



Anita Bean's Sports Nutrition for Young Athletes

By Anita Bean

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Young athletes, parents, coaches and PE teachers want to know how good nutrition can help young sportsmen and women fulfill their potential. As the government focuses on healthy eating for children, this is becoming even more important with the growing threat to their well-being from inactivity and obesity. With the 2012 Olympic Games approaching, the number of young people participating in sport is set to be the highest it has ever been. Around 85% regularly take part in sports activities outside lessons - swimming is the most common activity for girls, with football for boys. 43% spend between 1-5 hours per week doing sport outside lessons (Sport England). Carefully researched and satisfying the need for a nutrition book specifically for this age group, Sports Nutrition for Young Athletes offers clear advice to sports coaches, teachers and parents of young people wanting to maximise their sports performance through eating healthily and sensibly. The book covers issues such as: Weight, body composition and eating disorders Nutritional considerations for five categories (Track/running, swimming, gym/ice/dance, racquet sports, football/rugby) Practical nutrition tips Eating plans and competition eating strategies Easy delicious and nutritious recipes.

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Anita Bean's Sports Nutrition for Young Athletes By Anita Bean Bibliography

- Sales Rank: #7451114 in Books
- Published on: 2010-09-01
- Original language: English
- Number of items: 1
- Dimensions: 9.21" h x .39" w x 6.14" l, .87 pounds
- Binding: Paperback
- 160 pages

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Editorial Review

Review

Bean provides an abundance of information, much of it presented as answers to questions she poses. There is a collection of recipes at the end of the book that show how you can create food that will taste great and offer great nutrition. (Terry Peters *North Shore News* 2012-09-02)

About the Author

Anita Bean is an accomplished sportsperson, one of the UK's most respected nutritionists and a bestselling author. She is the author of *The Complete Guide to Sports Nutrition*, *Sports Nutrition for Women*, *Food for Fitness*, *Healthy Eating for Kids* and *The Complete Guide to Strength Training*, among other titles.

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