



Winning Tennis Nutrition

Grace Lee MS

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What do Novak Djokovic, Andy Murray, Martina Navratilova, Venus Williams, and countless other tennis players have in common? Aside from being world-class tennis pros, these superstars changed their diets, transformed their game, and won more. While you may dream of reaching their success, the reality of making the cut for your high school tennis team or getting to your next Usta rating level becomes possible with good diet and nutrition. In *Winning Tennis Nutrition*, author Grace Lee shows you how to supercharge your tennis game. Lee, an avid tennis player and longtime registered dietitian/nutritionist offers a solid nutrition resource to maximize your potential through foods and fluids. *Winning Tennis Nutrition* presents the latest and most accurate information on nutritional supplements, fluids, carbohydrates, gluten, weight loss, and much more-for players, coaches, parents, and fans. In addition, legendary coaches and players share valuable insight on the role of nutrition in today's tennis game. Filled with practical tips, *Winning Tennis Nutrition* can improve your tennis performance and give you that winning edge-on and off the court.

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Spent a free time for you to be fun activity to try and do! A lot of people spent their leisure time with their family, or their own friends. Usually they accomplishing activity like watching television, planning to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Could possibly be reading a book could be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to consider look for book, may be the guide untitled Winning Tennis Nutrition can be excellent book to read. May be it may be best activity to you.

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