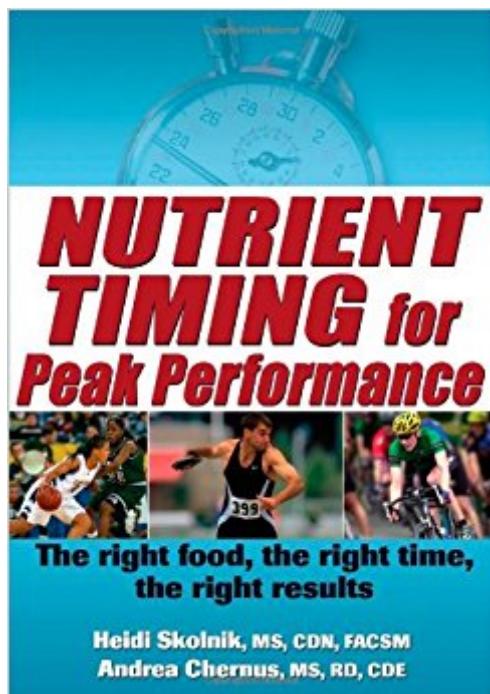


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# The Nutrient Timing For Peak Performance



## Synopsis

Gain the ultimate advantage! Nutrient Timing for Peak Performance is your guide to consuming the right foods at the right time for optimal results in training or competition. Renowned sport nutritionists Heidi Skolnik and Andrea Chernus have worked alongside today's top athletes, including professional football players and elite marathoners. In Nutrient Timing for Peak Performance, they've combined the latest dietetic research with practical advice you can use to create a personalized action plan based on the needs of your body, your sport, and your goals. With guidelines specific to training and competition, as well as sample meal and snack plans, you'll see how certain nutrients in precise amounts at specific times can improve consistency of energy, speed recovery, increase the building effects of strength training, diminish muscle breakdown, improve immune function, and minimize your risk of injury. Whether you are a dedicated triathlete, high school pitcher, college swimmer, competitive powerlifter, or professional soccer player, Nutrient Timing for Peak Performance is your guide to peak athletic training and performance. Â

## Book Information

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## Customer Reviews

"Nutrient Timing for Peak Performance offers the latest research on nutrient timing and explains how to create a personal nutrition plan for success. It is a valuable source of information for serious athletes." Jerry Palmieri -- Strength and Conditioning Coach for the New York Giants  
âœAdequate nutrition is vital for performing at the highest level. Nutrient Timing for Peak Performance explains how to manipulate food intake to maximize results.â • Lewis Maharam, MD

"As an athlete, you always want an edge over the competition. Nutrient Timing for Peak Performance explains how to gain that advantage by consuming the right foods, at the right time, for maximum performance." Osi Umenyiora -- Defensive End, New York Giants Â

Heidi Skolnik, MS, CDN, FACSM, is the president of Nutrition Conditioning, Inc., a nutrition consulting practice. She has masterâ™s degrees in exercise science and human nutrition. She is also a New York State certified nutritionist, a fellow with the American College of Sports Medicine (ACSM), and a certified ACSM health fitness instructor. Skolnik is the sports nutrition consultant to the New York Giants, the Juilliard School, and the School of American Ballet. She is a senior nutritionist at the Womenâ™s Sports Medicine Center at Hospital for Special Surgery and part of the New York Road Runners sports nutrition team. Previously, Skolnik spent 15 years working with the New York Mets. She has also worked with professional athletes in football, baseball, basketball, cycling, and soccer; Olympic-level athletes; marathoners; and collegiate wrestlers. As an expert resource for national media, Skolnik has been referenced in newspapers and national magazines such as Menâ™s Health, Stack, Self, Glamour, GQ, and Real Simple. She appears frequently on TV and has been seen on CNN American Morning and Headline News, the Today Show, Good Morning America, the Early Show, Primetime, 20/20, Extra, and the Food Network. Andrea Chernus, MS, RD, CDE, is a registered dietitian and New York State certified dietitian and nutritionist. She holds a masterâ™s degree in nutrition and exercise physiology from Columbia University in New York. She maintains a full-time private practice on the upper west side in New York City, where she sees many athletes and performers.Â Â Chernus consults with runners in the New York Road Runners Club and the New York City Marathon and is part of the New York Road Runners sports nutrition team. As part of Nutrition Conditioning, Inc., she also consults to the Juilliard School. Previously, she was the clinical nutritionist for Columbia University Health and Related Services. Chernusâ™ articles have been published in Training & Conditioning, Stack, Dance Spirit, Bottom Line, and Pointe. She has been quoted in Outdoors, Shape, Self, YM, Womenâ™s Day, and Bicycling. She has also appeared on local and national TV.

My husband read this book to fulfill his continued education for his personal training certificate. He said the information was easy to understand and provided a lot of information for specific types of athletes. He really liked this book.

I have been into long term heavy weight lifting for almost 20 years. I am a huge nut about nutrition

and am especially interested in it as I have been a year into Veganism. I thought I knew quite a bit about nutrition but this book blew me away in scope and knowledge. If you are in any way interested in getting the most out of your training, whether it be endurance or resistance. This is a FANTASTIC book. Takes all the guess work out of sports nutrition and backs everything up with scientific studies. Very cutting edge.

Some out dated info, a lot of subjective biased info. But overall, just your typical information. Load up on carbs all day every day for every event.

I am using this book for myself and to help my clients and customers. It has provided very solid information on how athletes can fuel their performance. Although English isn't the authors' first language, they managed to lay it out in clear, concise way.

Great information on nutrition and exercise! I highly recommend this book!

I purchased this book for a CEC class and found it helpful in building a wide range of topics not covered in standard nutrition textbooks

Speedy delivery. Great product!

Eye opening. Read this along with the Future of Sports Nutrition: Nutrient Timing - both will change the way you eat

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