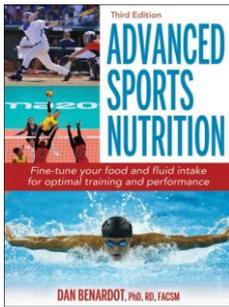


Advanced Sports Nutrition

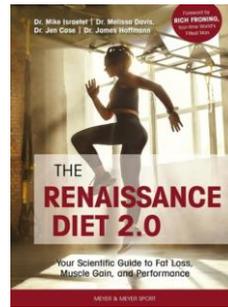


v měkké vazbě, 528 stran
vyd. Human Kinetics, 3.vydání,
VII/2020
ISBN 9781492593096

katalog.cena cca 940 Kč vč.DPH
v této nabídce **790 Kč** vč.DPH

Use the most sophisticated sports nutrition information to help you reach your athletic performance goals. In *Advanced Sports Nutrition, Third Edition*, world-renowned sports nutritionist Dr. Dan Benardot combines the latest research, strategies, and sports nutrition information with his experience in academia and work with elite athletes to help you learn the following: The implications of relative energy deficiency in sport (RED-S) and within-day energy balance so you can maintain crucial energy balance throughout training and competition; Optimal ratios and quantities of nutrients, vitamins, and minerals for achieving maximum power, strength, and performance; How to avoid gastrointestinal distress during activity; The most popular supplements and their effects on your athletic performance; Strategies for balancing fluid and electrolytes to avoid dehydration and hyperhydration; How to combat the effects of travel, such as jet lag, new foods, sleep disruption, and high altitude; Weight-loss and body-composition issues so you can apply appropriate strategies to achieve the optimal strength-to-weight ratio for your sport; Sport-specific guidelines for power sports, endurance sports, and those that require both power and endurance. To further assist you in distilling the science into practice, you'll find 13 practical nutrition guides in the appendix. Curious about pregame nutrition, hydration, high-carb snacks, or macronutrient intake? These quick reference sheets help you easily apply the principles to your own nutrition plan. With *Advanced Sports Nutrition, Third Edition*, you get practical advice for how best to put nutrition science to work for you. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book.

Renaissance Diet 2.0



v měkké vazbě, 320 stran
vyd. Meyer & Meyer Sport, VI/2020
ISBN 9781782551904

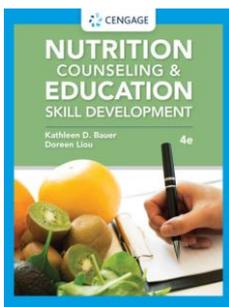
katalog.cena cca 920 Kč vč.DPH
v této nabídce **760 Kč** vč.DPH

The Renaissance Diet 2.0 is not a fad. Instead, this hands-on guide presents a sports nutrition approach to eating for fat loss, muscle gain, and enhanced sport performance by incorporating current, comprehensive evidence which sets it apart from all the misinformation on nutrition available today. Beginning with a discussion on which parts of a diet determine results, the book delves into calorie intake, food quality, meal spacing and timing, and supplement use, rank-ordering them based on their relative contributions to diet so that readers can remain focused and avoid getting needlessly caught up in the minute details.

Next the book further explores why and how calories matter; how much protein is enough; whether snacking is a good idea or if intermittent fasting is better. Each of these questions and more are answered, giving the reader the foundational knowledge to understand diet structure. Finally, readers will learn how to design their individual diets.

They will be given step-by-step guidelines on how to modify their diets as their bodies adapt. Additional information about hunger management, diet psychology, long-term diet planning is provided-all to achieve the best results. Also included are special diet considerations for a vegan diet, training multiple times a day, competition day, endurance sports, and women at different life stages, as well as information on the most pervasive diet myths and why they are wrong. By using the knowledge and tools in this book, the reader is guaranteed to achieve any fat loss, muscle gain, or performance goal.

Nutrition Counseling and Education Skill Development



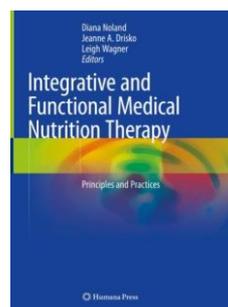
v měkké vazbě, 464 stran
vyd. Cengage, 4.vydání, I/2020
ISBN 9780357367667

katalog.cena cca 2.120 Kč vč.DPH
v této nabídce **1.780 Kč** vč.DPH

Develop the solid foundation in counseling and education principles you need to help clients change food behavior and improve their nutritional status with *NUTRITION COUNSELING AND EDUCATION SKILL DEVELOPMENT, 4th Edition*. Now in striking full color and with engaging digital resources in MindTap, this updated step-by-step guide helps you translate theoretical perspectives on nutrition counseling into real-life applications that have the power to influence client knowledge, skills and attitudes. As you move through the book, you'll have opportunities to practice new skills universal to counseling and education that you can use as a springboard to building and modifying your individual style.

This edition now works seamlessly with the MindTap digital learning platform, featuring interactive videos, case studies and review questions to engage you in learning and applying fundamental skills.

Integrative and Functional Medical Nutrition Therapy



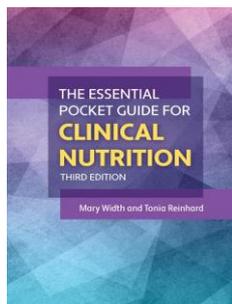
v pevné vazbě, 1101 stran
vyd. Springer Nature, IV/2020
ISBN 9783030307295

katalog.cena cca 4.560 Kč vč.DPH
v této nabídce **3.700 Kč** vč.DPH

This textbook is a practical guide to the application of the philosophy and principles of Integrative and Functional Medical Nutrition Therapy (IFMNT) in the practice of medicine, and the key role nutrition plays in restoring and maintaining wellness. The textbook provides an overview of recent reviews and studies of physiological and biochemical contributions to IFMNT and address nutritional influences in human health overall, including poor nutrition, genomics, environmental toxicant exposures, fractured human interactions, limited physical movement, stress, sleep deprivation, and other lifestyle factors. Ultimately, this textbook serves to help practitioners, healthcare systems, and policy makers better understand this different and novel approach to complex chronic disorders.

It provides the reader with real world examples of applications of the underlying principles and practices of integrative/functional nutrition therapies and presents the most up-to-date intervention strategies and clinical tools to help the reader keep abreast of developments in this emerging specialty field. Many chapters include comprehensive coverage of the topic and clinical applications with supplementary learning features such as case studies, take-home messages, patient and practitioner handouts, algorithms, and suggested readings. Integrative and Functional Medical Nutrition Therapy: Principles and Practices will serve as an invaluable guide for healthcare professionals in their clinical application of nutrition, lifestyle assessment, and intervention for each unique, individual patient.

Essential Pocket Guide for Clinical Nutrition

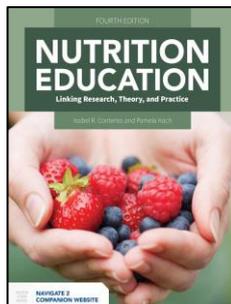


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vvd. Jones and Bartlett, 3.vydání,
11/2020
ISBN 9781284197839

katalog.cena cca 1.140 Kč vč.DPH
v této nabídce **980 Kč** vč.DPH

The Essential Pocket Guide for Clinical Nutrition, Third Edition is a quick-reference guide for dietitians, students, and other health professionals actively engaged in clinical nutrition, providing them with immediate access to evidence-based information on nutritional assessment, nutrition support, and nutrition considerations for specific diseases such as cancer, cardiovascular disease, diabetes, and pulmonary disease. Using the latest nutritional guidelines, the authors utilize a consistent chapter format that includes sections on disease process, treatment and nutritional intervention, and patient education, making it easy to find the relevant information. New sections consider the nutrition implications of dementia, Alzheimer's, and Parkinson's; nutritional care for bone marrow transplant patients; food safety in intestinal transplant operations; and more.

Nutrition Education: Linking Research, Theory, and Practice



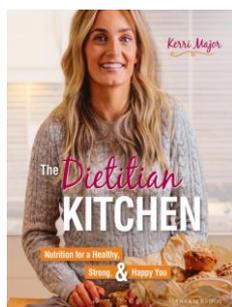
v pevné vazbě, 708 stran
vyd. Jones and Bartlett, 4.vydání
1/2020
ISBN 9781284168921

katalog.cena cca 1.980 Kč vč.DPH
v této nabídce **1.680 Kč** vč.DPH

Each new print copy of Nutrition Education, Fourth Edition includes access to the Navigate Companion Website which includes worksheets in writable PDF format, practice quizzes, interactive flashcards, and interactive glossary. The fourth edition of Nutrition Education: Linking Research, Theory, and Practice provides a straightforward, user-friendly model for designing effective nutrition education programs that address the personal and environmental factors affecting individuals' food choices and assists them in adopting healthy behaviors throughout their lifetime. Built around the six-step DESIGN process, the Fourth Edition integrated research, theory, and practice and provides advice and direction on designing, implementing, and evaluating theory-based nutrition education.

This text is divided into three parts: * Part I describes the key elements of success for nutrition education, as well as the major theories that can be used in nutrition education intervention. * Part II features the six-step process for designing nutrition education, translating theory into concrete objectives and strategies that can be practically implemented. It includes worksheets and case studies to provide a clear illustration of each step. * Part III describes the nuts and bolts of implementing nutrition education, including information on leading groups, working with diverse populations, making presentations, and using media effectively.

Dietitian Kitchen



v měkké vazbě, 264 stran
vyd. Meyer & Meyer Sport, 1/2020
ISBN 9781782551843

katalog.cena cca 680 Kč vč.DPH
v této nabídce **560 Kč** vč.DPH

As a registered dietitian and certified personal trainer, Kerri knows all too well the importance of nourishing and fueling our bodies with a well-balanced diet and why we should be keeping ourselves active. However, in recent years, the concept of eating well has become overly complicated and expensive thanks to the ever-growing diet industry trying to sell the next quick fix to help shed the pounds. This growing trend has, in turn, caused people to develop a poor relationship with food--and their bodies.

Enough is enough. This book brings the readers back to the basics of nutrition. The book encourages everyone to learn the foundations of nutrition, giving the readers the knowledge to nourish their bodies appropriately and to say goodbye to fad diets for good! This book also provides readers with healthy, simple, affordable, and delicious meal ideas to nourish and fuel their day, sweet treat ideas to nourish the soul, and exercise inspiration to help keep them moving.

They will learn to nourish their bodies with unprocessed, whole foods and to exercise every day in a way that is both fun and empowering for the mind, body, and soul. The author shares her nutrition and exercise philosophy with readers and helps educate and inspire them to fall in love with looking after themselves and shows them that it can be done, even with the busiest lifestyle. This book is a must-have for anyone looking to live a healthy lifestyle through better nutrition and exercise.

Eat, Move, Sleep, Repeat



v měkké vazbě, 400 stran
vyd. Meyer & Meyer Sport, 1/2020
ISBN 9781782551874

katalog.cena cca 760 Kč vč.DPH
v této nabídce **640 Kč** vč.DPH

Exercise and nutrition programs designed to achieve weight loss and improve health and fitness have received considerable attention in recent decades. Though a large number of books have been published on the subject, the vast majority of these books focus on the latest fad diet, usually alone or sometimes in combination with the latest fad exercise regimen, but they rarely provide scientific, evidence-based reasons for their use. Eat, Move, Sleep Repeat is very different.

It provides a scientific evidence-based rationale for selecting certain diets and forms of physical activity that can help to achieve effective body fat and body weight loss; explains how to develop a personalized weight loss plan; gives guidelines for a healthy balanced diet; provides advice on how to improve sleep quality, avoid common illnesses, keep senses, and organs healthy and how much exercise is needed to get health benefits. Meant for every fitness goal, fitness level, and occupation, The Healthy Lifestyle Guidebook aims to provide a set of evidence-based guidelines on how to establish a healthy lifestyle that will promote better quality of life with reduced risk of chronic disease and extend longevity.