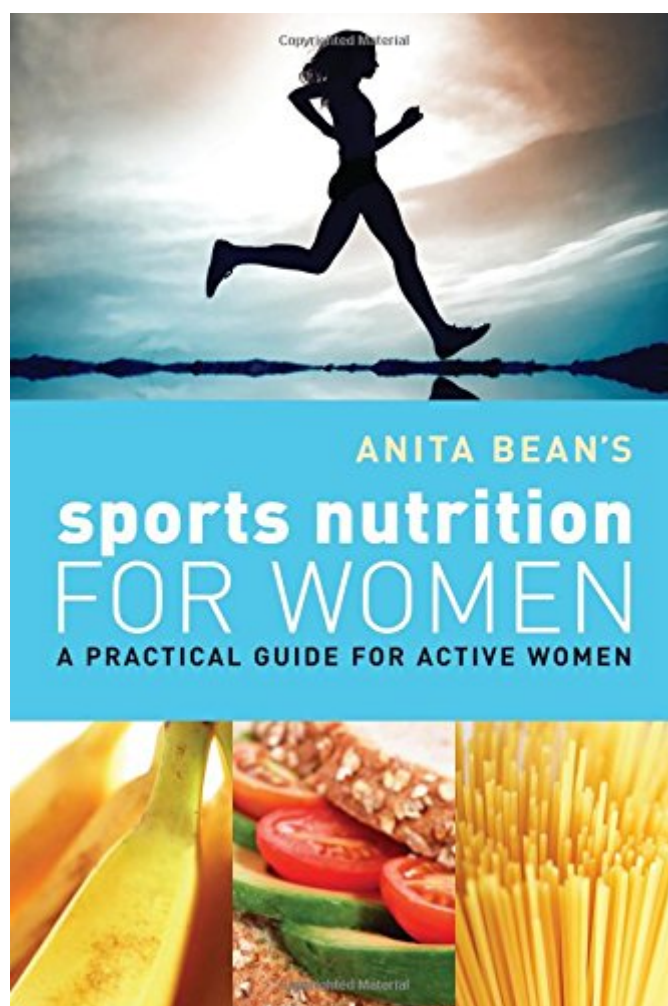


Anita Bean's Sports Nutrition for Women: A Practical Guide for Active Women PDF



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Anita Bean's Sports Nutrition for Women: A Practical Guide for Active Women by Anita Bean ISBN 1408114070

Women who exercise regularly have specific nutritional needs. Carefully researched and fully up to date, and written by an experienced sports nutritionist, Anita Bean's book is written in a clear and accessible way to appeal directly to active women. This book covers topics such as exercise and the menstrual cycle, bone health, disordered eating, weight loss and iron deficiency anaemia. Around 45% of women take place in sport or physical activity, and over 4.4 million women are members of sports clubs (21% of women). A recipe section gives women lots of ideas for healthy and easy -to-cook meals and snacks.

Anita Bean's Sports Nutrition for Women: A Practical Guide for Active Women Review

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