

## Sports Nutrition

# Sports Nutrition

THE KICKSTART GUIDE  
TO ATHLETE'S SUCCESS



LYNNE  
PARCELL

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Sports nutrition is nothing short of essential. What you do not know about the athletes that you see on the television, competing in the Olympics and breaking world records is that they have a plan in place that

allows them to succeed. Trough this ebook, You will learn how sports nutrition affects virtually every aspect of your game and how you can better enhance your game by the foods, exercises and processes that you put your body through. Discover: The right nutrition for athletes How to fuel your body The importance of safe and proper diet And more

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