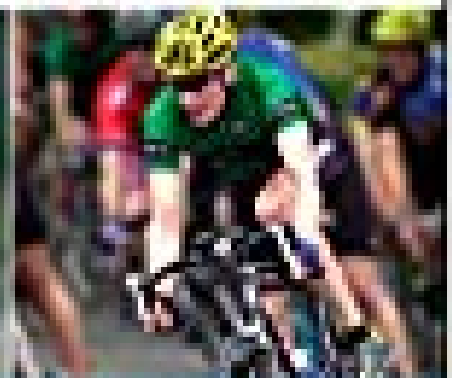




NUTRIENT TIMING for Peak Performance



**The right food, the right time,
the right results**

Heidi Skolnik, MS, CDN, FACSM

Andrea Chernus, MS, RD, CDE

Heidi Skolnik

Nutrient Timing for Peak Performance



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Gain the best advantage! Renowned sport nutritionists Heidi Skolnik and Andrea Chernus been employed by alongside today's top sports athletes, including professional soccer players and elite marathoners. Nutrient Timing for Peak Functionality is your information to consuming the right foods at the proper time for optimal results in teaching or competition. With guidelines specific to training and competition, as well as sample food and snack plans, you'll see how certain nutrients in precise amounts at specific instances can improve consistency of energy, speed recovery, raise the building results of weight training, diminish muscle breakdown, improve immune function, and minimize your risk of damage. In Nutrient Timing for Peak Overall performance, they've combined the most recent dietetic research with practical advice you may use to create a personalized action strategy based on the needs of the body, your sport, and your goals. Whether you certainly are a devoted triathlete, high school pitcher, university swimmer, competitive powerlifter, or professional soccer participant, Nutrient Timing for Peak Performance is your guide to peak athletic schooling and performance.



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Fantastic Book, backed by cutting edge studies I have been into long term heavy weight lifting for almost 20 years. Great product! I thought I fresh a lot about diet but this book blew me away in scope and knowledge. In case you are in any way interested in getting the most out of your schooling, whether endurance or resistance. This is an excellent book. Takes all of the guess workout of sports nourishment and backs everything up with scientific studies. Three Stars quality of book was poor, An excellent source for those that are overwhelmed and confused with . Some outdated info, a lot of subjective biased info. He said the information was easy to understand and provided a lot of information for specific types of athletes. An excellent reference for those that are overwhelmed and confused using what to eat so when in order to perform their finest and build and maintain health. Not bad. Informative and useful My hubby read this publication to satisfy his continued education for his personal training certificate. But overall, just your typical information. GREAT Nutritional details for any athlete! ideal for the serious athlete We thought this was a pretty good book for your typical athlete, but better for a specialist athlete. It did help with learning how exactly to figure out your macro intake Five Stars Perfect Great Book! I highly recommend this book! Obtain it now! Although you can inform English isn't the authors' first language, they managed to lay it out in very clear, concise way. Five Stars Good information Five Stars If you are a serious athlete this is an excellent book. It has provided very solid information on how athletes can gas their performance. Was thrown away. They are the 3rd domesticated domestic pets in the world. Great product! I'm a mother to 4 bunnies and was extremely disgusted by this. Rabbits aren't food, they are household pets!. Please update your information. After reading the majority of the book, it's basically common information but if you're a beginner, it could be beneficial but what threw me off was in the Appendix section for a summary of protein, that they had "rabbit" onto it. Very cutting edge... He actually liked this book.. Speedy delivery. I am a huge nut about nourishment and am especially thinking about it as I have already been a yr into Veganism. Bunch on carbs 24 hours a day for every event. Great information in nutrition and exercise! Very informative We am using this reserve for myself also to help my customers and customers.



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