



DIETA SIN GLUTEN Para TENIS: Viva y juegue a su Maximo Potencial (Spanish Edition)

Mariana Correa

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De los secretos de nutrición de Novak Djokovic aparece este fantástico libro. Dieta sin gluten para tenis es el mejor libro para cualquier jugador de tenis que le gustaría afinar su cuerpo para jugar su mejor tenis todavía. Si desea ganar más partidos y sentirse mejor en la cancha este libro es para usted. De aquí a un año deseará haber comenzado hoy. Cambios toman tiempo, y algunas veces no es fácil ver resultados enseguida. Pero cuando se mira atrás y ve todas esas pequeñas mejorías, se percatará que ha logrado algo asombroso. Empiece hoy mismo y su futuro cuerpo se lo agradecerá. Su conexión con los alimentos es la mayor influencia para su bienestar a largo plazo. La primera cosa a considerar cuando se desea hacer un cambio en su vida es su dieta. La nutrición es la base de su estilo de vida y desarrollo deportivo. La nutrición es el ochenta por ciento hábitos. Lo más probable es que usted ha tenido los mismos hábitos alimenticios durante años y años. Tomará tiempo, disciplina y el apoyo constante de sus seres queridos para cambiar sus hábitos y alcanzar su potencial. La autora Mariana Correa es una ex atleta profesional y nutricionista deportiva certificada, que compitió exitosamente por todo el mundo. Ella posee años de experiencia como atleta y entrenadora, gozando así de una perspectiva invaluable.

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