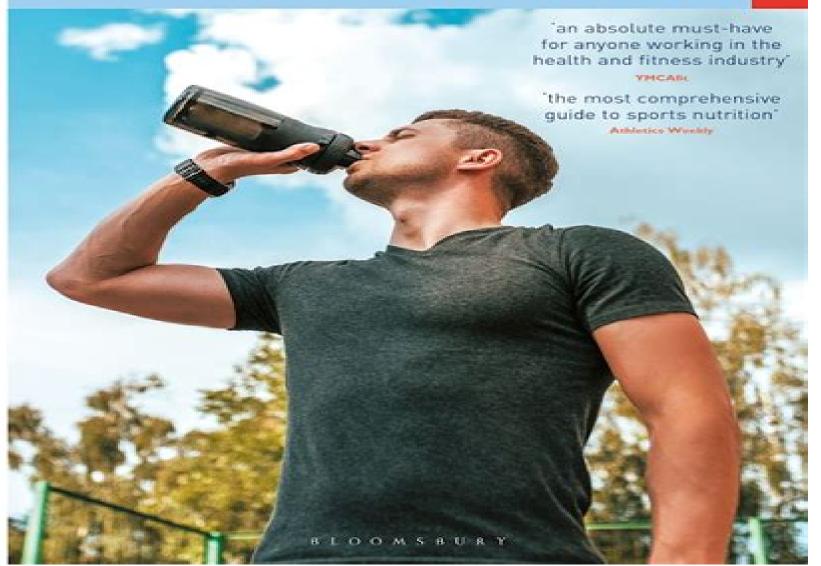
# **Anita Bean** SPORTS NUTRITION



# **Sports Nutrition Complete Guide**

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of running training for sprinting middle and long distance hurdles and running in the pool Athletes from 9 to 90 will benefit from this information since all are bound by the same training principles Precautions and training are explained for the extreme young and old Anita Bean's Sports Nutrition for Women Anita Bean, 2013-08-30 Carefully researched and fully up to date and written by an experienced sports nutritionist Anita Bean's book is written in a clear and accessible way to appeal directly to active women Women who exercise regularly have specific nutritional needs This book covers topics such as exercise and the menstrual cycle bone health disordered eating weight loss and iron deficiency anaemia Around 45% of women take place in sport or physical activity and over 4.4 million women are members of sports clubs 21% of women A recipe section gives women lots of ideas for healthy and easy to cook meals and snacks Vegetarian and Vegan Nutrition: The Complete Guide to Plant-Based Health Boreas M.L. Saage, Discover the science based foundations of plant based eating with this comprehensive nutrition book for beginners Whether you re exploring vegetarian and vegan nutrition for health reasons athletic performance or environmental concerns this guide provides practical knowledge for a successful transition The book covers essential topics including Detailed breakdown of plant based protein sources minerals and vitamins Anti inflammatory vegetarian nutrition strategies and their health benefits Specialized guidance for vegetarian sports nutrition and athletic performance Evidence based meal planning for optimal health at every life stageReaders will learn How to ensure adequate nutrient intake through plant based foods Strategic meal planning and preparation techniques Ways to optimize vegan nutrition for different fitness goals Practical solutions for common nutritional challenges Specific recommendations for pregnancy childhood and senior yearsThis vegan nutrition book combines scientific research with practical application featuring Clear charts and graphics illustrating nutrient content Seasonal meal planning guidelines Kitchen organization and food preparation tips Solutions for eating out and travelingWritten in an accessible style this nutrition book helps readers understand The relationship between diet and inflammation How to support athletic performance with plant based foods Strategies for healthy weight management Methods for boosting immune functionWhether you re new to plant based eating or looking to optimize your current diet this guide provides the tools needed for healthy sustainable nutrition through all life stages The Complete Guide to Boxing Fitness Hilary Lissenden, 2015-01-08 A comprehensive practical guide to non contact boxing looks at workouts in an individual group or class setting Learn how to improve clients body composition heart lung stamina strength speed co ordination balance and flexibility It also covers boxing training s less tangible but equally important benefits such as building confidence and self esteem especially relevant to schools and young people Key features include Fully illustrated with vibrant photographs and practical diagrams for imparting core boxing and safety techniques e g wrapping clients hands teaching correct stance punches and combinations Sample training programmes for clients of differing abilities and fitness levels with guidance on safe and appropriate progression Relevant content on dietary and health matters The Complete Guide to Boxing Fitness is a

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