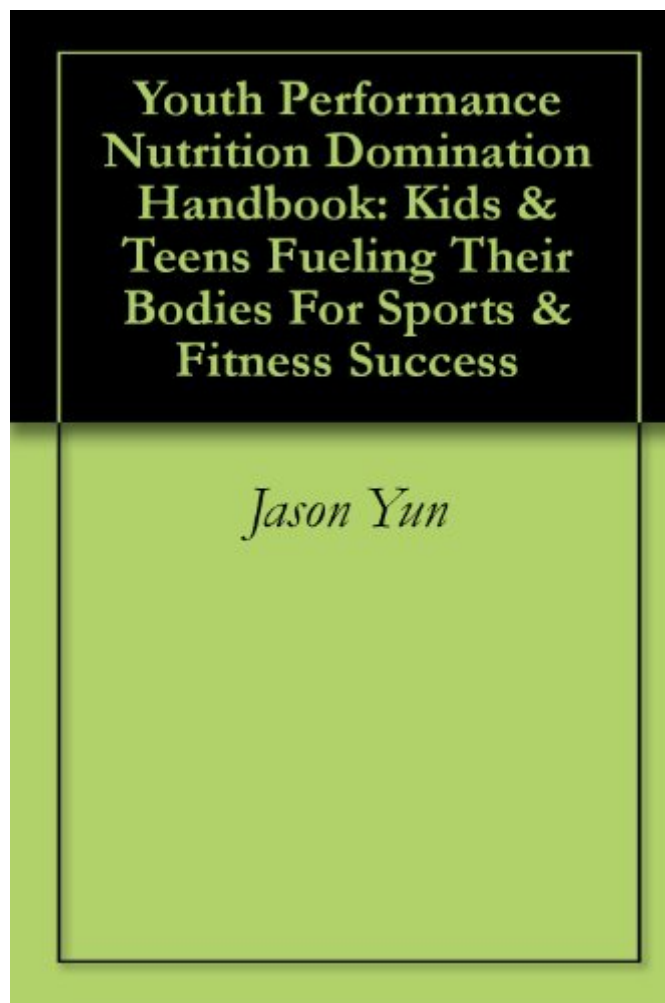




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Youth Performance Nutrition Domination Handbook: Kids & Teens Fueling Their Bodies For Sports & Fitness Success



Synopsis

Athletic Revolution is the largest franchise for youth sports and fitness training. This is the manual that we give to all incoming trial Champions that we have at Athletic Revolution-Hilliard. What your child eats on a day-to-day basis can make or break their performance in sport, school, and also life. This manual gives you a background on what is healthy and why. What your kids should eat for breakfast, before a game or practice, during, after, and everything else in between. You can't get better at your position and sport if you are constantly taking in foods that limit performance and damage the body. Learn things like: *The Rule of 90%*The Nutrition Checklist*Approved shopping lists*Why whole grains aren't healthy *BMR*Specialized meal plans*Preparation*Worst food additives*Supplements for kids*Downloadable food logsAnd more.....

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