



 Get Print Book

Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running

By Hiroaki Tanaka, Magdalena Jackowska

 Download

 Read Online

Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running By Hiroaki Tanaka, Magdalena Jackowska

Running is America's most popular participatory sport, yet more than half of those who identify as runners get injured every year. Falling prey to injuries from overtraining, faulty form, poor eating, and improper footwear, many runners eventually, and reluctantly, abandon the sport for a less strenuous pastime. But for the first time in the United States, Hiroaki Tanaka's *Slow Jogging* demonstrates that there is an efficient, healthier, and pain-free approach to running for all ages and lifestyles.

Tanaka's method of easy running, or "slow jogging," is an injury-free approach to running that helps participants burn calories, lose weight, and even reverse the effects of Type-2 diabetes. With easy-to-follow steps and colorful charts, *Slow Jogging* teaches runners to enjoy injury-free activity by:

- Maintaining a smiling, or niko niko in Japanese, pace that is both easy and enjoyable
- Landing on mid-foot, instead of on the heel
- Choosing shoes with thin, flexible soles and no oversized heel
- Aiming for a pace of 180 steps per minute
- And trying to find time for activity every day

Accessible to runners of all fitness levels and ages, *Slow Jogging* will inspire thousands more Americans to take up running and will change the way that avid runners hit the pavement.

 [Download Slow Jogging: Lose Weight, Stay Healthy, and Have ...pdf](#)

 [Read Online Slow Jogging: Lose Weight, Stay Healthy, and Hav ...pdf](#)

Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running

By Hiroaki Tanaka, Magdalena Jackowska

Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running By Hiroaki Tanaka, Magdalena Jackowska

Running is America's most popular participatory sport, yet more than half of those who identify as runners get injured every year. Falling prey to injuries from overtraining, faulty form, poor eating, and improper footwear, many runners eventually, and reluctantly, abandon the sport for a less strenuous pastime. But for the first time in the United States, Hiroaki Tanaka's *Slow Jogging* demonstrates that there is an efficient, healthier, and pain-free approach to running for all ages and lifestyles.

Tanaka's method of easy running, or "slow jogging," is an injury-free approach to running that helps participants burn calories, lose weight, and even reverse the effects of Type-2 diabetes. With easy-to-follow steps and colorful charts, *Slow Jogging* teaches runners to enjoy injury-free activity by:

- Maintaining a smiling, or niko niko in Japanese, pace that is both easy and enjoyable
- Landing on mid-foot, instead of on the heel
- Choosing shoes with thin, flexible soles and no oversized heel
- Aiming for a pace of 180 steps per minute
- And trying to find time for activity every day

Accessible to runners of all fitness levels and ages, *Slow Jogging* will inspire thousands more Americans to take up running and will change the way that avid runners hit the pavement.

Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running By Hiroaki Tanaka, Magdalena Jackowska **Bibliography**

- Sales Rank: #214983 in eBooks
- Published on: 2016-05-10
- Released on: 2016-05-10
- Format: Kindle eBook

 [Download Slow Jogging: Lose Weight, Stay Healthy, and Have ...pdf](#)

 [Read Online Slow Jogging: Lose Weight, Stay Healthy, and Hav ...pdf](#)

Download and Read Free Online Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running By Hiroaki Tanaka, Magdalena Jackowska

Editorial Review

About the Author

Hiroaki Tanaka, PhD, is a professor at Fukuoka University, Japan, and the founder and director of the Fukuoka University Institute for Physical Activity. Currently he is the director of the Japanese Academic Running Society and an adviser to the Asashi running shoe company. Tanaka lives in Fukuoka, Japan.

Magdalena Jackowska, a professional linguist, translator, and interpreter from Poland, is a research assistant at the Fukuoka University Institute for Physical Activity and a slow jogging instructor. She has completed more than twenty marathons and ultra-marathons all over the world, all in slow jogging style. Jackowska lives in Fukuoka, Japan.

Users Review

From reader reviews:

Ward Bishop:

The book Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running make one feel enjoy for your spare time. You should use to make your capable a lot more increase. Book can being your best friend when you getting stress or having big problem along with your subject. If you can make examining a book Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running being your habit, you can get more advantages, like add your own capable, increase your knowledge about some or all subjects. You could know everything if you like wide open and read a guide Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running. Kinds of book are several. It means that, science guide or encyclopedia or other individuals. So , how do you think about this guide?

Fred Miller:

Your reading sixth sense will not betray you actually, why because this Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running e-book written by well-known writer who really knows well how to make book that may be understand by anyone who all read the book. Written throughout good manner for you, still dripping wet every ideas and composing skill only for eliminate your own personal hunger then you still doubt Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running as good book not just by the cover but also by the content. This is one reserve that can break don't ascertain book by its protect, so do you still needing an additional sixth sense to pick that!? Oh come on your reading sixth sense already said so why you have to listening to yet another sixth sense.

John Pierre:

Is it a person who having spare time in that case spend it whole day by means of watching television programs or just laying on the bed? Do you need something totally new? This Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running can be the respond to, oh how comes? A fresh book you know. You are so out of date, spending your extra time by reading in this fresh era is common not a geek activity. So what these guides have than the others?

James Crist:

Reading a publication make you to get more knowledge as a result. You can take knowledge and information coming from a book. Book is composed or printed or outlined from each source this filled update of news. In this particular modern era like right now, many ways to get information are available for an individual. From media social such as newspaper, magazines, science e-book, encyclopedia, reference book, fresh and comic. You can add your knowledge by that book. Are you ready to spend your spare time to spread out your book? Or just seeking the Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running when you desired it?

Download and Read Online Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running By Hiroaki Tanaka, Magdalena Jackowska #0PUV5JYEX28

Read Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running By Hiroaki Tanaka, Magdalena Jackowska for online ebook

Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running By Hiroaki Tanaka, Magdalena Jackowska Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running By Hiroaki Tanaka, Magdalena Jackowska books to read online.

Online Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running By Hiroaki Tanaka, Magdalena Jackowska ebook PDF download

Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running By Hiroaki Tanaka, Magdalena Jackowska Doc

Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running By Hiroaki Tanaka, Magdalena Jackowska Mobipocket

Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running By Hiroaki Tanaka, Magdalena Jackowska EPub