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# The Ultimate Guide to Gymnastics Nutrition: Maximize Your Potential

*Joseph Correa (Certified Sports Nutritionist)*

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**The Ultimate Guide to Gymnastics Nutrition: Maximize Your Potential** Joseph Correa (Certified Sports Nutritionist)
The Ultimate Guide to Gymnastics Nutrition will teach you how to increase your RMR (resting metabolic rate) to accelerate your metabolism and help you change your body for good. Learn how to get in top shape and reach your ideal weight through smart nutrition so that you can perform at your very best. Eating complex carbohydrates, protein, and natural fats in the right amount and percentages as well as increasing your RMR will make you faster, more agile, and more resistant. This book will help you to: -Prevent getting cramps. -Get injured less often. -Recover faster after competing or training. -Have more energy before, during, and after competition. By eating right and improving the way you feed your body you will also reduce injuries and be less prone to them in the future. Being too thick or too thin are two common reasons injuries happen and is the main reason most athletes have trouble reaching their peak performance. Three nutrition plan options are explained in detail. You can choose which one is best for you depending on your overall physical condition. One of the first changes most people who start this nutrition plan see is endurance. They get less tired and have more energy. Any athlete who wants to be in the best shape ever needs to read this book and start making long term changes that will get them where they want to be. No matter where you are right now or what you’re doing, you can always improve yourself. Joseph Correa is a certified sports nutritionist and a professional athlete.

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