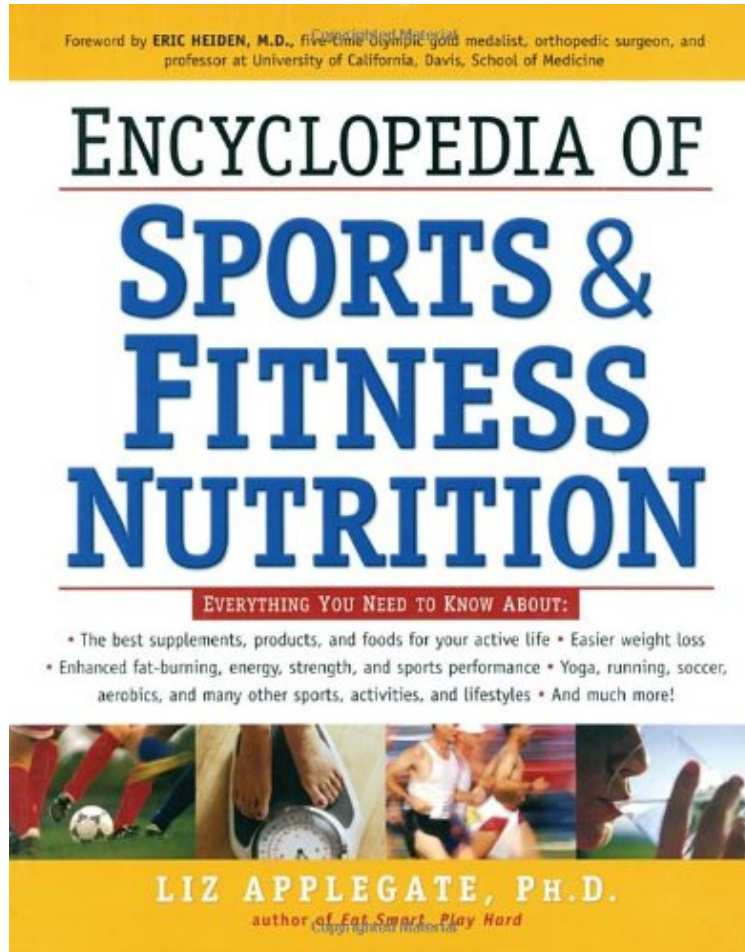


Encyclopedia of Sports and Fitness Nutrition

Liz Applegate Ph.D.

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Liz Applegate Ph.D. : Encyclopedia of Sports and Fitness Nutrition before purchasing it in order to gage whether or not it would be worth my time, and all praised Encyclopedia of Sports and Fitness Nutrition:

1 of 1 people found the following review helpful. A good "plain English" beginner's bookBy cha_macoThis book is a "Cliff Notes" for the subject of Sports Fitness "Nutrition".Back when I decided enough was enough (I was 30 lbs overweight), I got my hands on six different sports fitness and bodybuilding books, as a means to educate myself--I read over 6,000 pages about the subject.Looking back, I should have started with this book. Knowledgeable bodybuilders/power-lifters agree that at least 70% of your physique happens in the kitchen, no more than 15% comes from the gym, and the rest is from sufficient sleep. If you can accept this without questions, read this book and get started.However, if you want to know all the most intricate details, skip this book as it will not satisfy your hunger for knowledge and find something with more in-depth.35 of 36 people found the following review helpful. Right on the MoneyBy L. HomI purchased this book as a "sequel" to another Liz Applegate book, Eat Smart, Play Hard. This is a must read for anyone interested in performing his/her best at a favorite physical activity or simply desiring a more

healthy lifestyle. Since making a few changes to my diet I have lost weight and improved my performance during my endurance activities. What you eat and when you eat it truly matters. Like anything else, there is no magic here. You won't instantly smoke all your buddies on your next group bike ride if you make some changes to your diet. However, you can maximize your current abilities and set the stage for more physical gains. I have never felt better both during and post exercise. No fad diets will be found here. What you will find is a common sense approach to a lifestyle that is centered around healthy eating and exercise. Ms. Applegate is both encouraging of a healthy diet and realistic enough to know people need to have "comfort" foods every once in awhile. This book stands above the "fad diet of the week" chaos cluttering the bookstores. 0 of 2 people found the following review helpful. GOT THE WRONG BOOK By Emily Robinson I never actually got this book. I ended getting a book about fashion designing. Wasn't worth the trouble to return it, but you should definitely pay attention to what's actually order, that would be nice.

Boost Your Performance, Health Motivation The optimum way to get the most out of your workouts and feel your best is to develop an energizing, performance-enhancing nutrition plan, tailored to your body's specific needs. Do that, and you're on track to achieve the higher level of fitness and better overall health that you crave. Inside is an A-to-Z look at how you can enhance your workouts and maximize your results with proper nutrition, safe and effective sports supplements, and beneficial vitamins and minerals. No matter your lifestyle, fitness background, or family health history, author and nutrition expert Liz Applegate will empower you to make smart eating and nutrition decisions for yourself and your family. You'll learn how to: Understand your body and its precise needs Apply the fundamentals of sports and fitness nutrition to your life and workouts Select the right foods, supplements, vitamins, and minerals for specific sports, activities, and health conditions Develop and follow an individualized food plan based on your age and fitness level And much more! Scientifically accurate and loaded with the most up-to-date information, *Encyclopedia of Sports Fitness Nutrition* provides everything you need to create your ultimate eating and exercise regimen. *Encyclopedia of Sports Fitness Nutrition* includes daily food activity pyramids customized for 7 life stages: Children ages 4 to 8 Children ages 9 to 12 Teens 20s 30s 40s and 50s 60 and over

From the Inside Flap **Boost Your Performance, Health Motivation** The optimum way to get the most out of your workouts and feel your best is to develop an energizing, performance-enhancing nutrition plan, tailored to your body's specific needs. Do that, and you're on track to achieve the higher level of fitness and better overall health that you crave. Inside is an A-to-Z look at how you can enhance your workouts and maximize your results with proper nutrition, safe and effective sports supplements, and beneficial vitamins and minerals. No matter your lifestyle, fitness background, or family health history, author and nutrition expert Liz Applegate will empower you to make smart eating and nutrition decisions for yourself and your family. You'll learn how to: Understand your body and its precise needs Apply the fundamentals of sports and fitness nutrition to your life and workouts Select the right foods, supplements, vitamins, and minerals for specific sports, activities, and health conditions Develop and follow an individualized food plan based on your age and fitness level And much more! Scientifically accurate and loaded with the most up-to-date information, *Encyclopedia of Sports Fitness Nutrition* provides everything you need to create your ultimate eating and exercise regimen. *Encyclopedia of Sports Fitness Nutrition* includes daily food activity pyramids customized for 7 life stages: Children ages 4 to 8 Children ages 9 to 12 Teens 20s 30s 40s and 50s 60 and over About the Author Liz Applegate, Ph.D., is the author of several books on nutrition and exercise. She writes a monthly column for *Runner's World* magazine and also serves as its nutrition editor and adviser. Dr. Applegate is on the board of directors of the American Council on Exercise and is a member of the American College of Sports Medicine and the American Dietetic Association. She lives in Davis, California.