

# From Short Fat Chick to Marathon Runner: An Inspiring Journey of Transformation

If you're looking for a story that will inspire you to make a change in your life, then you need to read **Short Fat Chick to Marathon Runner**. This book is the true story of how an overweight couch potato went from running a mile in 12 minutes to running a marathon in under 4 hours.



## Short Fat Chick to Marathon Runner by Catherine Legrand

★★★★☆ 4.3 out of 5

Language : English  
File size : 1537 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 169 pages



Author and runner, Kelly Roberts, shares her journey with humor, honesty, and a lot of heart. She writes about the struggles she faced, the doubts she had, and the moments of triumph that kept her going.

In this book, you'll learn:

- How to set realistic goals and stick to them
- How to overcome obstacles and stay motivated
- How to find the right support system

- How to eat healthy and fuel your body for running
- How to prevent injuries and keep your body healthy

Whether you're a complete beginner or an experienced runner, **Short Fat Chick to Marathon Runner** has something for you. Kelly's story is proof that anything is possible if you set your mind to it.

So what are you waiting for? Free Download your copy of **Short Fat Chick to Marathon Runner** today and start your own journey of transformation!

### **Endorsements**

"Kelly's story is an inspiration to anyone who has ever doubted their ability to achieve their goals. She proves that with hard work and determination, anything is possible."—**Dean Karnazes**, ultramarathoner and author of *Ultramarathon Man*

"This book is a must-read for anyone who wants to lose weight, improve their health, or simply start running. Kelly's story is relatable, funny, and inspiring."—**Jeff Galloway**, Olympian and author of *Galloway's Book on Running*

### **About the Author**

Kelly Roberts is a runner, writer, and speaker. She has completed over 50 marathons and ultramarathons, including the Boston Marathon and the Badwater 135. Kelly is passionate about helping others achieve their fitness goals. She blogs about running and weight loss at [www.shortfat-chick.com](http://www.shortfat-chick.com).

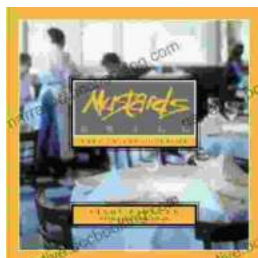
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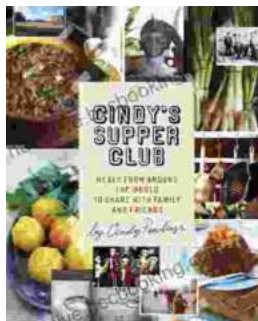
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