



La Guia Definitiva para la Nutricion del Triatlon: Maximiza tu Potencial (Spanish Edition)

Joseph Correa (Nutricionista Deportivo Certificado)

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La Guía Definitiva para la Nutrición del Triatlón te enseñará como incrementar tu TMR (tasa metabólica en reposo) para acelerar tu metabolismo y ayudarte a cambiar tu cuerpo para bien. Aprende como ponerte en óptima forma y alcanzar tu peso ideal mediante nutrición inteligente para que puedas desempeñarte al máximo. El comer carbohidratos completos, proteínas y grasas naturales en las cantidades y porcentajes adecuados e incrementar tu TMR te hará más rápido, más ágil y más resistente. Este libro te ayudará a: - Prevenir la deshidratación -Prevenir los calambres -Cansarte menos. -Recuperarte más rápido tras una competencia o entrenamiento -Tener más energía antes, durante y después de la competencia El comer bien y mejorar la manera en que alimentas a tu cuerpo también reducirá las lesiones y serás menos propenso a ellas en el futuro. El ser muy grueso o muy delgado son dos causas comunes de que sucedan las lesiones y son la causa principal por la que muchos atletas tienen problemas alcanzando su desempeño máximo. Se explican a detalle tres opciones de planes nutricionales. Puedes seleccionar cuál es la mejor para tí dependiendo de tu condición física general. Uno de los primeros cambios que ve la mayoría de la gente que inicia este plan nutricional es la resistencia. Se cansan menos y tienen más energía. Cualquier atleta que quiera estar en su mejor forma necesita leer este libro y comenzar a realizar cambios a largo plazo que los llevarán al lugar en el que quieren estar. No importa dónde estás ahora o lo que estás haciendo, siempre puedes mejorarte a tí mismo. COME BIEN PARA GANAR MÁS! Joseph Correa es un nutricionista deportivo certificado y un atleta profesional.

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