

Ovid®

100 Questions & Answers About Sports Nutrition and Exercise

Rely on Ovid as the trusted solution that transforms research into results



Provides easily accessible answers to questions that athletes, athletic trainers and coaches may have about sports nutrition

Equipped with case studies, quick tips, and testimonials, this practical guide covers topics such as: vitamins and minerals, fluids, medications and supplements, weight management, warm ups and cool downs, flexibility, and more.

Publication Year	2010
Edition	1st
Author/Editor	Al-Masri, Lilah; Bartlett, Simon
Publisher	Jones & Bartlett Learning
ISBN	978-0-763-77886-6
Doody's Star Rating®	★★★★★ Score: 97
Platform	OvidMD, Ovid
Product Type	Book
Speciality	Nutrition & Dietetics Sports Medicine
Language	English
Pages	256
Illustrations	0
Included In	Jones & Bartlett 100 Q & A's Book Collection