



Nutrition and Exercise Concerns of Middle Age

Judy A. Driskell

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Many health professionals today seem to approach sports nutrition and physical activity recommendations with a "one size fits all" approach. Surprisingly, little consideration goes into addressing the changing needs of athletes as they progress in age.

Nutrition and Exercise Concerns of Middle Age addresses the specific nutritional and physical activity needs of active individuals thirty to sixty years old. Judy A. Driskell, one of the world's leading experts in the field of sports nutrition, brings together cutting-edge research on the nutritional needs and exercise recommendations for this quickly growing age group.

Internationally acclaimed experts on nutrition and kinesiology unveil their research in sports nutrition, endurance and strength training, age-related disorders, and nutrition and exercise recommendations of health organizations. They also explore the role of diet and physical activity in reducing the risk of and in treating age-related diseases such as cancer and cardiovascular disease.

Nutrition and Exercise Concerns of Middle Age is a valuable resource for nutritionists, physicians, dieticians, and researchers looking to access authoritative information on exercise and sports nutrition recommendations for middle-age adults.

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