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The Athlete's Diet in 80 Questions

Author: Denis Riché

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At long last, this book answers the dietary questions of amateur athletes looking to improve their athletic performance.

Drawing upon his extensive experience as a sports journalist specializing in nutrition and diet counseling for high-level athletes, Denis Riché addresses the 80 most frequent topics he has encountered, such as:

- the basics of a balanced diet and how to apply these basics depending on the sport (such as weightlifting, skiing, and judo);
- how to manage food intake the day before intense physical exertion over a prolonged duration, like a mountain hike;
- how to choose between the different nutritional and food supplements available and which are best, most effective, useless, or even harmful.

With this book, everyday athletes will be able to better manage their diet and performance.

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