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RUNNING FOR WEIGHT LOSS: A RUNNING GUIDE FOR SAFER, FASTER WEIGHT LOSS



Karina Smith

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.There is absolutely no doubt that running is one of the best forms of exercise on this planet. Swimming, cycling, rowing, skipping and resistance training are all excellent ways of burning fat and losing weight. Yet, none burn as many calories as a good run! Running is the best weight loss solution, bar none. I've been running track, distance...

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- Authored by Karina Smith
- Released at 2015



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