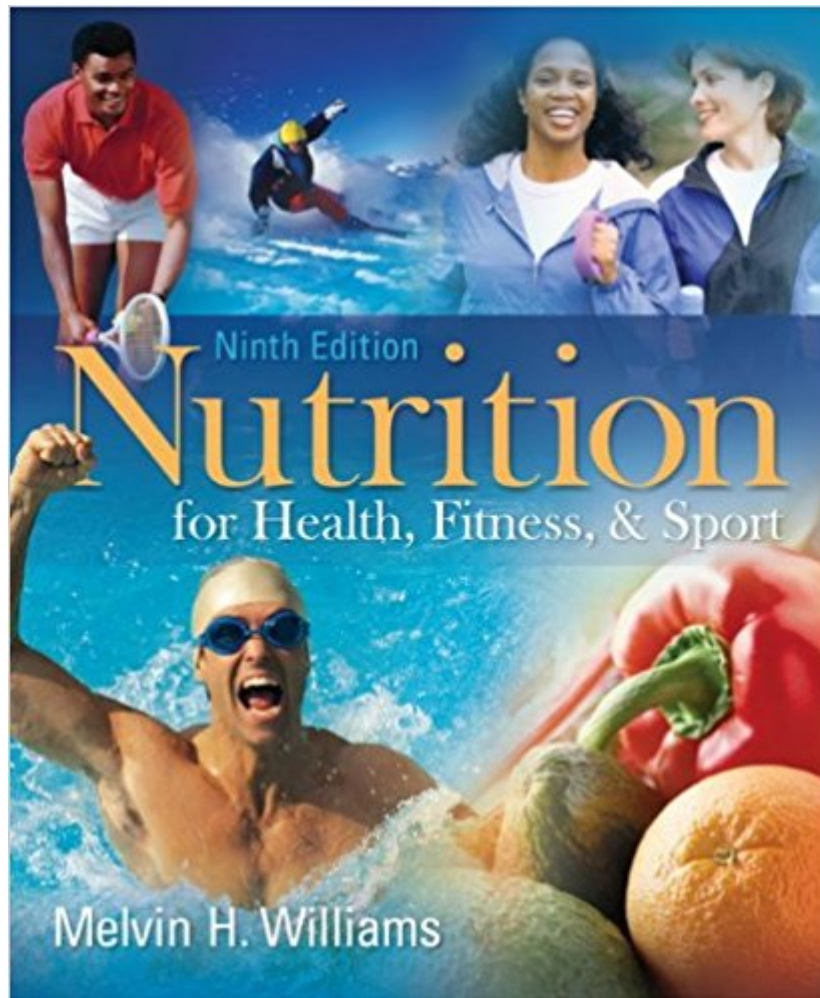




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# Nutrition For Health, Fitness & Sport



## Synopsis

This textbook provides the reader with thorough coverage of the role nutrition plays in enhancing one's health, fitness, and sport performance. Current research and practical activities are incorporated throughout.

## Book Information

Paperback: 648 pages

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## Customer Reviews

Melvin Williams is the Director of Human Performance Laboratory at Old Dominion University, and has more than 30 years of lab research with a focus on the role of nutrition in sports. He has written and edited five books on ergogenic aids and the role of nutrition in sports -- his two latest books are *The Ergogenics Edge: Pushing the Limits of Sports Performance* (Human Kinetics) and *Nutrition for Health, Fitness, and Sports, Sixth Edition* (McGraw-Hill). He earned a B.S. from East Stroudsburg State College (1962), a Master of Education degree from Ohio University (1963), and a Ph.D. from the University of Maryland (1968), with a doctoral dissertation on the effects of alcohol as a possible means to enhance strength and endurance. He's an accomplished marathon runner, placing first in his age group numerous times in the Marine Corps Marathon, which merited his selection in the Marine Corps Marathon Hall of Fame in 2001.

I rented this book for my Exercise Nutrition course. This book helped me go through the class like it was nothing. The book is fairly simple to read and understand. It has really good information about everything nutrition, of course there are more advanced books out there, but this one helped me

develop a decent diet change plan and supplements to use and not use. This book and this class has really helped me turn my life around. I would recommend this book to anyone who is taking a class with it required or to anyone who wants to learn about nutrition for your health, fitness or sport

I used this book for a class but ended up buying it. It is very easy to read and is wonderfully organized. I usually rent my textbooks but I bought this one. I reference it while planning my workouts and diet routine. It references many of the current diet and fitness supplements and techniques and explains how and why they work, or not.

This textbook was used for my Sports Nutrition class. It is set up pretty well and had lots of info. I rented it from , the condition was not perfect and and highlights in it, but that was ok, and the book was still in a good condition. This would be a perfect book for students taking sports nutrition or for anyone who wants good sound information regarding the topic.

good

Looks good

I bought this book for a health course but I still have it and refer to it for personal use. Has great information for people who would rather do home remedies for treating common colds and gives great advice and improving immune system and really helps people understand good nutrition and weight loss and learn weight loss skills that really do work.

Shipping and everything else is perfect!Book looks pretty new.

I have used this textbook since its 1st Edition and it just gets better and better. Covers meat-based diets and plant-based diets, and provides plenty of excellent research studies.

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