



Nutrition and Performance in Masters Athletes

Peter R.J. Reaburn

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Addresses the Aging Process and Its Effect on Sports Performance

Age-related changes influence all physiological systems, including those used during exercise and sport. Highlighting masters athletes—older adults who train and compete in organized sports—**Nutrition and Performance in Masters Athletes** examines the extent to which regular physical training can impact these changes. This book bridges the gap between theory and practice, addressing nutritional, exercise and sport sciences, and the actual performance of masters athletes and older exercisers. It reviews in detail many age-related changes that occur in the physiological systems, provides implications of these changes for masters athletes, coaches and clinicians, explores scientifically-based methods to maximize sprint, strength and power, team sport players, endurance and ultra-endurance performance, and focuses on the unique nutritional needs of master athletes.

Examines the Growing Body of Knowledge on Masters Athletes

Each chapter has been written by a world-leading authority in their field. Contributors focus on a specific topic and discuss available research. Incorporating information from studies on younger and older athletes and healthy older non-athletes, they help determine the training and nutrition implications for sports medicine professionals and clinicians, masters athletes and coaches, and future research directions for academic and postgraduate students. The book includes material on endurance, ultra-endurance, speed, strength and power, and team sports athletes. Sections cover macronutrients (carbohydrate, fat and protein needs), micronutrients (vitamin and mineral needs), fluids and hydration; supplements and ergogenic aids, nutrition for chronic disease, and the training/nutrition needs of every type of masters athletes.

Nutrition and Performance in Masters Athletes is highly recommended for medical and health professionals, fellow academics, postgraduates with an interest in masters athletes, as well as masters athlete coaches and

masters athletes, and administrators wanting to assist their members.

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Evelina Soria:

The reason why? Because this Nutrition and Performance in Masters Athletes is an unordinary book that the inside of the publication waiting for you to snap it but latter it will shock you with the secret the idea inside. Reading this book alongside it was fantastic author who else write the book in such awesome way makes the content inside easier to understand, entertaining way but still convey the meaning completely. So , it is good for you for not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of rewards than the other book have such as help improving your talent and your critical thinking method. So , still want to postpone having that book? If I were being you I will go to the e-book store hurriedly.

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