

# Food for fitness and sports

**Richards Rosen Press - Eating and exercise: 5 tips to maximize your workouts**



Description: -

- Athletes -- Nutrition.

Youth -- Nutrition.

Physical fitness -- Nutritional aspects. Food for fitness and sports

-Food for fitness and sports

Notes: Bibliography: p. 143-148.

This edition was published in 1977



Filesize: 30.97 MB

Tags: #Ten #Things #You #Need #to #Know #About #Sports #Nutrition

## Fitness & Sports Nutrition

Additional benefit: Fruits and vegetables give you the carbs you may lack for maximal performance. PROTEIN Protein is important for muscle growth and to repair body tissues. Credit: Find out what food and drink will help you get the most out of your sport and fitness activities.

## Food and drinks for sport

You should start any exercise session well hydrated.

## Ten Things You Need to Know About Sports Nutrition

Vitamins: Fat-Soluble, Water-Soluble, and Vitamin-LikeCompounds 8.

## Ten Things You Need to Know About Sports Nutrition

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