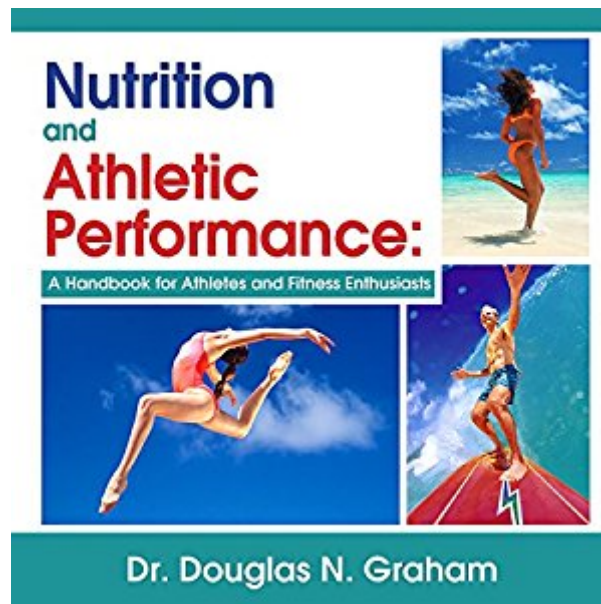


The book was found

# Nutrition And Athletic Performance



## Synopsis

Whether you are a seasoned athlete or just getting started with a fitness program, Nutrition and Athletic Performance is your guide to success. Discover what athletes from every sport around the world have been using to set personal bests. Learn what to eat before, during and after activity to yield the best performance. Attain freedom from costly supplements. Gain better recovery times from activities. And finally learn the truth about carbohydrates, fats, and proteins.

## Book Information

Audible Audio Edition

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Program Type: Audiobook

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## Customer Reviews

More like a handbook it contains a summary of why and how athletes should eat the 811 way. Anyone serious about improving their life should read this short book.

Highly recommend this book to all active and athletic people trying to improve performance and generally feel better and energized every day!

Excellent information!

Great book

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