



Encyclopedia of Sports & Fitness Nutrition

Liz Applegate PhD

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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

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