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Nutrition for Runners

By Jeff Galloway

Meyer & Meyer Sport (UK) Ltd. Paperback. Book Condition: new. BRAND NEW, Nutrition for Runners, Jeff Galloway, Get the most out of your body! Learn how to eat well, lose weight and have energy to exercise even when you are pressed for time. Author of the bestseller The Run-Walk-Run(R) Method, Jeff Galloway now offers an expansive, state-of-the-art book on the importance of proper nutrition for runners. Jeff's trademarked Run-Walk-Run(R) method has helped hundreds of thousands of average people to get off the couch and start running. Nutrition for Runners goes even further by including all the relevant information for runners to treat their body well off the track as well as on. Proper nutrition is a key component to staying healthy. In order to treat our body right, we need to both exercise and eat well. Using material from renowned nutritionist Nancy Clark, Galloway gives the reader tips on how to get the most out of your body. This book offers a detailed program to help you set up your training and change your nutrition in order to reach the goal you have set for yourself. The book is loaded with tips on what to eat, when to eat, how...



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