

## Nancy Clarks Sports Nutrition Guidebook 5th Editionnancy Clarks Sports Nutritionpaperback

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Nancy's best selling Nancy Clark's Sports Nutrition Guidebook has sold over 750,000 copies. It is now available in it's 6th edition (2019). Her food guides for new runners, marathoners, soccer players and bicyclists, are handy resources. They include tips on daily eating and how to effectively lose weight.

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Nancy Clark's Sports Nutrition Guidebook, Fifth Edition, is Human Kinetics' most popular nutrition title and provides information that is accessible and applicable to a large audience of athletes and active people.

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### Nancy Clark's Sports Nutrition Guidebook

" [ Nancy Clark's Sports Nutrition Guidebook is] the go-to manual for active people to fuel their exercise endeavors... With a focus on sports nutrition, you're not focused so much on losing, but on gaining. You're gaining speed, strength and stamina along with mental acuity and improved wellbeing.

### Nancy Clark's Sports Nutrition Guidebook: Amazon.co.uk ...

Nancy Clark is a powerhouse when it comes to Sports Nutrition. As a Sports RD, I appreciate the practicality the book provides along with being evidenced-based and up to date in recommendations. Nancy herself is also a warm-hearted and kind person (thank you for signing my book at FNCE 2019 Philadelphia).

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