



THE U.S. NAVY SEAL GUIDE TO FITNESS AND NUTRITION

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U.S. Navy

The U.S. Navy SEAL Guide to Fitness and Nutrition (US Army Survival)



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definitions, functions, and daily allowances of carbohydrates, fats, and protein; Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community, this manual is a unique resource for anyone attempting to improve his or her health, strength, and endurance. Developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare (NSW) community, this comprehensive guide addresses all the essentials of physical well being along with advice for the specific challenges encountered in extreme conditions and mission-related activities. nutritional considerations for endurance and strength training activities; and even more. cardio-respiratory conditioning; appropriate equipment for swimming and running for fitness; working out in severe and adverse weather; energetic recovery from injury; Topics covered include calculating energy expenditure;



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