

NUTRITIONAL APPLICATIONS *in* EXERCISE *and* SPORT



Edited by
Ira Wolinsky and
Judy A. Driskell

Nutritional Applications In Exercise And Sport

Judy A. Driskell, Ira Wolinsky



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assumes he is healthy and in shape because he's thin Neither of them have health issues but they both know in their guts that they could do better Both Blake and Kory describe their health journey in their respective journal entries and though the changes seem subtle they have a lasting impact on both guys

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