

## Nutrition Health Fitness And Sport 10th Edition

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Nutrition for Health, Fitness & Sport uses a question-answer approach, which is convenient when you may have occasional short periods to study, such as riding a bus or during a lunch break. In addition, the questions are arranged in a logical sequence, the answer to one question often leading into the question that follows.

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Get Health Facts Nutrition & Fitness. Nutrition & Fitness. Whether it's playing football, swimming, jogging, kick-boxing or walking, active people (people who have rigorous exercise routines or play sports) or athletes need to eat a nutritious, balanced diet to fuel their body.

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Nutrition for Health, Fitness and Sport

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Sports nutrition focuses on good eating habits all the time, but also may focus on carbohydrates. For example, athletes training for endurance events may eat more carbohydrates in their diets in the days before the event to boost their energy and performance. Protein for muscle repair and growth is another important aspect of sports nutrition.

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Fitness Training > Health & Nutrition > Exercise Nutrition. Exercise Nutrition. Food and exercise go hand in hand. If you are on an exercise program, you must ensure that you are getting enough energy to fuel your exercise, as well as all the right nutrients.

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