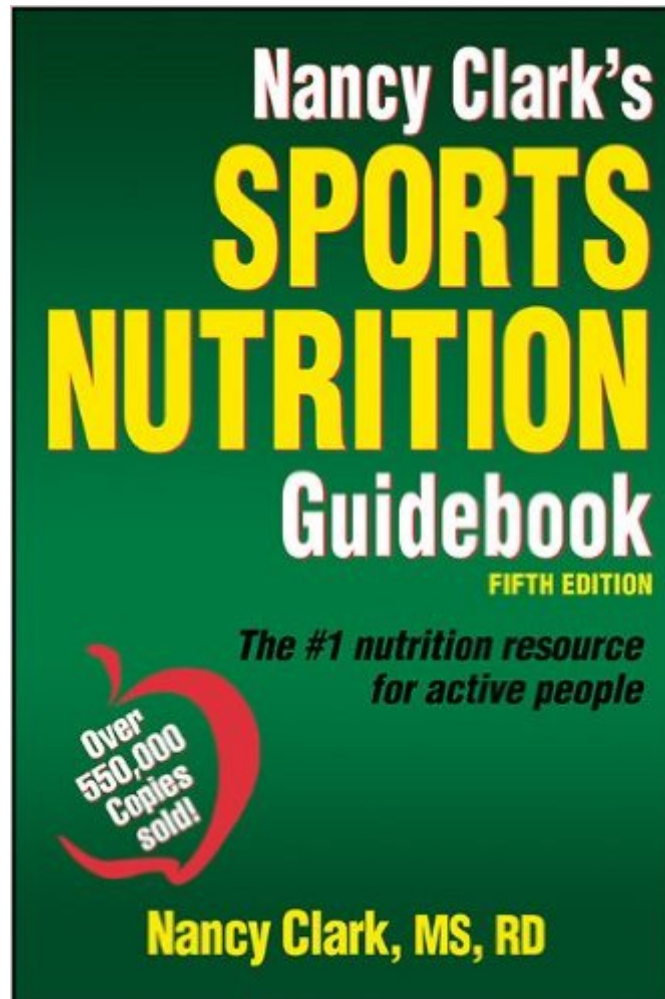


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# Nancy Clark's Sports Nutrition Guidebook-5th Edition



## Synopsis

Boost your energy, manage stress, build muscle, lose fat, and improve your performance. The best-selling nutrition guide is now better than ever! Nancy Clark's Sports Nutrition Guidebook will help you make the right choices in cafes, convenience stores, drive-throughs, and your own kitchen. Whether you're preparing for competition or simply eating for an active lifestyle, let this leading sports nutritionist show you how to get maximum benefit from the foods you choose and the meals you make. You'll learn what to eat before and during exercise and events, how to refuel for optimal recovery, and how to put into use Clark's family-friendly recipes and meal plans. You'll find the latest research and recommendations on supplements, energy drinks, organic foods, fluid intake, popular diets, carbohydrate and protein intake, training, competition, fat reduction, and muscle gain. Whether you're seeking advice on getting energized for exercise or improving your health and performance, Nancy Clark's Sports Nutrition Guidebook has the answers you can trust. v

## Book Information

Paperback: 520 pages

Publisher: Human Kinetics; 5 edition (October 11, 2013)

Language: English

ISBN-10: 1450459935

ISBN-13: 978-1450459938

Product Dimensions: 6.1 x 1.2 x 9 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (114 customer reviews)

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## Customer Reviews

An invaluable resource for active people and a classic reference for nutrition professionals. Revised and updated, Nancy Clark's Sports Nutrition Guidebook, Fifth Edition, provides answers to many of the questions we are so often asked by clients. With the wealth of nutrition advice available to consumers, there is confusion as to what, how and when to eat for optimal health and peak athletic performance. Nancy clears up that confusion by offering sound, sustainable nutrition advice that works! Easy to read and well organized with a great index, so an RD or reader can easily look up a

topic and quickly find an answer. The book is divided into 4 sections: 1) Everyday eating for active people, 2) the science of eating and exercise, 3) balancing weight and activity, and 4) winning recipes for peak performance. The information is invaluable on a broad spectrum, from fitness exerciser to competitive athlete. The weight management section is helpful for active people who are trying to diet and exercise simultaneously. I counsel fitness exercisers, and competitive athletes struggling with eating disorders. For many of these individuals, changing food beliefs and behaviors is a daunting task. The client success stories Nancy shares have helped my clients move toward a healthier relationship with food and exercise. You will learn what and how to eat before, during and after exercise events. Family-friendly recipes and meal plans are included to maximize the nutritional benefit from food. The recipes are simple to make, have few ingredients and designed for hungry athletes who are novice cooks.

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