



Lifelong Running: Overcome the 11 Myths About Running and Live a Healthier Life

Ruth Heidrich

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A cancer survivor, an Ironman Triathlete, and widely decorated marathoner, Ruth Heidrich has long been a role model to athletes of all ages. But over the years even Ruth herself has encountered the various, commonly held misbeliefs about running, from "women shouldn't run" to "you need to change your diet to run," that prevent people from lacing up their shoes and getting off the couch.

In this user-friendly guide, Ruth Heidrich debunks those myths and many more while providing the motivation, inspiration, and resources to start or maintain an activity whose benefits will last a lifetime. Along the way, Martin Rowe offers up practical advice as well as a look into running's storied history. You'll find out why there's no perfect body type for a runner, how to measure your fitness level relative to your age, and how the modern marathon came to be.

Accessible and informative, *Lifelong Running* shows that it's possible to run well into your seventies?and beyond.

"If longevity and good health are what you're after, Ruth Heidrich has the recipe for them. Her story will not only inspire you, but follow her prescription and you might just get an extra decade of good living out of it." ?**Kathy Freston**, *New York Times* bestselling author of *Quantum Wellness*, *Veganist*, and *The Lean*

"Ruth Heidrich is an inspiration to so many people. Her persistence, her commitment to fitness, her use of the healthiest food, and her consciousness of what could be a bright future for all of us make this book a must read." ? **T. Colin Campbell**, Ph.D., Professor Emeritus of Nutrition, Cornell University, *New York Times* bestselling co-author of *The China Study* and author of *Whole*

"If you've ever wondered whether running might create more joy and vibrant health in your life, this is the book you need to read. Ruth Heidrich most definitely knows what she's talking about. She's a cancer thriver (not just survivor) who has, since her diagnosis, completed nearly a hundred triathlons and more than sixty-six marathons. And this marvelous book also features the voice of Martin Rowe, a fascinating writer who is a former (and still is at times) couch potato, and as such relates very well to those of us who are, for whatever reasons, reluctant to run. Whether you are new to running, or have some experience with the sport, you'll find this extraordinary book to be reassuring, informative, and inspiring." ?**John Robbins**, author of *Diet for a New America* and co-founder of the Food Revolution Network

"I've been moving a lot faster?and happily so?since reading **Lifelong Running**. This book changed my perception. For one thing, I notice that kids really do run everywhere, and smile while they are doing so. Plus I am looking at running in a new way, as something I can do and want to try. Ruth Heidrich ably shreds the myths that keep people from running at all ages, but especially once their twenties are a memory. She shares her health challenges, exhilaration in moving and exploring, and pleasure in her simple plant-based diet. Her inspiring adventures are complemented by Martin Rowe's account of his journey as a runner and insights into the world of this sport. This book can lead the way to health transformation through a running program at any age, fueled by the optimal plant-powered diet." ?**Janice Stanger**, Ph.D., author of *The Perfect Formula*

Diet

"Ruth's life and writing are an inspiration to millions. This book is yet another gift from her that will get your body moving in ways that will put a smile on your face for the rest of your life." ?**Mike Anderson**, author of *The RAVE Diet & Lifestyle*

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Hugo Mann:

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Jonathan Peterson:

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