



# **Runner's World Essential Guides: Weight Loss: Everything You Need to Know about Running to Slim Down**

*Editors of Runner's World*

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# Runner's World Essential Guides: Weight Loss: Everything You Need to Know about Running to Slim Down

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The miles you log are great for keeping you fit, healthy, and happy, and they help you to maintain your weight. But weight *loss* is a different story. Because you run, you may think you can eat whatever you want and still drop pounds. Unfortunately, that's not true. Running is only half the equation. You have to look hard at what and how you eat, too. Conventional dieting wisdom tends to leave runners hungry, tired, and overweight.

Let *Runner's World Essential Guides: Weight Loss* lead you through the minefield of dieting by showing you everything you need to know to shed pounds without losing steam on the run. The editors of *Runner's World*, the foremost authorities on running on the planet, have collected the best information about weight loss on the run, answering questions such as:

- What are the 8 Golden Rules of Weight Loss?
- What should you eat to boost your metabolism?
- What are the best foods to eat for breakfast, lunch and dinner to optimize weight loss?
- Weight-loss myths are debunked.

And you'll get simple ideas for pre- and post-workout snacks as well as delicious, ridiculously easy-to-make recipes like a healthy hamburger and Angel Cake so that you'll have the fuel you need to run and the knowledge you need to shed pounds and keep them off once and for all!

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