



## 10 Nutrition Tactics of Top Athletes /

Lecture/presentation

Material Projectable

Many people are curious about what elite endurance athletes put on their plate or in their mouth during an event. 10 Nutrition Tactics of Top Athletes takes lessons from the top athletes and discusses the science behind their nutrition-related tactics. The DVD offers tools and advice that health/wellness professionals can share with their clients. The DVD discusses the science underlying diet strategies that are typically adhered to by endurance athletes and details evidence-based information and insights concerning how they fuel their workouts"all appropriate within the scope of practice

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**Título:** 10 Nutrition Tactics of Top Athletes Presented by Jenna A. Bell, PhD, RD

**Editorial:** Monterey, CA Healthy Learning 2009

**Descripción física:** 1 online resource (86 minutes)

**Duración:** 012544

**Nota general:** Title from resource description page (viewed January 13, 2017)

**Lengua:** In English Original language in English

**Materia:** Nutrition in Physical Education Diet and food

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