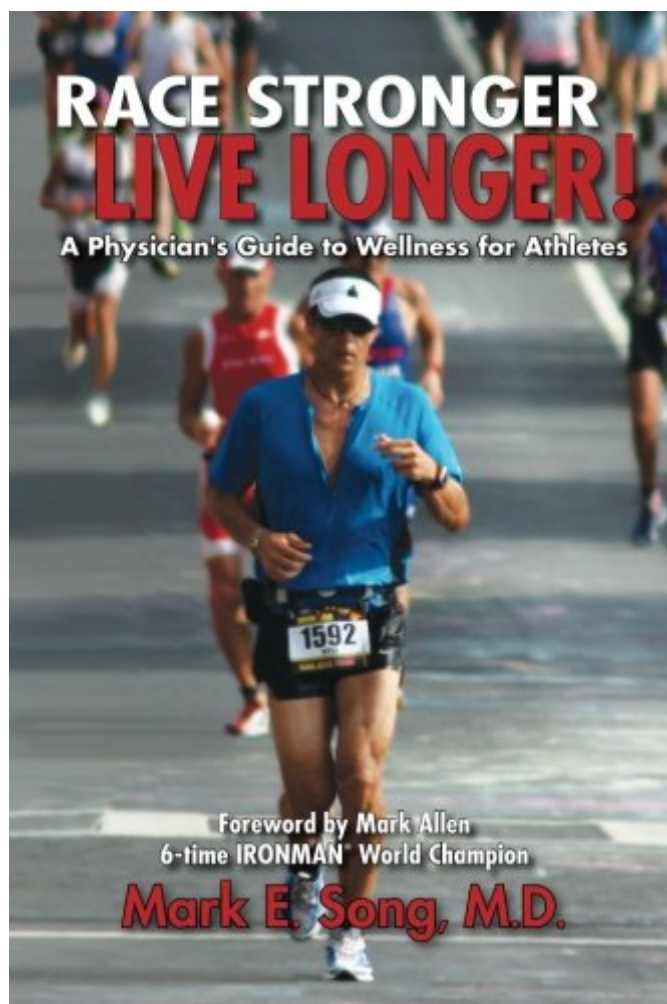


Race Stronger Live Longer: A Physician's Guide to Wellness for Athletes PDF



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Race Stronger Live Longer: A Physician's Guide to Wellness for Athletes by Mark E. Song ISBN 0991626702

As an athlete, are you training to set a PR or to stand on the winner's podium? Are you working out to lose those extra pounds and become fit? Perhaps you should also be concerned with your overall wellness and your long-term quality of life. If so, pick a comfortable place to sit down and read this book! Learn about your cardiovascular risk factors, improve your nutrition, adopt the Circle of Wellness into your lifestyle and reap the rewards of improved performance, along with an improved quality of life. This medically referenced book has valuable information that you may not have considered. You may just learn to Race Stronger, Live Longer!

Race Stronger Live Longer: A Physician's Guide to Wellness for Athletes Review

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