



**Running for Beginners: A Guide to Successful
Running for Health, Fitness, and Pleasure.
(Running for Fitness, Running for Weight Loss,
Jogging Guide) (Volume 1)**

K P Foster

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Running for Beginners, a Guide to Successful Running for Health, Fitness, and Pleasure

Everything You Will Need to Know About Running for Beginners Do you yearn to get fitter but don't know where to start? Well running is the perfect way in which to start. All you need to get started are a good pair of trainers and some running clothes. There is no monthly gym membership to pay out for so it makes running not only good for your health but also good for the bank balance too. **Whatever the initial motivation, the desire to get fit and improve your health is usually the driving force for people wanting to start running** . Anyone can start running, even if all you can manage to start with is a light jog around the block then you are on your way to a healthier and fitter life. This guide is all about getting out there and getting started and taking back control of your health. So if you have come here looking for advice and tips on getting started running as a beginner then you have come to the right place.

Here's A Preview Of What You'll Learn...

- How To Get Started On Your Running Journey
- Selecting The Right Training Kit
- Essential Information To Get You Started
- The Health Benefits of Running
- Do's and Donts of Running
- Preparing and Warming Up
- Foods to Power Your Running
- Staying Motivated
- Running Preparation
- and much more!

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