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Titolo	Run Your Butt Off! : A Breakthrough Plan to Shed Pounds and Start Running (No Experience Necessary!)
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Altri autori (Persone)	ButlerSarah CoatesBudd
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Nota di contenuto	Intro -- Contents -- Foreword -- Introduction -- Chapter 1: Get Moving! -- Chapter 2: It Starts with a Single Step -- Chapter 3: Timing Is Everything -- Chapter 4: Sticking with It -- Chapter 5: The Race Is On! -- Chapter 6: A Jog, Not a Sprint -- Chapter 7: Fight the Urge to Sit -- Chapter 8: Sometimes It's Not About the Scale -- Chapter 9: Boredom Busters -- Chapter 10: Don't Stop Now -- Appendix A: Additional Resources for Running and Weight Loss -- Appendix B: Your Personal Workbook -- Find Out More on runnersworld.com -- Acknowledgments -- Index.
Sommario/riassunto	Shed unwanted pounds and keep them off ONCE AND FOR ALL with Run Your Butt Off!, a back-to-basics, test panel-approved weight-loss plan and beginners' running program that yields sustainable, healthy results. The Run Your Butt Off! program is founded on the simple concept that in order to lose weight, calories burned must exceed calories consumed. No gimmicks, no shortcuts, no silver bullets can circumvent that reality. With this program, you'll learn to burn fat from both sides of the weight-loss equation—the calories in and the calories out—at the same time. Run Your Butt Off! by Sarah Lorge Butler with Leslie Bonci, MPH, RD, and Budd Coates, MS will make you fitter, stronger, and leaner.

