

*The Revolutionary Program Elite  
Athletes Use to Increase Performance  
and Achieve Total Health*

# STEP UP YOUR GAME



N A R E S H C . R A O

Naresh C. Rao

## Step Up Your Game: The Revolutionary Program Elite Athletes Use to Increase Performance and Achieve Total Health



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As a sports and wellness medication practitioner whose customers include Olympic and professional athletes, triathletes, and weekend warriors, Dr. Naresh Rao provides uncovered the secrets of how and just why elite athletes consistently perform at the highest levels. In *Step Up Your Game*, he reveals what separates the best athletes from ordinary people, despite our best attempts in any chosen sport. Relating to Rao, top athletes know that peak functionality requires much more than consistent practice. He reveals a thorough program that considers every part of optimizing wellness—from monitoring health to improving nutrition, carrying out a thorough training process, and developing a plan for recovering from and preventing injury. commence to fully appreciate their exercise experience because they work to accomplish their healthiest selves. While not every name we publish turns into a New York Situations bestseller or a nationwide bestseller, we are committed to publishing books on topics that are sometimes overlooked by additional publishers and to authors whose work might not otherwise look for a home. In a nutshell, the sports athletes who are at the very best of their game know that if they would like to improve—whether it's their precision at the goal, time at the final collection, or consistency of perform's program into an existing fitness routine, readers will take ownership of their trained in a systematic method, remove the tension that often hampers outcomes, and—INTENSIFY Your Game reveals how remarkable achievement is available to sportsmen with the conviction and desire to boost. By integrating Dr. Skyhorse Publishing, as well as our Sports activities Publishing imprint, is proud to publish a broad range of books for visitors interested in sports—they have to take each of these aspects into consideration each day. most importantly—The mental video game is just as important because the physical one; Rao' In addition to books on popular team sports, we also publish books for a wide selection of athletes and sports activities fans, including books on running, cycling, horse riding, swimming, tennis, martial arts, golf, camping, trekking, aviation, boating, and so much more. books regarding baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book regarding your sport or your team. these athletes make sure to address their motivational, mental, and spiritual needs, too.



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'Perfection is not attainable, but if we chase perfection we can reach excellence' With this opening quote, the publication acts as a thorough guide for a person at any athletic level to raised their performance and truly intensify their game. It's well crafted clear to see and follow and an excellent read for the beginner as well as a educated athlete in almost any sport!.. In addition, it has comprehensive strength and stamina building exercises with pictures. Dr. Rao has supplied a great primer for anyone who is looking to truly step up their game. - SD Four Stars Still reading..! It's meant not just for athletes but for anyone who aspires to have any kind of goal related to their physical efficiency. The book is packed with healthy dishes and meal guidelines which are ideal for various sports..! really well thought out and well written Five Stars Excellent book. I truly learned alot Worth reading in the event that you any sort of physical goal for yourself. Great book.. This publication requires a 'whole person' strategy by delving into what drives a person to master their sport, you start with genes,intrinsic inspiration, effective goal setting, mission statement, getting the right support program in place, nutrition , exercise and appropriate rest. Was suggested as useful read by way of a friend and it had been difficult to put it down.. As a physician, I discovered lessons for personal improvement not only for myself but also for my patients too. The reserve has easy writing style and the author has divided complicated concepts to create it adaptable to the common lifestyle. I specially loved the section about different exercises and workout and about dietary adjustments.! What a great tool. Just what a great tool..!Dr. Rao covers so many essential concepts important not merely to the athlete's functionality, but also the athlete's overall mental, physical and spiritual well-being. Plus, he's a sports med doc and understands the ins and outs of athletic accidental injuries and their prevention. No matter whether you're a higher level athlete or a weekend warrior, you must have this in your library! Loved it! Great book!. Amazing and most encompassing book I luv luv luv this reserve. I'm a starting athlete that desires a comprehensive way of healthy existence. I'm ecstatic that the reserve includes tips on injury prevention and nutritional advice as well. The book has a lot more such insightful quotations from elite sportsmen and people seeking to get healthy.. Great books! Definitely worth buying. Loads of useful information Great books! Loads of useful info. I am not an athlete but I am continuously trying to improve my personal through fitness. This book is a superb help!



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