



Runner's World Essential Guides: Weight Loss: Everything You Need to Know about Running to Slim Down

Editors of Runner's World

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The miles you log are great for keeping you fit, healthy, and happy, and they help you to maintain your weight. But weight *loss* is a different story. Because you run, you may think you can eat whatever you want and still drop pounds. Unfortunately, that's not true. Running is only half the equation. You have to look hard at what and how you eat, too. Conventional dieting wisdom tends to leave runners hungry, tired, and overweight.

Let *Runner's World Essential Guides: Weight Loss* lead you through the minefield of dieting by showing you everything you need to know to shed pounds without losing steam on the run. The editors of *Runner's World*, the foremost authorities on running on the planet, have collected the best information about weight loss on the run, answering questions such as:

- What are the 8 Golden Rules of Weight Loss?
- What should you eat to boost your metabolism?
- What are the best foods to eat for breakfast, lunch and dinner to optimize weight loss?
- Weight-loss myths are debunked.

And you'll get simple ideas for pre- and post-workout snacks as well as delicious, ridiculously easy-to-make recipes like a healthy hamburger and Angel Cake so that you'll have the fuel you need to run and the knowledge you need to shed pounds and keep them off once and for all!

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From reader reviews:

Corey Mullen:

Do you have favorite book? If you have, what is your favorite's book? Guide is very important thing for us to find out everything in the world. Each publication has different aim or even goal; it means that guide has different type. Some people truly feel enjoy to spend their time for you to read a book. They can be reading whatever they acquire because their hobby is reading a book. Think about the person who don't like reading through a book? Sometime, particular person feel need book after they found difficult problem or exercise. Well, probably you will require this Runner's World Essential Guides: Weight Loss: Everything You Need to Know about Running to Slim Down.

Betty Norsworthy:

This Runner's World Essential Guides: Weight Loss: Everything You Need to Know about Running to Slim Down book is just not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is actually information inside this guide incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Runner's World Essential Guides: Weight Loss: Everything You Need to Know about Running to Slim Down without we comprehend teach the one who examining it become critical in imagining and analyzing. Don't become worry Runner's World Essential Guides: Weight Loss: Everything You Need to Know about Running to Slim Down can bring whenever you are and not make your carrier space or bookshelves' turn out to be full because you can have it inside your lovely laptop even mobile phone. This Runner's World Essential Guides: Weight Loss: Everything You Need to Know about Running to Slim Down having excellent arrangement in word along with layout, so you will not feel uninterested in reading.

Michael Velez:

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