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Nfpt Fitness Nutrition Specialist Manual

Anita Bean

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Sports Nutrition Marie Dunford, 2006 The newest edition of this Nutrition for Professionals Jane Pentz, 1998-01-01 classic reference has been thoroughly re designed to deliver the essential information health and fitness professionals need in order to work with athletes of all ages and proficiency levels Topics are represented in four sections Sports Nutrition Basics Screening and Assessment Sports Nutrition Across the Life Cycle and Sport Specific Guidelines The At A Glance feature provides sport specific information for 18 sports **Fitness Professionals Guide to Sports Nutrition and** Weight Management Laura J. Kruskall, 2010-06-09 Fitness Professionals Guide to Sports Nutrition and Weight Management is an indispensable text that gives fitness professionals essential advice and information on how to help their clients make better nutrition choices that effectively support an active lifestyle Dr Kruskall offers a wide variety of useful tips and practical guidance to fitness professionals such as how to provide their clients with nutritional advice while staying within their scope of practice This combination book and DVD package will serve as a valuable resource for health and fitness professionals who want to share scientifically sound yet easy to understand and practical nutrition information with their clients The Complete Guide to Sports Nutrition Anita Bean, 2017-09-07 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 eighth 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

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