



Run Your Butt Off!: A Breakthrough Plan to Lose Weight and Start Running (No Experience Necessary!)

Sarah Lorge Butler, RD Leslie Bonci MPH, MS Budd Coates

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Shed unwanted pounds and keep them off ONCE AND FOR ALL with *Run Your Butt Off!*, a back-to-basics, test panel-approved weight-loss plan and beginners' running program that yields sustainable, healthy results. The *Run Your Butt Off!* program is founded on the simple concept that in order to lose weight, calories burned must exceed calories consumed. No gimmicks, no shortcuts, no silver bullets can circumvent that reality. With this program, you'll learn to burn fat from both sides of the weight-loss equation--the calories in and the calories out--at the same time. *Run Your Butt Off!* will make you fitter, stronger, and leaner.



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