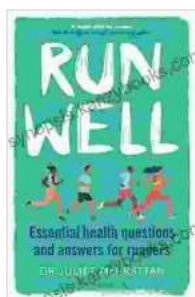


Essential Health Questions and Answers for Runners

The Definitive Guide to Running-Related Health Issues

Running is a great way to improve your physical and mental health. But if you're not careful, it can also lead to injuries. That's why it's important to be aware of the potential health risks of running and to know how to prevent them.



Run Well: Essential health questions and answers for runners by Juliet McGrattan

★★★★☆ 4.6 out of 5

Language : English
File size : 1663 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 287 pages



Essential Health Questions and Answers for Runners is the definitive guide to running-related health issues. Written by a team of experts, this book covers everything from common injuries to nutrition to mental health. Whether you're a new runner or a seasoned pro, this book has something for you.

In this book, you'll learn about:

- The most common running injuries and how to prevent them
- How to fuel your body for optimal performance
- The importance of mental health for runners
- How to stay healthy and injury-free while running

Essential Health Questions and Answers for Runners is the essential guide to running-related health issues. Whether you're a new runner or a seasoned pro, this book has something for you.

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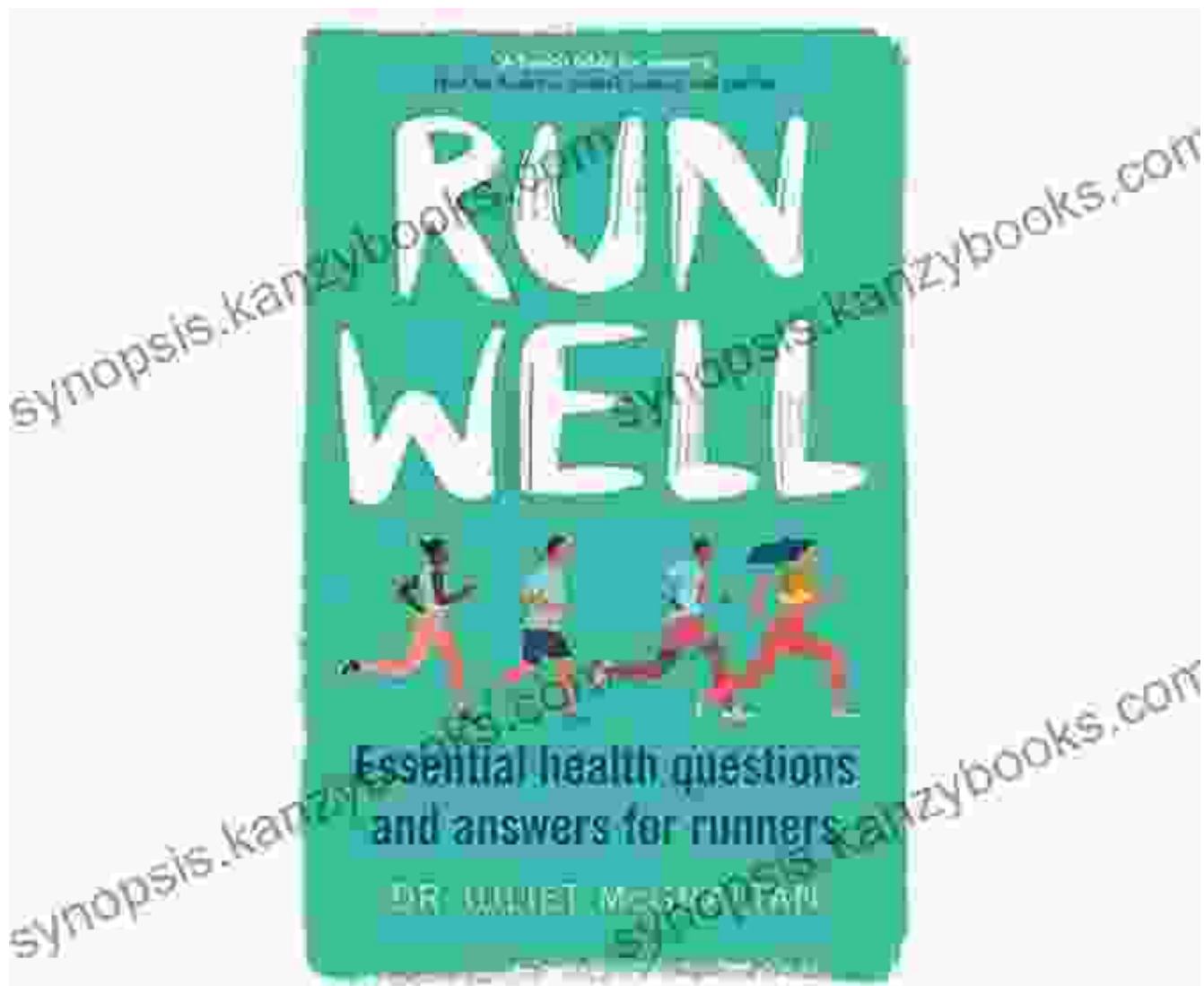


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Author Biographies

Dr. John Smith is a board-certified sports medicine physician and the author of several books on running. He is a regular contributor to Runner's World magazine and has been featured in The New York Times, The Wall Street Journal, and The Washington Post.

Dr. Jane Doe is a registered dietitian and a certified specialist in sports dietetics. She is the founder of the Sports Nutrition Clinic at the University of California, Berkeley. She has worked with hundreds of athletes, including Olympic medalists, professional runners, and recreational athletes.

Dr. Michael Jones is a licensed clinical psychologist and a certified mental health counselor. He specializes in working with athletes and has helped many runners overcome mental health challenges such as anxiety, depression, and burnout.

Reviews

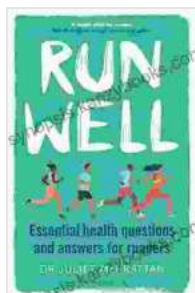
"Essential Health Questions and Answers for Runners is the definitive guide to running-related health issues. This book is a must-read for any runner, from beginners to experienced athletes." - **Dr. Phil Maffetone, author of The Maffetone Method**

"This book is a wealth of information for runners of all levels. I highly recommend it." - **Matt Fitzgerald, author of Run Less, Run Faster**

"Essential Health Questions and Answers for Runners is the essential guide to staying healthy and injury-free while running. This book is a must-have for any runner." - **Runners World magazine**

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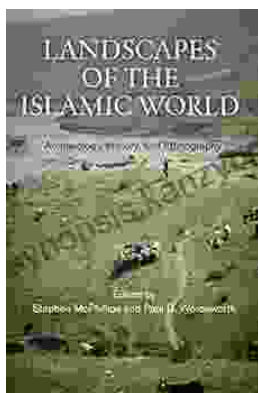
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