



# **Running: The Complete Beginner's Training Guide to Run and Lose Weight (running, cardio, weight loss, paleo diet, fit life)**

*Andrew Lin*

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You're about to discover the health and psychological benefits of running. Millions of people use running as a way to better their health around the world. Whether you are a beginner looking to lose weight through running or just want to run as a hobby, this book will teach you the techniques and information you need about running.

The *The Complete Beginner's Running Guide* will help you with your running techniques to lower your risk for sport injury. It also provides information on hydration, routines and diets strategies while you're on your running regime. It also offers advice for those who are just curious and would like to pick up a few tips and be more clever with their running strides.

The *The Complete Beginner's Running Guide* is written by Andrew Lin, a traditional Chinese medicine doctor and a fitness enthusiast who enjoys going on hikes and cardio exercises. He realizes the immense health benefits running has to offer yet understand of the lack of fitness knowledge a lot of people have. Since then Andrew tries to share his knowledge on running to help people take their fitness to the next level.

## Here Is A Preview Of What You'll Learn...

- Health benefits of running
- How to stretch to prevent injuries
- Running outside Vs. Treadmill
- Investing in a good pair of running shoes
- How to overcome sugar addiction

- Running routines
- FITT application to running
- How to lose weight with running
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