



Decalogo del Maratoneta



**NON IGNORARE
SEGNALI DI ALLARME**



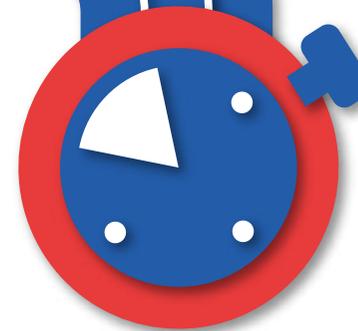
**RISPETTA
I TUOI LIMITI**



**RECUPERA
ZUCCHERI SEMPLICI**



**NIENTE ALCOOL
E CAFFEINA**



**NON ASSUMERE
FARMACI INUTILI**



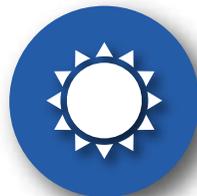
**EVITA DISTURBI
GASTROINTESTINALI**



**BEVI
MOLTI LIQUIDI**



**ASSUMI
INTEGRATORI**



**GESTISCI LA
TEMPERATURA**



**CURA
LA TUA DIETA**

