



Sports Nutrition for Teen Athletes

By Dana Rau

Capstone Press, United States, 2012. Paperback. Book Condition: New. 249 x 196 mm. Language: English . Brand New Book. Whether you re smashing a home run, scoring a goal, or setting up a teammate for a spike, you need energy. A healthful, balanced diet will give you the energy you need to take the field like a champion. Provide your body with fuel and stay hydrated, and you ll be ready for any challenge that comes your way!.



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