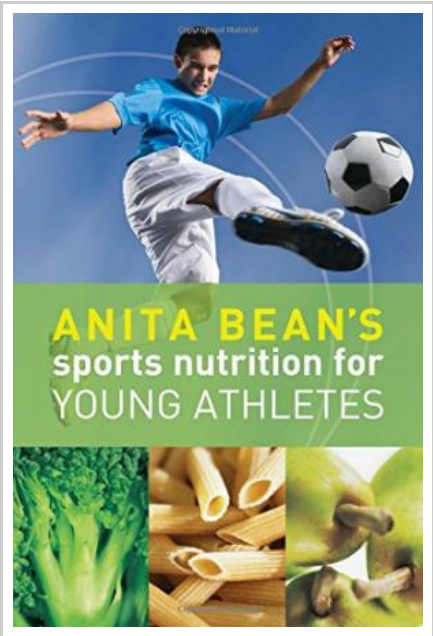


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Anita Bean's Sports Nutrition for Young Athletes

By Anita Bean

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Anita Bean's Sports Nutrition for Young Athletes, Anita Bean, 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 lesons (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...

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