

COURIR POUR MAIGRIR

Le running est sans doute l'un des moyens les plus efficace pour maigrir ou encore pour maintenir son poids et pour rester en bonne santé.



Suivez un programme

Suivez un programme. Si vous débutez, alternez marche et running, pour adapter votre corps à l'effort.



Courez régulièrement

Courez 2 à 3 fois par semaines.



Mangez sainement

Mangez fruits et légume, viande, poisson et évitez les produits tout fait et le sucre.



Soyez patient

Vous ne perdrez pas des kilos à chaque km couru, patience.



Courez jeûne

Une fois par semaine maximum sur des séances courtes.



Courez lentement

Ne courez pas vite, ralentissez et mais courez plus longtemps.



Lacirccher Prise Pour Maigrir

Sabine Zange



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