

NAVY SEAL GUIDE TO FITNESS AND NUTRITION



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The Navy SEAL Physical Uniformed Services University of

The Navy SEAL Physical Fitness Guide Warfare (SEAL) personnel, U.S. Marine Corps personnel, and Navy damage control personnel. Dr. Bennett currently serves as the Special Advisor to Navy Surgeon General for Physiology. Dr. Bennett has enjoyed long distance running (10k, half marathons and marathons) for over twenty years.

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The Diet of the Navy Seals Livestrong com

In addition, the 2007 publication of The U.S. Navy SEAL Guide to Fitness and Nutrition, edited by Patricia A. Deuster, et al., recommends that the Navy SEAL eat a diet composed of 60 to 65 percent carbohydrates, with fat accounting for less than 30 percent of the total calories and protein contributing the remaining nourishment.

<http://ebookslibrary.club/download/The-Diet-of-the-Navy-Seals-Livestrong-com.pdf>

The U S Navy SEAL Guide to Fitness and Nutrition Review

The U.S. Navy SEAL Guide to Fitness provides a dual approach to fitness and gives you sound advice on both nutrition and fitness. The fitness section not only tells you how to exercise, but informs you about what actually takes place in your body and how the exercises affect your body.

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Fitness Sports and Deployed Forces Support Nutrition

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