



Gold Medal Nutrition-5th Edition

Glenn Cardwell

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Expanded and updated, the popular *Gold Medal Nutrition* is back and more relevant to athletes than ever. The fifth edition sports a new look, illustrations, and current discussions of key topics, like what nutrients are needed for peak performance, how best to plan food purchasing and how to control body fat stores and gain muscle.

Clear and concise, it is a practical resource for recreational and elite athletes, coaches and health professionals. With the easy-to-follow format in *Gold Medal Nutrition*, readers can find the advice they need in a matter of seconds.

Glenn Cardwell created a resource that contains universal principles that anyone will find useful. In a comprehensive—yet accessible—text, Cardwell explains how to

- get enough protein,
- find the best nutritional supplements,
- eat to bulk up,
- select the best pre-sport meals,
- drink the best fluids for sports, and
- travel well and avoid jet lag.

The explanations of the physiology behind fuel intake and muscle contraction will be useful to athletes who want to gain a competitive edge in any sport. The book explains how to build endurance and energy with the right mix of protein, carbohydrate, vitamins and liquids. Particularly helpful are the tips for burning fat, building muscle and losing weight safely and sensibly. Readers will feel more confident eating out, reading food labels and even choosing supplements as they integrate these guidelines into their daily lives.

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Beth Stewart:

This Gold Medal Nutrition-5th Edition book is simply not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is definitely information inside this e-book incredible fresh, you will get details which is getting deeper you actually read a lot of information you will get. This specific Gold Medal Nutrition-5th Edition without we realize teach the one who examining it become critical in considering and analyzing. Don't possibly be worry Gold Medal Nutrition-5th Edition can bring when you are and not make your handbag space or bookshelves' become full because you can have it within your lovely laptop even telephone. This Gold Medal Nutrition-5th Edition having great arrangement in word and also layout, so you will not sense uninterested in reading.

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