

# Encyclopedia Of Sports & Fitness Nutrition By Liz Applegate PhD



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Elizabeth Applegate is a Senior Lecturer in the Nutrition department at UC of Directors for the American Council on Exercise, and is member of the Sports of five nutrition books: Bounce Your Body Beautiful, Encyclopedia of Sports and

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Liz Applegate Ph.D. Encyclopedia of Sports and Fitness Nutrition Publisher: Harmony (December 24, 2002) Language: English Pages: 432 ISBN: 978-0761513780

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