



Anita Bean's Sports Nutrition for Women: A Practical Guide for Active Women

By Anita Bean

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Women who exercise regularly have specific nutritional needs. Carefully researched and fully up to date, and written by an experienced sports nutritionist, Anita Bean's book is written in a clear and accessible way to appeal directly to active women. This book covers topics such as exercise and the menstrual cycle, bone health, disordered eating, weight loss and iron deficiency anaemia. Around 45% of women take place in sport or physical activity, and over 4.4 million women are members of sports clubs (21% of women). A recipe section gives women lots of ideas for healthy and easy -to-cook meals and snacks.

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Bibliography

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Editorial Review

Review

'The book is written in a clear and accessible way that will appeal directly to active women.' AsiaSpa Magazine (2010) 'Bean's friendly, practical advice has guided many through the nutritional requirements for sporting activity' The Bookseller (March 2010) 'A one-stop shop for any female interested in health and fitness, whatever your chosen goal or regime' Women's Fitness (May 2010) 'This practical book is packed with up-to-date research that's easy to read, plus advice and healthy recipes to improve fitness and recovery times, promote strong bones and avoid conditions such as iron deficiency.' Health & Fitness Magazine (May 2010) 'We enjoyed this book...it has all the info you need to clear up the confusion surrounding nutrition and get your eating plan on track.' Women's Running (January 2011)

About the Author

Anita Bean is an accomplished sportsperson, one of the UK's most respected nutritionists and a bestselling author. She is the author of The Complete Guide to Sports Nutrition, Food for Fitness, Healthy Eating for Kids, and The Complete Guide to Strength Training, among other titles.

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