

Not Your Average Runner: Why You re Not Too Fat to Run and the Skinny on How to Start Today (Paperback)



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Reviews

Unquestionably, this is actually the very best work by any article writer. It usually does not price a lot of. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Augustine Pfannerstill)

NOT YOUR AVERAGE RUNNER: WHY YOU RE NOT TOO FAT TO RUN AND THE SKINNY ON HOW TO START TODAY (PAPERBACK)



Morgan James Publishing, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you think running sucks? Do you think you re too fat to run? Look no further, Not Your Average Runner is for everyone. With humor, compassion, and lots of love, Jill Angie delivers the goods: overcoming the challenges of running with an overweight body and giving individuals self-esteem an enormous boost in the process. This isn t a guide to running for weight loss, or a simple running plan. It shows readers how a woman carrying a few (or many) extra pounds can successfully become a runner in the body she has right now. Jill Angie is a certified running coach and personal trainer who wants to live in a world where everyone is free to feel fit and fabulous at any size. She started the Not Your Average Runner movement in 2013 to show that runners come in all shapes, sizes and speeds, and, since then, has assembled a global community of revolutionaries that are taking the running world by storm. If you would like to be part of the revolution, flip to the inside and find out more!.



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