



It's Never too Late to Run: The 40-Something Woman's Guide to Starting to Run Faster, Further and Better

Rachel Howe

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Are you a 40-year old woman who wants to avoid the adverse effects of aging? Do you want to stay fit without spending too much money at the gym? Do you wish to boost your running endurance and at the same time strengthen your muscles?

Reaching your 40th year is often the time for reflection and resolution. It is in this age where your body shows the impending menopause and its effects on your metabolism. You start to gain a lot of weight due to hormonal imbalance. When you gain weight, you start losing muscle mass, which potentially makes you weaker. This is when running comes into the picture.

Personal trainer, author, and competitive triathlete Rachel Howe is here to help you and all other women in their 40s achieve running goals. Her newest book *It's Never too Late to Run* is designed to help you stay fit, endure more and run better. The book contains crucial training programs to increase your running performance and endurance. The facts and tips found in Howe's book cover weight loss, training, racing, and more.

Everything you want to know about running is found in this book!

- Know the basics of running, it's effects and benefits
- Know the basic equipment used in running
- Apply pre and post running stretching exercises
- Apply the effective running techniques for women 40 and up
- Learn how to fuel yourself before you run
- Study the different running programs

Although aging is inevitable, you can certainly do things to ward off its effect. Always remember that it is never too late to start running. Running is an inexpensive exercise and you can do it anytime and anywhere you like. You do not need to spend too much time and money in the gym. You can take your running with you.

Look for the "**Buy Now with 1-click**" button today!

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Charles Alexander:

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Joshua Hsu:

A lot of people always spent their particular free time to vacation as well as go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity this is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book which you read you can spent all day long to reading a e-book. The book It's Never too Late to Run: The 40-Something Woman's

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