

Nancy Clark's **SPORTS NUTRITION** Guidebook

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 a 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.

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