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NUTRITION ESSENTIALS

A GUIDEBOOK FOR THE
FITNESS PROFESSIONAL

3RD EDITION



JOSEPH P. CANNON, MS

Nutrition Essentials A Guide For The Fitness Professional

StoryBuddiesPlay



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Nutrition Essentials Joe Cannon, 2014-10-31 *Nutrition Essentials* 5th edition is a nutrition textbook for fitness professionals and those who want to expand their knowledge of nutrition and its impact on health and exercise. The book provides concise overviews of a variety of nutrition and fitness related topics giving the reader the information they need without causing them to invest a lot of time finding answers. In addition, *Nutrition Essentials* provides the fitness professional with insights and ideas on how to help clients achieve their nutrition related goals. Whether you are a personal trainer, group fitness instructor, nutritionist, or fitness enthusiast, *Nutrition Essentials* is sure to be a resource you will turn to again and again.

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designed to prepare students for professional certification and empower current fitness professionals to work with various populations to improve health fitness and quality of life through appropriate screening testing and exercise prescription Note A code for accessing HKPropel is not included with this ebook but may be purchased separately *The Professionals' Guide to Diet, Nutrition and Healthy Eating* , **Fitness Trainer Essentials: for the Personal Trainer with Online Study Tools 12 Months** Tony Attridge,Martine Felice,2015-10-12 Beat your personal best by working the core to becoming a Fitness Trainer This Australian internationally recognised text has been designed to assist students undertaking the SIS40215 Certificate IV in Fitness qualification studying to become personal or fitness trainers The text contains core and elective units to support a range of fitness specialisations Fitness Trainer Essentials 3e teaches the basics of fitness and nutrition principles covers more on functional testing and nutritional assessment and guidelines With a shift to full colour throughout and an abundance of new and improved images charts and diagrams this new edition is the most comprehensive text reflecting current industry standards and practices Fitness Trainer Essentials 3e assumes that the reader has acquired the Certificate III in Fitness qualification Therefore the topics covered in the text by Marchese have not been repeated in this text Additional review questions are also available to retouch on key points from a Certificate III perspective **Practical Nutrition for Sports Medicine and Fitness Professionals** Human Kinetics,Lisa A. Burgoon,2012-08-22 Practical Nutrition for Sports Medicine and Fitness Professionals concentrates on the use of regular dietary means of improving performance nutrition This e book arms sports medicine and fitness professionals with the knowledge to help clients achieve their goals through proper nutrition Readers will learn to navigate the USDA s MyPlate recommendations interpret food labels answer questions regarding weight loss and distinguish fact from fiction regarding sport nutrition claims Practical Nutrition for Sports Medicine and Fitness Professionals covers guidelines on intake of calories carbohydrate protein fat and hydration for active individuals It also covers meal planning and the sport drinks bars gels and supplements available in today s market The e book concludes with recommendations for educating screening and referring clients guided by an understanding of the practitioner s scope of practice This e book is available with an online course component Working in tandem with the e book Practical Nutrition for Sports Medicine and Fitness Professionals this course provides the ideal resource for any fitness professional looking to use nutrition as a tool to help clients perform better In this online course developer Lisa Burgoon a registered dietitian and board certified specialist in sport dietetics presents practical advice on sport nutrition for athletic trainers physical therapists and other fitness professionals who work with athletes coaches parents and fitness clients Course activities guide participants through practical applications of corresponding information included in the companion text Embedded links and tools direct participants to online resources that will keep them abreast of changes in dietary regulations and help them educate their clients Participants also will analyze the diets of several virtual clients and use research based information to recommend changes in nutrition including changes related to dietary

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