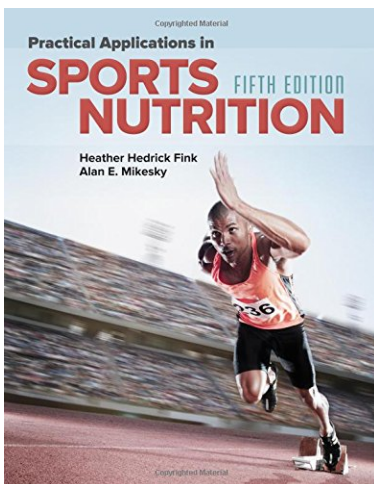


[PDF] Practical Applications In Sports Nutrition

Heather Hedrick Fink, Alan E. Mikesky - pdf download free book



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Description:

Each new print copy includes Navigate 2 Advantage Access that unlocks a comprehensive and interactive eBook, student practice activities and assessments, a full suite of instructor resources, and learning analytics reporting tools Revised and updated with a full-color design and art program, the Fifth Edition of Practical Applications in Sports Nutrition provides students and practitioners with the latest sports nutrition information and dietary practices so they can assist athletes and fitness enthusiasts in achieving their personal performance goals. With data and statistics from the latest nutrition research and guidelines, it demonstrates effective ways to communicate sports nutrition messages to athletes and how to motivate

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