

## Keeping The Athlete Healthy A Comprehensive Guide

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## Reviews

An incredibly wonderful ebook with perfect and lucid explanations. I really could comprehended every little thing using this written e publication. It is extremely difficult to leave it before concluding, once you begin to read the book. (Tomas Flatley)

## **KEEPING THE ATHLETE HEALTHY A COMPREHENSIVE GUIDE**



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Sage Words Services. Paperback. Condition: New. 322 pages. Dimensions: 9.2in. x 7.5in. x 0.7in.Keeping the Athlete Healthy brings to both the novice and seasoned competitor a step by step guide to preparation, training, and maintenance of the athlete. Coach Nessels unique combination of scientific training in pharmacology, physiology, and biochemistry coupled with his vast experience in preparing world class athletes for competition has resulted in a book that is both comprehensive in scope and yet focused on the real world issues of training. The book guides the reader through a systems biology approach to the complex stress of exercise, the resulting adaptation, and the prevention of injury. This systems based approach integrates sound scientific principles with clear recommendations based upon Coach Nessels experience as a teacher and coach. As with his previous excellent books, Keeping the Athlete Healthy is concise, well organized, well written, and grounded in an evidence based approach to exercise. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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