



Correr es vida (Testimonio) (Spanish Edition)

Chema Martínez

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¿Por qué alguien se calza unas zapatillas, se pone un chándal y se echa a correr por las calles de la ciudad cada día, de madrugada o por la noche al regresar del trabajo? Chema Martínez, un popular fondista con un importante palmarés, tiene la respuesta muy clara: Porque correr es vida. Y así lo explica en estas páginas con las que trata de animar a que otras personas corran también. Correr requiere disciplina. Correr invita a comer mejor y de manera más equilibrada. Correr es poner el cuerpo en movimiento y evitar el sedentarismo. Además, es una forma de establecer vínculos sociales con otras personas que hacen lo mismo. No hay duda, correr es vida, y Chema Martínez explica en las páginas de su libro cómo conseguirlo.

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