



NUTRITION AND PERFORMANCE IN SPORT SCIENCE AT THE TIP OF THE FORK

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Edited by Christophe Hausswirth (PhD, actually at the Head of the Research Department and Director of the Laboratory of Sport, Expertise and Performance at INSEP), this ebook consists of two complementary parts.

In the first part, leading international specialists in sports nutrition are invited to discuss the very latest and most significant advances in their field.

In the second part, essential topics are covered using a series of questions and answers along with complementary practical worksheets and delicious recipes developed by Chef Alain Despinois from the Lenôtre company in Paris!