



# THE HEALTHY FORMER ATHLETE



**NUTRITION AND FITNESS ADVICE  
FOR THE TRANSITION FROM  
ELITE ATHLETE TO NORMAL HUMAN**  
LAUREN LINK, RD, CSSD

*Lauren Link RD CSSD*

## **The Healthy Former Athlete: Nutrition and Fitness Advice for the Transition from Elite Athlete to Normal Human**



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They say athletes suffer two deaths?the one by the end of their lives, and the one by the end of their collegiate or professional sports lives.“My experience working with Skyhorse is usually always a confident collaboration. Luckily, Lauren Hyperlink, RD, CSSD, has already dealt with this life modification and with The Healthful Post-College Athlete, any former athlete can learn how to move from the self-discipline of weightlifting classes and conditioning for a casino game or competition, to maintaining a wholesome life style without those familiar goals. The book is targeted at those people who are juggling a switch from the intense, competitive, and routine-oriented life of an athlete, and displays how exactly to apply the lessons learned from that point to lifestyle as a normal human being. The editors are first-rate experts, and my books receive top-shelf treatment. Link covers such surface as: • Modifying your daily diet based on “normal human being” calorie expenditure, with food planning and food shopping • Designing a routine and workout to stay fit and healthy • Easy-to-prepare recipes that will assist facilitate a healthy lifestyle • Forming an identification beyond your sport Whether you’re a specialist athlete or just a person attempting to be healthier, this book will highlight a path to living a better and healthier existence. With a humorous and self-effacing tone, Link will show you how to changeover in The Healthy Post-College Athlete. For an athlete to proceed from an athletic career to retirement could be a difficult transition. Also included in the publication are excerpts from Hyperlink’s own blog that she started to document her transition from her collegiate athletic lifestyle, alongside lists and case studies to help contextualize the task in leaving the concentrate and self-discipline of an athletic life.” –David Fischer, author I truly appreciate our working romantic relationship and hope it continues for years to come.



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So great to have a good source of information from someone who has experienced their place as an athlete making this transition.! Must Browse for Retiring Athletes Amazing read for anybody who's finishing up their athletic job.Great read! Recommended to numerous friends as they wrap up their university athletic careers. Very useful for me as I completed my football career!



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