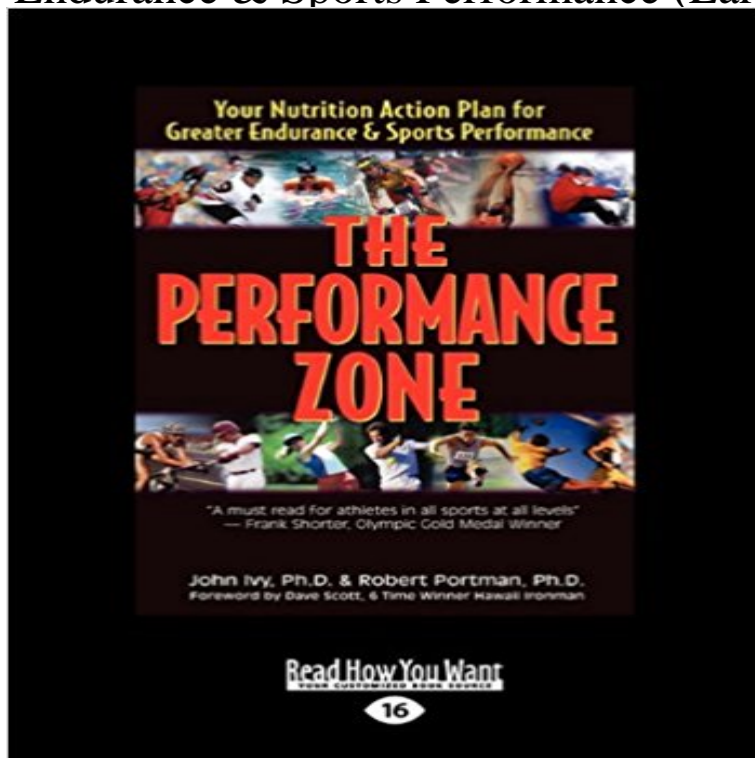


## The Performance Zone: Your Nutrition Action Plan for Greater Endurance & Sports Performance (Large Print 16pt)



Every athlete, coach, and parent of a young athlete knows that nutrition can enhance sports performance. But few know exactly how to make this happen. The Performance Zone solves this problem. This book synthesizes the most sound and up-to-date science to provide a nutrition action plan that enables athletes to raise their athletic performance. The authors provide simple, proven guidelines for fueling muscles during and after sports activity. Using these guidelines, athletes can increase their endurance and strength, reduce injuries and muscle soreness, bounce back faster after training and competition, and even be less susceptible to infections. Since each sport has slightly different nutritional needs, this book includes sports-specific nutrition tips from elite athletes, leading coaches, nutritionists, and exercise physiologists in the major individual and team sports.

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