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### In Flight Running Archives Available January 23rd 2015: Why You Need To Be Strength Training

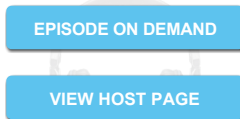
The key to optimal fitness is a balance between proper nutrition, cardiovascular fitness and strength training. But the one thing that continues to be lacking in many fitness regimens is strength training or muscle building activity. Without it many will never realize the true potential of what they can accomplish with their exercise. During Fitness Momentum show #6, Coach Michael Merlino discusses the huge benefits of strength training, why it is the missing link to fat loss, how it can help slow down the aging process and why it will help runners run faster and become less injured. J

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