. This book will help you to maintain focus throughout the program, and to balance your pace so that you get the best results. Using the guidance within this book, take time to come up with your own running program to lose weight with ease. With the right motivation, and a 'can do' attitude, you will lose weight and look great.

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