



# 悅跑例四 爸爸團跑健康爸爸 開心家庭

- 建立爸爸跑團互相支持守望
- 透過團跑提供一個減壓途徑
- 🧹 跑姿分析、評估及改善建議
- 跑步前後的熱身及保養方式
- 不同賽事的針對性訓練及準備
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- 🧹 特別歡迎新手爸爸及無跑步經驗者

爸爸也是人,也需要聆聽者



# **The Joy Of Running**

**RS Peters** 

The Joy	Of Running:	,
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Ignite the flame of optimism with Crafted by is motivational masterpiece, Fuel Your Spirit with **The Joy Of Running**. In a downloadable PDF format (Download in PDF: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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