



Performance Eating: The High Performance High School Athlete Nutrition Guide

By William Jones

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This is the first nutrition book that's both scientifically sound and practical. In clear language Jones shows you how the right choice of food can dramatically improve your athletic performance and recuperation. Whether you're an athlete, coach, or a weekend warrior you'll find this program will help you achieve your highest goal without endangering your health. **WHAT YOU'LL LEARN** Why weight control is a major factor in your health and performance Which popular nutritional supplements work, and which ones don't The most effective ways to trim fat and build muscle What sports drinks can do for your performance What to eat when you compete And much, much more! "This book takes the guesswork out of muscle fueling. Information is condensed and you can start on any chapter you want. This book will give you the secrets of the pros." Julio Llanos, MS, ATC , Head Trainer Columbus State University "This book is the real thing. Very few books have made a spectacular impact on performance. This one will. This book is your personal nutritionist." Bill Kazmaier, Worlds Strongest Man, ESPN Commentator "This book is not a gimmick. This is the future of high school sports nutrition and performance." Elizabeth Martin (www.eamartin.com), Executive and leadership trainer. Former Director of Medical Services Atlanta Olympic Games "I've been asked many times to recommend a good book on sports nutrition that's reliable and understandable. This is the one!" Lance Kelly, MSPT, ATC "Jones's book is a must-read for any serious dancer. Jones's message is simple and straightforward. He helps you understand the 'why' without getting too technical or mind-numbing." Ann Reinking, Tony Award winning Choreographer

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Editorial Review

About the Author

Bill Jones is a sought-after sports physical therapist with years of experience helping athletes in their training, physical therapy and nutritional needs. He is an author, certified sports nutritionist and specializes in orthopedics and spine therapy. He has also been a certified personal trainer, certified strength and conditioning specialist, and licensed massage therapist. Bill is a former bodybuilder turned martial artist turned marathoner and lives his advice.

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