

# [PDF] Run Your Butt Off!: A Breakthrough Plan To Lose Weight And Start Running (No Experience Necessary!)

Leslie Bonci, Sarah Butler, Budd Coates - pdf download free book

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#### Books Details:

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#### Description:

**Review** “*Run Your Butt Off!* is not just another diet book; it’s a gateway to a running-based lifestyle that can work for anyone. Thank you, *Runner’s World*, for this valuable tool in the ongoing national fight against obesity and inactivity.”—Mary Wittenberg, President and CEO, New York Road Runners Race Director, ING New York City Marathon “One of the keys to getting through that first step of

training is to break running down into manageable bite-size pieces, which is exactly what *Run Your Butt Off!* has done.”—Ryan Hall, Olympian and American record holder in the half-marathon

**About the Author** SARAH LORGE BUTLER is a *Runner's World* contributing editor who has covered the racing, training, and nutrition habits of runners of all abilities, from beginners to Olympians. LESLIE BONCI, mph, rd, is one of the country's most recognized sports dietitians and a consultant for the Pittsburgh Steelers, Pittsburgh Penguins, Pittsburgh Pirates, and other professional and amateur teams. BUDD COATES, ms, has a degree in exercise physiology and is a member of the *Runner's World* advisory board.

RUNNER'S WORLD is the worldwide authority on running information. With a goal to inform, advise, and motivate runners of all ages and abilities, *Runner's World* aims to help runners achieve their personal health, fitness, and performance goals, and to inspire them with vivid, memorable storytelling.

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