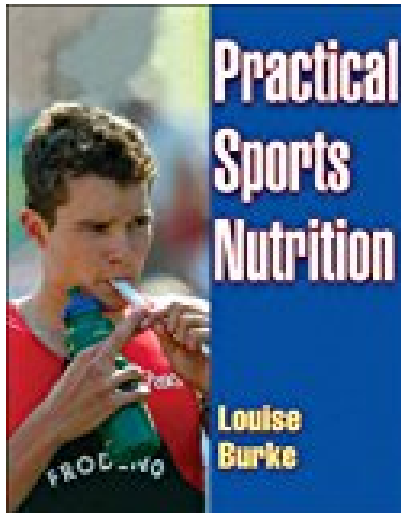


Practical Sports Nutrition



BOOK DETAILS

- Author : Louise Burke
- Pages : 544 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 073604695X

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BOOK SYNOPSIS

"Practical Sports Nutrition" provides detailed, sport-specific advice that enables you to approach individual athletes and teams with an understanding of their sport and unique nutritional needs.

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