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by bodyrock

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Bodyrock Nutrition Guide

Dianne J. Boulerice Lyons



Bodyrock Nutrition Guide:

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the end of their collegiate or professional sports lives For an athlete to go from an athletic career to retirement can be a difficult transition Luckily Lauren Link RD CSSD has already dealt with this life change and with *The Healthy Post College Athlete* any former athlete can learn how to go from the discipline of weightlifting sessions and conditioning for a game or race to maintaining a healthy lifestyle without those familiar goals The book is targeted at those who are juggling a switch away from the intense competitive and routine oriented life of an athlete and shows how to apply the lessons learned from that time to life as a normal human Also included in the book are excerpts from Link's own blog that she started to document her transition from her collegiate athletic lifestyle along with lists and case studies to help contextualize the challenge in leaving the focus and discipline of an athletic life Link covers such ground as Modifying your diet based on normal human calorie expenditure with meal planning and grocery shopping Designing a routine and workout to stay fit and healthy Easy to prepare recipes that will help facilitate a healthy lifestyle Forming an identity outside of your sport Whether you're a professional athlete or just a person trying to be healthier this book will show you a path to living a better and healthier life With a humorous and self-effacing tone Link will show you how to transition in *The Healthy Post College Athlete* My experience working with Skyhorse is always a positive collaboration The editors are first-rate professionals and my books receive top shelf treatment I truly appreciate our working relationship and hope it continues for years to come David Fischer author *Multi Media Reviews Index*, 1987

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