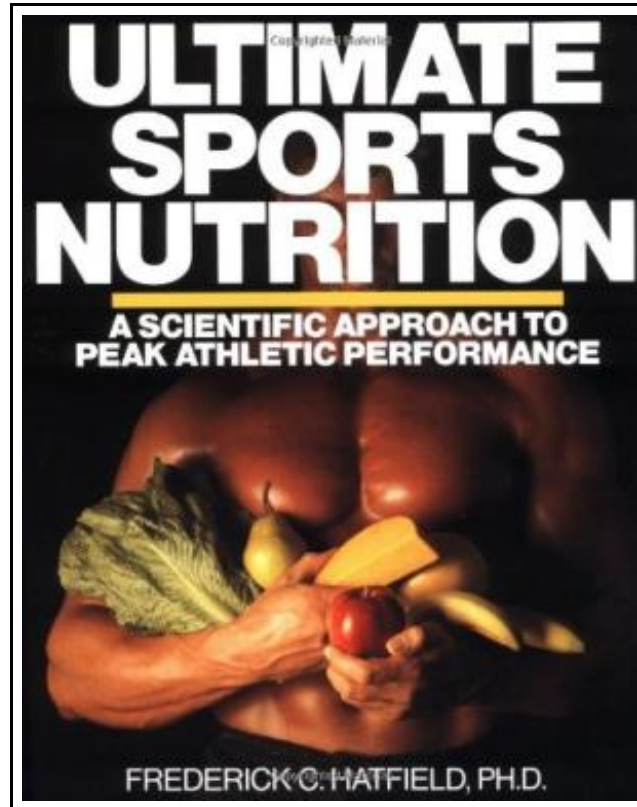


Ultimate Sports Nutrition



Filesize: 9.69 MB

Reviews

Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.

(Melany Goyette)

ULTIMATE SPORTS NUTRITION



Lincolnwood, Illinois, U.S.A.: Contemporary Books, Lincolnwood, Illinois, U.S.A., 1987. Soft cover. Condition: New. From Publishers Weekly: Hatfield, editor of Sports Fitness magazine and author of Bodybuilding: A Scientific Approach, focuses on sports requiring great strength. But his balanced concept of nutrition for the athlete, whatever the sport, precludes the shortcuts bodybuilders and weightlifters take, which sometimes lead to the use of steroids. The author collects up-to-date information on biochemical responses of the body and shows how athletes can take maximum advantage of them. The long section on amino acids and energy enhancers is especially useful, and the nutritional requirements of some 20 sports are covered more effectively than in other guides. Copyright 1987 Reed Business Information, Inc. Book Description In an age when the winning edge is measured in milliseconds, athletes must apply every resource to gain that edge. Ultimate Sports Nutrition offers state-of-the-art methods of diet and supplementation for achieving super fitness and peak athletic performance. Nutrition and fitness expert Dr. Fred Hatfield not only gives the latest advancements in nutritional sciences but tells you how to implement them into a total nutritional program that can drastically improve both strength and endurance. More importantly, he explains--in layman's terms, perhaps for the first time--how to enhance chemical interactions to achieve superior performance capabilities, carrying the reader light years beyond Durk Pearson's formula for "life extension" into the realm of life enhancement. Interspersed with graphics, charts, and anecdotes from top athletes and coaches, this book details guidelines for gaining weight, losing weight, improving muscle-to-fat ratio, and eating and supplementing during the season, off-season, and preseason. While keeping in mind the specifics of each sport and its physical demands, Hatfield discusses it all--from amino acids to energy enhancers, from herbs to metabolic activators to effective Soviet formulas--giving today's athlete the ultimate in...



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