



Performance Eating: The High Performance High School Athlete Nutrition Guide (Paperback)

By Sir William Jones

iUniverse, United States, 2006. Paperback. Book Condition: New. 226 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****. This is the first nutrition book that s both scientifically sound and practical. In clear language Jones shows you how the right choice of food can dramatically improve your athletic performance and recuperation. Whether you re an athlete, coach, or a weekend warrior you ll find this program will help you achieve your highest goal without endangering your health. WHAT YOU LL LEARN Why weight control is a major factor in your health and performance Which popular nutritional supplements work, and which ones don t The most effective ways to trim fat and build muscle What sports drinks can do for your performance What to eat when you compete And much, much more! This book takes the guesswork out of muscle fueling. Information is condensed and you can start on any chapter you want. This book will give you the secrets of the pros. Julio Llanos, MS, ATC, Head Trainer Columbus State University This book is the real thing. Very few books have made a spectacular impact on performance. This one will. This book is your personal nutritionist....



Reviews

I actually started looking over this publication. It really is rally interesting through studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

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-- Elisa Reinger

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