



Jogging: for beginners - How to start Running for Weight Loss, Seniors and Beginners (Running for beginners - Running for Health - Running Basics Book 1)

Aidin Safavi

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Do you want to start Jogging but you don't know where and how to start? Read This short book to learn the basics about Jogging

Today only, get this Amazon bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

Running is a great because it's simple, cheap, and offers a world of benefits. Unfortunately, a lot of people approach running with the wrong goals and expectations. Starting a jogging program may be daunting for many beginner runners, but with a simple jogging plan your will get your cardio and endurance up, all the while burning those pesky calories.

The beginning is always the toughest part of any workout plan, as you are engaging muscles in your body that have been unused for a long amount of time. Don't get discouraged if you can't jog for a two full minutes yet, you will build up to it soon. The important part is that you are getting your heart rate up and shaking your muscles out of their lethargy. Go out there, get fit, get healthy and most importantly try to have some fun!

This book should suit most nonactive beginners. It is a short guide for beginners that goes to the point and teach you the basics about Jogging and Running for health purposes.

Here are the 15 questions that this guide will answer for you...

- Chapter 1 - What is Jogging?
- Chapter 2 - What are the Benefits of Jogging?
- Chapter 3 - How Does Jogging Help You Lose Weight?
- Chapter 4 - What to Do Before you Start Jogging?
- Chapter 5 - How to Choose the Right Running Shoes?
- Chapter 6 - How to Dress for Jogging in Hot Weather?
- Chapter 7 - How to Dress for Jogging in Cold Weather?
- Chapter 8 - How to Dress for Jogging in the Rain?

- Chapter 9 - How to Stay Safe While Jogging?
- Chapter 10 - How to Choose When to Jog?
- Chapter 11 - How to Warm Up Before Jogging?
- Chapter 12 - How to Jog Properly?
- Chapter 13 - How to Cool Down After Jogging?
- Chapter 14 - How to Stay Motivated?
- Chapter 15 - How to Deal with Jogging Aches and Pains?
- Much, much more!

Read what other people have to say

"For years I have been trying to muster up the motivation to begin jogging and well honestly running in general. I would begin and stop, begin and stop, begin and stop. This was a constant battle for me and from reading this quick book I can say that I now have a better understanding as to why this happened. Not only that but I was given the tools I needed to become successful at jogging."

- Chris -

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START JOGGING TODAY AND IMPROVE YOUR HEALTH AND WELL-BEING !

Tags: jogging; jogging for beginners; jogging for seniors; jogging for weight loss; jogging tips; jogging books; jogging and running; jogging articles; jogging secrets; jogging 101; jogging for dummies; jogging advice; jogging medical; joggin; joggers; jogging for adults; jogging for kids; running; running for beginners; running for weight loss; how to jogging; how to run; running for dummies; running 101; running exercise; running fitness; running plan; running routine; running tips; running secrets; running advice; running books; running articles; running introduction; running for women; running for men; running for seniors; running gear; jogging gear; running jacket; running light; running underwear for men; running underwear for women; running endurance; running ebooks; running guide; running marathon; running marathon, running meditation; running motivation; running nutrition; running program; running pregnancy;

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