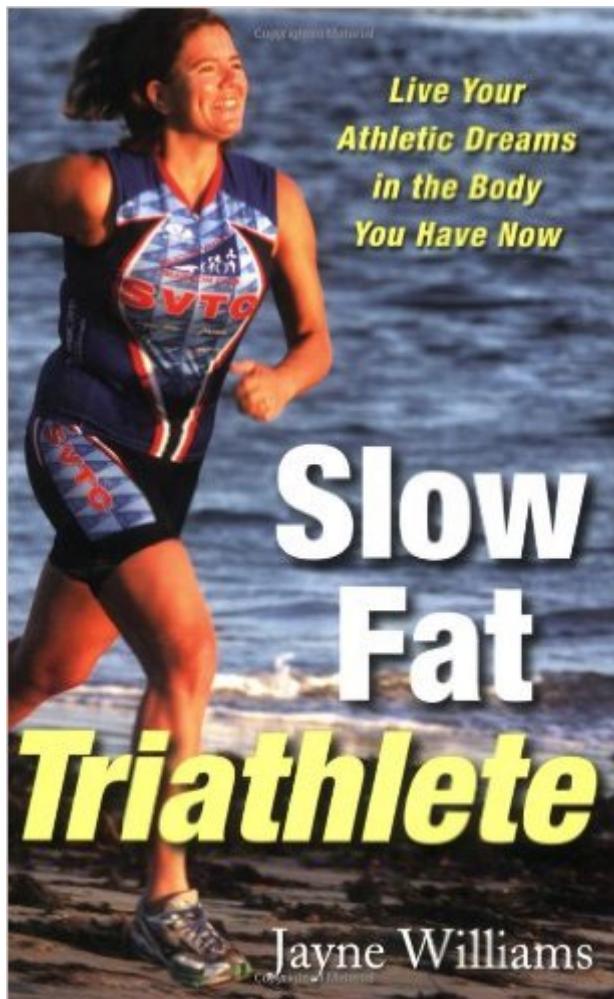


The book was found

Slow Fat Triathlete: Live Your Athletic Dreams In The Body You Have Now



Synopsis

The idea of participating in a triathlon may sound out of the realm of possibility for those without a typical jock-athlete's honed build, intense focus, and competitive mindset. But now Slow Fat Triathlete opens the door to those who may not come quite so equipped. After years of obesity, poor health, and self-doubt, Jayne Williams took part in her first triathlon in 2002 to prove something to herself and became hooked on the rush of the race. Today she is a self-proclaimed "slow fat triathlete," unafraid to overcome humiliation, laugh at her foibles, have fun, and accomplish impressive goals. Slow Fat Triathlete is a book for those who may be overweight, out of shape, undisciplined, or otherwise unprepared to enter a triathlon but are curious to try. Through personal stories, practical ideas and suggestions, and uproarious anecdotes, this book inspires, encourages, and proves that with a little training, almost everybody can have a great time and reap huge rewards from pursuing their tri dreams; and that everyone can become a participant and an athlete.

Book Information

Paperback: 192 pages

Publisher: Da Capo Press (April 8, 2004)

Language: English

ISBN-10: 1569244677

ISBN-13: 978-1569244678

Product Dimensions: 6.2 x 0.5 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (87 customer reviews)

Best Sellers Rank: #468,765 in Books (See Top 100 in Books) #55 in Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #113 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons

Customer Reviews

Do not let this title fool you! This book is for ANYONE who has just discovered the thrill of wanting to compete in a triathlon. "Slow Fat Triathlete" will help ANYONE who has never experienced a triathlon - even if they are rail thin. Also, just calmly brush aside the word, "fat," (which the author amusingly refers to as the "f-word" in her first sentence) - because if you get involved in THIS sport, you may soon be a LOT slimmer. What if, after a lifetime of HATING to exercise, you suddenly woke up WANTING to exercise? We ALL know the reasons to exercise as a means of achieving better bodies, better health, and increased longevity. Yet how many of us EVER find that "magic pill" that

will suddenly make us ENJOY exercising?? Exercise for many of us has ALWAYS been B-O-R-I-N-G. Well, for me that "magic pill" came in the form of wanting to start competing in triathlons. As Jayne Williams reveals in her witty and utterly self-confident style, triathlons do NOT have to be of an "Ironman" caliber where you swim 2 miles, ride 120+ miles and run 25 miles. In EVERY state (including Alaska), you will find many "sprint" triathlons consisting of a 400-yd.swim, 12-mile bike, 2-3 mile run/walks. They also have "Olympic" triathlon events that increase the ante to a 1/2-1 mile swim, 25-mile bike, and 6- mile run/walks. Likewise, they have 1/2 Ironman triathlons as well. How is this possible to suddenly ENJOY exercising? Well, for many of us, it is the lure of the fun and competition. Come Race Day and the pay-off arrives after all the hours of hard exercising.

[Download to continue reading...](#)

Slow Fat Triathlete: Live Your Athletic Dreams in the Body You Have Now Slow Cooking - Top 500 Slow Cooking Recipes Cookbook (Slow Cooker, Slow Cooker Recipes, Slow Cooking, Meals, Slow Cooker Chicken Recipes, Crock Pot, Instant Pot, Pressure Cooker, Vegan, Paleo) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) Dreams: Lucid Dreaming - Lucid Dreams - New Age Dreams: A Beginner's Guide Book on How to Become Conscious in Your Dreams: Dream and Sleep, Volume 2 Slow Cooker: 100% VEGAN!: Irresistibly Good & Super Easy Slow Cooker Recipes to Save Your Time & Get Healthy. (Slow Cooker, Crockpot, Crockpot Recipes, Vegan Slow Cooker) Vegan: The Vegan Slow Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Low Carb Slow Cooker Cookbook Box Set: Low Carb Slow Cooker Recipes, Low Carb Chicken Slow Cooker Recipes, Low Carb Beef Slow Cooker Recipes Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Crock Pot Recipes - The Ultimate 500 CrockPot Recipes Cookbook (Crock-Pot Meals, Crock Pot Cookbook, Slow Cooker, Slow Cooker Recipes, Slow Cooking, Slow ... Meals, Paleo, Vegan): Bonus 200 Recipes 100 Slow Cooker Recipes: Get 'em! Mix 'em! Leave 'em! (Slow Cooker Recipes, Crockpot Recipes): Big Slow Cooker Recipes Cookbook - The 100 Slow Cooker Recipes Top 30 Easy Vegan Slow Cooker Recipes For Busy Women: Amazing Vegan Recipes For Weight

Loss And Healthy Eating: Slow Cooker, Slow Cooker Cookbook, Slow ... Cooker Recipes Cookbook For Busy Women 1) Slow Cooker Low Carb: Over 70+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Slow Cooker-Slow Cooker Recipes Book 109) Living in "The Now" in Easy Steps (Understanding Eckhart Tolle, Dalai Lama, Krishnamurti, Meister Eckhart and more!): 7 Lessons & Exercises to Stop Your ... Live in the Now (The Secret of Now Book 1) My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Dreams: Interpreting Your Dreams and How to Dream Your Desires- Lucid Dreaming, Visions and Dream Interpretation (Dreams, Lucid dreaming, Visions,) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)

[Dmca](#)