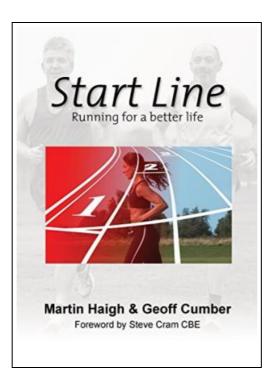
Start Line



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Reviews

I actually started out reading this article publication. It is loaded with knowledge and wisdom Your way of life span is going to be transform as soon as you total reading this article pdf. (Mrs. Felicia Windler)

START LINE



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Fisher King Publishing, United States, 2015. Paperback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. A lack of exercise could be killing twice as many people as obesity. Research from The University of Cambridge Mounting evidence shows that regular exercise is an essential part of a healthy lifestyle and can help reduce the risk of developing a range of negative health issues. Those who exercise are less likely to get ill and they will generally live longer. Physical activity does not have to be vigorous and people, from young children and teenagers through to pregnant women and the elderly, can incorporate some form of exercise into their daily routine. This book uncovers the physiological advantages of running and demonstrates how a feeling of well-being equips us to handle challenges in life. Start Line goes beyond running and covers the broader topics of flexibility, strength training, high intensity training (HIT), swimming and cycling. There are expert-ratified chapters on pain management, running for women and access for the disabled as well as numerous valuable Authors Tips . Martin Haigh and Geoff Cumber have been running for pleasure, health and in competition for many years and they bring vast experience to bear in this easy-to-navigate text. Start Line is an inspiring read that shows how and why people can take up the sport of running and gain enormous benefits to their health and well-being.

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