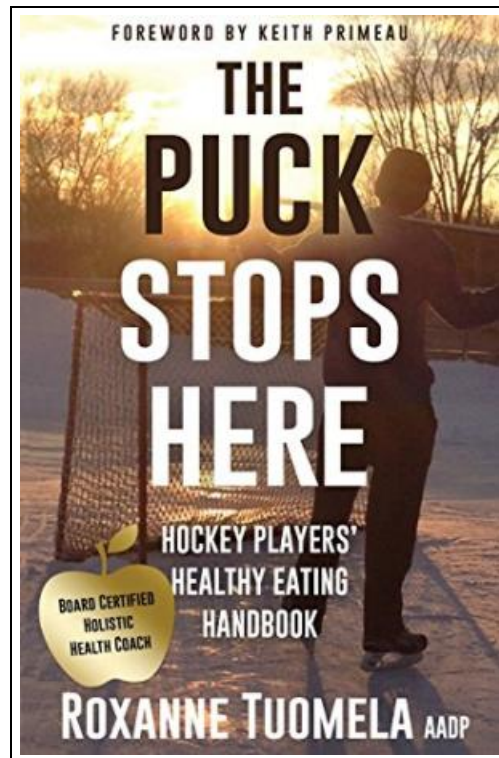


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THE PUCK STOPS HERE: HOCKEY PLAYERS HEALTHY EATING HANDBOOK



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Outskirts Press, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.Make the Team and Out Perform Your Opponent! Tired of figuring out what and when to eat between games and practices? Are you ready to take control of your own cooler and know exactly what to throw in it to take with you to nourish your body properly between tournament games? Learn which foods give you the most ENERGY, best performance and over-all endurance.BUILD muscle and GAIN strength.Overcome your poor eating habits NOW FOREVER.Discover which foods are killing you.You can STOP the vicious cycle of your family s diseases.No more nagging from your parents on what to eat, you re in CHARGE now! If you re low on energy, seek out Roxanne Kiely, she ll get you back on track. I ve never met a person with so much passion and drive to help others. She s scored a Hat Trick with her Puck Stops Here nutritional book. Hockey is getting to be so competitive and skilled. Players need to realize that what they are putting into their body is equally important as the physical training they are doing. Thanks Roxanne for laying it out in such an easily digestible book form!! Lance Pitlick, Former NHLer. As a youth hockey coach, I find that the majority of young elite athletes do not know how to fuel their bodies properly. And much of that begins with the need to educate their parents. Roxanne s book provides the core principles of sports nutrition. It also provides numerous examples and suggestions for others to follow. This is a great read for aspiring young athletes and their parents. Travis Howe, Youth Hockey Coach. As a hockey mom to a growing teen...



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