



DIETA PALEO Para TRIATHLON: Faca do seu corpo a Maquina de Triathlon Optima (Portuguese Edition)

Mariana Correa

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Dieta Paleo para Triathlon é o melhor e o mais completo livro que existe, para aquele triatleta que está procurando melhorar o seu desempenho através da nutrição. Com a combinação perfeita de conhecimento, receitas, e planejamento de refeições exclusivas, para que você esteja à caminho do sucesso. A autora Mariana Correa é uma ex-atleta profissional e nutricionista esportiva certificada, que competiu com sucesso em todo o mundo. Ela compartilha anos de experiência como atleta e como treinadora, trazendo uma perspectiva inestimável. Este livro vai além do assunto sobre Triathlon. Ele inspira você a se destacar, e se atrever a sonhar além de suas habilidades. Todos os aspectos para ter sucesso são explicados, incluindo treinamento mental, hidratação, nutrição e muito mais; de uma forma clara e fácil de entender. Depois de ler este livro, você estará no caminho para ser mais saudável, mais apto e mais feliz. Um ano a partir de agora você desejaria ter embarcado neste caminho hoje. A mudança leva tempo, e às vezes não é fácil ver a transformação que está ocorrendo no dia a dia. Mas quando você olha para trás no tempo, verá que todas aquelas pequenas melhorias irão adicionar algo maravilhoso. Comece hoje mesmo; o seu futuro vai lhe agradecer.

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