



Running Made Easy (Made Easy (Collins & Brown))

Susie Whalley, Lisa Jackson

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It's motivational. It's fun. It's quite simply the friendliest running book on the block. *Running Made Easy* can help even the most jogging-phobic on their way to a hotter body, higher energy, and better health. With a revolutionary program that involves just 60 seconds of running at a time, it will take you from couch potato to fit and fab in only 10 weeks. Packed with amazing real-life success stories and advice, this inspirational guide also includes a running diary and colorful fill-in charts to help you track your progress.

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