



# The "T"Zone Health And Fitness: Sports Energy and Nutrition

*Manuel F Forero*

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## **The "T"Zone Health And Fitness: Sports Energy and Nutrition** Manuel F Forero

The "T" Zone: Target Training Zones. Book I, Sports Energy and Nutrition is the book for you who believes in the benefits of exercise. This book is targeted to you who believes in staying healthy and who has already taken the steps to rediscover your physical body and its potential. This book gives you a basic understanding of sports energy and metabolism and the nutrition-hydration needed for optimal exercise performance and recovery and how to keep your energy balance and ideal body weight. Learn about how much and what you need to drink and eat for a 1-hour or 3-hour training session or competitive event. Learn about dehydration, heatstroke and heat cramps. Learn about the "power" of the placebo effect and take a glimpse at some facts on ergogenic aids. Also includes: ¿ Fundamentals of the energy metabolic systems. ¿ Training of the aerobic and anaerobic energy systems. ¿ The fuels that burn in the "metabolic furnaces" and their energy significance.

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