



Fitness Nutrition for Unique Dietary Needs

By Stella Volpe, Sara Bernier Sabelawski, Christopher Mohr

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Fitness Nutrition for Unique Dietary Needs, Stella Volpe, Sara Bernier Sabelawski, Christopher Mohr, "Fitness Nutrition for Unique Dietary Needs" provides nutrition information to health/fitness specialists, personal trainers, strength and conditioning coaches, sport nutritionists, general nutritionists and clinical exercise physiologists, as well as physically active individuals with special dietary needs. This is the only book to focus on special dietary needs. Case studies and sample diets are included making it easier to follow proper fitness nutrition. Clients/patients can print material that will help them increase their adherence to instructions. The case studies show how to apply the material in a variety of settings and situations. The sample meal plans will make it easy to come up with individualised plans for unique clients. Being reproducible, they also facilitate teaching clients how to vary their own plans according to their own unique tastes and situations. This exciting new book includes 50 figures, tables and special elements that can be photocopied and given to clients or patients, 12 case studies from a variety of guest dieticians, sample meal plans and an appendix of alternate food choices, as well as exercise guidelines for each population treated.



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