



Sport Nutrition for Coaches

Leslie Bonci

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Sport Nutrition for Coaches is a complete resource for coaches looking to ensure that athletes achieve optimal performance through proper nutrition. In its practical and easy-to-understand format, this text supplies coaches, personal trainers, and fitness specialists with a wide range of information, including balancing nutrients, monitoring supplement use, and dealing with disordered eating. This book also contains several planning tools that can help readers to put the information and strategies to use. As one of only two nutrition books on the market geared toward coaches, this is a valuable resource for people working with athletes.

This comprehensive guide for coaches is divided into three parts. Part I covers the basics of nutrition for athletes. It includes information on proper nutrients, hydration, supplements, and overall diet as well as eating schedules for competitive events and eating to reduce body fat or build muscle. Part II describes how coaches should train athletes with unique circumstances, including those who follow vegan diets and athletes with eating disorders. Part III offers coaches advice on helping their athletes plan healthy diets.

Sport Nutrition for Coaches is unlike any other book on the market not only because of its simple format and ample information but also because it gives coaches the tools they need in order to create their own sport nutrition plan for their teams. Coaches who complete the tasks highlighted in the text to create a Coach's Notebook will have a custom-made resource for implementing proper nutrition with their teams. And readers can use the many tables and forms available in the book to develop their sport nutrition plan.

With its practical information and resources, *Sport Nutrition for Coaches* is sure to guarantee coaches success in helping their athletes to be fit and healthy with proper nutrition.

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