

The Complete Guide to Sports Nutrition (Complete Guides)

By Anita Bean

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The Complete Guide to Sports Nutrition is the definitive practical handbook for anyone wanting a performance advantage. This fully updated and revised edition incorporates the latest cutting-edge research. Written by one of the country's most respected sports nutritionists, it provides the latest research and information to help you succeed.

This seventh edition includes accessible guidance on the following topics:

- maximising endurance, strength and performance
- how to calculate your optimal calorie, carbohydrate and protein requirements
- advice on improving body composition
- specific advice for women, children and vegetarians
- eating plans to cut body fat, gain muscle and prepare for competition
- sport-specific nutritional advice.

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Editorial Review

Review

..an absolute must-have' for anyone working in the health and fitness industry.! YMCA ..a really excellent work: lucid, thorough, sound and readily accessible Coaching News ...it is excellent and answers all your questions Sports Teacher It covers a great deal of ground in a highly readable style... a superb publication British Olympic Association concisely written and clearly presented, enhanced by a personal touch that makes it refreshingly different...highly recommended Dietetics Today

About the Author

Anita Bean is an accomplished sportsperson, one of the UK's most respected nutritionists and a bestselling author. She is also a regular contributor to many health magazines.

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