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!

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

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From Reader Review Runner's World Essential Guides: Weight Loss: Everything You Need to Know about Running to Slim Down for online ebook

Siyuan Fang says

Very true and very practicable

Christina says

It was okay, most of the same information I read was in the Runner's World complete guide to women's running. If I had to read one book, I would read the complete guide rather than this one.

Sunlita says

Quite practical book containing mostly basic information. Not really specific for runners but it's still acceptable. There's also some recipes of food to help the recovery process after running. Overall, it's very basic but quite enjoyable read for spare time.

Caitlin says

The Runner's World Essential Guides: Weight Loss: Everything You Need to Know about Running to Slim Down was exactly what I expected it to be. A quick "how-to" beginner's guide to weight loss while running, there is no striking new information here, but I found it a good reminder to get back to basics with respect to eating with the intention of fueling longer runs, rather than going crazy over calorie counts and decimal points on the scale. The book covered the usual topics, ranging from the importance of carbohydrates to eating real, whole foods but also delved a bit into how what we eat can influence how we train, which I did find helpful. I wish RW had included a bit more information with respect to how to gauge whether one is eating the right amount of calories to optimize performance and whether one should eat the same amount of calories on rest days to fuel recovery, but overall I found it to be a helpful little guide for beginning runners looking to drop a few pounds.

Vertrees says

This is a short, easy read that does a great job of consolidating recommendations for diet and weight loss, not just about running. There wasn't much new for me since I have read a lot about it, but one thing that was new was rating your hunger scale at a meal in addition to logging what you eat. It will give you a good idea about what changes need to be made (i.e., if you are too hungry at a meal, then maybe adding a filling snack before you get too hungry and make bad choices. A good read, one I will recommend to others.

Dawn says

I liked the grocery list, but really there wasn't much new for me here.

Franzi says

This is a great book for beginners. If your are running for more than a few years and are reading up on stuff this book will probably not offer any new insights. It was a nice reminder for me on some things but no news. Perfect for beginners!