

Nsca Guide To Sport Exercise Nutrition

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NSCA's Guide to Sport and Exercise Nutrition covers all aspects of food selection, digestion, metabolism, and hydration relevant to sport and exercise performance. This comprehensive resource will help you understand safe and effective ways to improve training and performance through natural nutrition-based ergogenic aids like supplementation and macronutrient intake manipulation.

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NSCA's Guide to Sport and Exercise Nutrition will lead you through the key concepts of sport and exercise nutrition so that you can assess an individual's nutrition status and—if it falls within your scope of practice—develop customized nutrition plans.

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