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La Guida Completa All alimentazione Nel Nuoto E Nell Immersione Sportiva: Massimizza Il Tuo Potenziale (Paperback)

By Correa (Nutrizionista Dello Sport Certif

Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: Italian . Brand New Book ***** Print on Demand *****. La Guida Completa all Alimentazione nel nuoto e nell immersione sportiva ti insegnera come incrementare il tuo RMR (tasso metabolico a riposo) per accelerare il tuo metabolismo e aiutarti a cambiare il tuo corpo in meglio. Imparare come mantenersi al top della forma e raggiungere il tuo peso ideale attraverso un alimentazione intelligente che ti permette di performare al meglio. Mangiare carboidrati complessi, proteine, e grassi naturali nella giusta quantita e percentuale come anche incrementare il tuo RMR ti rendera piu veloce, piu agile, e piu resistente. Questo libro ti aiuterà a: -Prevenire la disidratazione - Prevenire la comparsa di crampi. -Stancarti meno. -Riprenderti velocemente dopo competizioni o allenamenti. -Avere piu energia prima, durante, e dopo una competizione. Mangiando nel modo giusto e migliorando il modo in cui alimenti il tuo corpo ridurrai anche gli infortuni e sarai meno incline ad essi in futuro. L essere troppo pesante o troppo esile sono due ragioni comuni che causano infortuni ed e la ragione principale per la quale molti atleti hanno problemi nel raggiungere la loro performance migliore. Vengono spiegati nel dettaglio tre piani...



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