
From: martygolubow@gmail.com
Sent: Thursday, October 6, 2016 12:19 PM
To: realbuzz; Haley, Nikki; blockerproperties@gmail.com; mattbkibbe@freedomworks.org; dpardue@postandcourier.com; Adam.Brandon@freedomworks.org; houndogcrj@gmail.com
Subject: Re: 5 surprising marathon mistakes. Plus, the 5 best snacks post-run | realbuzz

You have a better marathon run If U imagine U have 20 terrorists behind U with knives and have to outrun them ?

Also if you imagine they have blood coming out of their mouths & look like the fast-walking dead?

Sent from my iPhone

On Oct 5, 2016, at 9:51 AM, realbuzz <no-reply@realbuzz.com> wrote:

Trouble reading this email? [Click here to view online.](#)

To avoid our emails being seen as junk, please add our "From" address to your Address Book or safe list.



Right-click here to download pictures. To help protect your privacy, Outlook prevented automatic download of this picture from the Internet.
Banner Advertising



Right-click here to download pictures. To help protect your privacy, Outlook prevented automatic download of this picture from the Internet.
realbuzz.com - healthy active living



Automatic download of this picture from the Internet.



5 surprising marathon mistakes. Plus, the 5 best snacks post-run.



5 surprising marathon mistakes

After months of preparation, you're finally ready for the long run, don't fall at the hurdle. Be sure that your hard work pays off on race day by avoiding these 5 surprising marathon mistakes you can make or break.

[MARATHON MISTAKES](#)



5 best snacks post-run

Don't let poor post-run snacking stunt your progress. Ditch the junk and fuel your body with foods that promote effective repair and recovery, to maximise gains and improve your performance.

[RECOVERY FUEL >](#)



Hill workouts for runners

Hill sessions may be tough, but they're also ideal if you want to improve your running strength and speed. Incorporate one of Louise Damen's top 4 hill workouts into your training.

[HILL TRAINING >](#)



Race recovery for runners

Don't run the risk of injury after you've recently participated in a marathon by giving your body the time to repair and recover effectively. Get adequate rest. These are the top 5 recovery tips for runners.

[RECOVER WELL >](#)



Guarantee your Virgin Money London Marathon place

[Join #TeamSense](#) & we'll support your every step, from the start line & beyond. You'll have fantastic team benefits, access to 1:1 support from our personal trainer, two extra training days and a VIP post-race reception.



5 effective workout tweaks

Poor planning pre-workout only leads to poor results. If you're finding it hard to hit personal goals, make slight tweaks to your gym routine. These 5 could help you get back on the right track.

[WORKOUT TWEAKS >](#)



Shop with Brick Lane Bikes

Look great on the bike and off with BLB's new-in cycling apparel. Combining effortless style with maximum functionality, they provide the perfect look for your morning commute. Shop today.

[GET THE LOOK >](#)



Blueberry recovery

Indulge in a tasty/healthy snack with this blueberry smoothie. It's easy to make and comes packed with all the nutrients you need to replenish energy.

[RECOVERY SMOOTHIES >](#)



5 shocking running facts

Think you know everything there is to know about running? Think again. From food tips and kit recommendations to key performance insights, check out our top 5 shocking running facts.

[SHOCKING FACTS >](#)



Training for a long distance event

If you've a long distance cycle event coming up, perfect your training plan. Perhaps you'd benefit from joining a club, or need a hand with nutrition? Use our 14 steps to get race-ready.

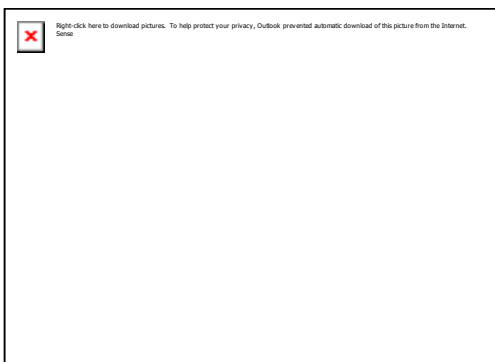
[YOUR NEXT CHALLENGE >](#)



5 ways to beat the lunch slump

Do you find it hard to stay productive at lunch? Here are 5 ways to stay productive and beat the lunch slump, from making healthy choices to fueling correctly.

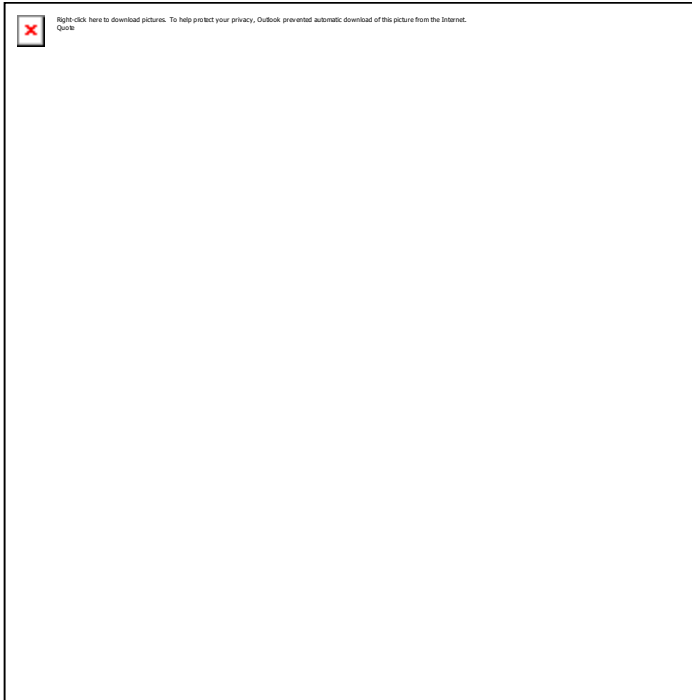
[STAY FOCUSED >](#)



Good luck in the ballot? You don't need it!

We've got your golden ticket to the start line – guaranteed on [#TeamSense](#) today. We'll make it a marathon experience you never forget!





Each week we share some of our favorite recipes and advice that you may have missed

The basics of meditation



What it means to be fit



Top 10 healthy family fitness activities



Healthy eating and your mood



Complement your running with adventure



How much exercise is good for you



Contact the
realbuzz.com team



Right-click here to download pictures. To help protect your privacy, Outlook prevented automatic download of this picture from the Internet.
Banner Advertising

Did a friend forward this to you? [Sign up here to receive more realbuzz.com emails from us.](#)
[Privacy policy](#) | [Unsubscribe](#) from therealbuzz newsletter

Disclaimer

The Realbuzz Group Ltd cannot be held responsible for any loss or injury resulting from any information contained within this newsletter linked to this newsletter.

The Realbuzz Group Ltd is a company registered in England and Wales with company number 3942343. Registered office address: 12, CH1 2NX. United Kingdom. realbuzz.com is the trading name of The Realbuzz Group Ltd VAT registration number 762 2911 33.

