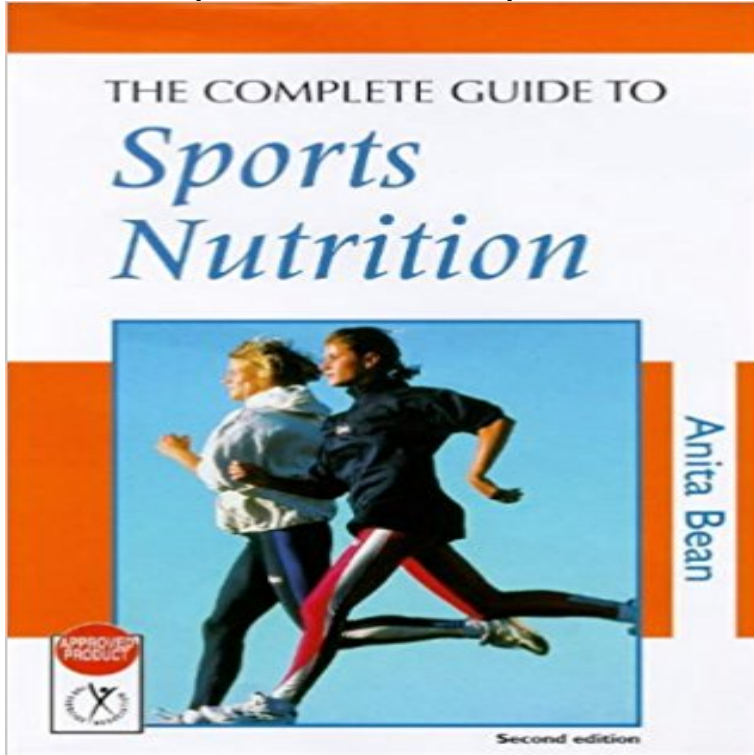


# The Complete Guide to Sports Nutrition (Nutrition and Fitness)



Aimed at all sports people, this book shows how improved nutrition can help to improve performance, boost energy levels and reach higher competitive standards. It offers advice on topics such as training diet, carbohydrate requirements, fluid intake, weight management and disordered eating.

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