



The Hardcore Facts: What Every Athlete Needs to Know Today about Sports Nutrition for Peak Performance (Paperback)

By Michael P Angelillo M D

iUniverse, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Today more and more emphasis is being placed on how well you perform as an athlete. Good nutrition should be a key part of your training program. What you do to provide the proper nutrients to your body could make the difference in your well-being, maintain desirable body weight, stay physically fit, and to establish optimum nerve to muscle reflexes thus enhancing your athletic ability. The purpose of this book is to provide the latest nutritional strategies that are safe, legal and effective for enhancing performance in today s athlete to give one the edge needed for maximal performance. The information presented in this book will present facts about supplements and nutrients that have proven to enhance your athletic ability. Before reading this book ask yourself, Why should I not have the advantage of knowing all that is to know about supplements and nutrients to practically help me succeed as an athlete? For the first time by reading this book a summary of condensed up to date knowledge of critically proven facts about supplements and nutrition that apply to everyday training will be...

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