



Running and Fatburning for Women

Jeff Galloway, Barbara Galloway

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This is the ultimate guide for women who want to improve their health and fitness by getting into running. "Running and Fat Burning for Women" is packed with expert advice from former Olympian Jeff Galloway and his wife Barbara, dealing with everything from how to get started and keep motivated, to the process of fat deposition and burning. With its practical tips, successful strategies, and delicious and nutritious meal plans that women everywhere can incorporate into their daily lives - no matter how busy a schedule - this is the perfect companion to getting healthy without giving up life's little luxuries.

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