

Leggere Corriere Naturale EBook Gratuito PDF/EPUB/mobi - Daniele Vecchioni



leggere Corriere naturale EBook gratuito PDF/EPUB/mobi Daniele Vecchioni , Siamo nati per correre, la natura ci ha reso perfetti per questa attività e la scienza conferma che è la cosa migliore che possiamo fare per la nostra vita: ci mantiene in salute, fa ritrovare il peso forma, mantiene il cervello attivo, scarica lo stress e riduce l'ansia, potenzia il metabolismo, ricarica le energie fisiche e mentali. E infatti i runner sono in continuo aumento. Ma allora perché l'80 per cento di loro subisce infortuni? Daniele Vecchioni, esperto di corsa a livello internazionale e ideatore del metodo Corriere Naturale®, illustra con chiarezza quali sono i motivi di questa «epidemia», mettendo in discussione molte diffuse convinzioni sulla corsa e svelando quali sono gli errori più frequenti. In questo libro spiega il suo rivoluzionario approccio - basato su studi scientifici e sul confronto con atleti e coach - che permette di ristrutturare muscoli, tendini e articolazioni al fine di rendere il nostro corpo idoneo a sostenere l'attività della corsa. Migliaia di persone lo stanno applicando in Italia e all'estero con risultati straordinari: consente infatti di tornare a muoversi in maniera naturale,

correre in modo più efficiente, aumentando resistenza e velocità, senza traumi. Un metodo che cambierà per sempre il nostro modo di camminare e di correre, regalandoci una forma psicofisica ottimale e ridandoci il vero piacere della corsa.

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