

A photograph of a person running away from the camera on a paved road. The runner is wearing an orange shirt, black shorts, and a white cap. The road is flanked by dry, reddish-brown bushes. In the background, there are rolling hills and a small town under a clear blue sky. A utility pole is visible on the left side of the road.

LONGER I RUN

100 Days Across America

STEVE KNOWLTON
Edited by Steve Johnson

Longer I Run 100 Days Across America

Thirumalaisamy P.
Velavancorresponding



Longer I Run 100 Days Across America:

Extreme and Rare Sports: Performance Demands, Drivers, Functional Foods, and Nutrition Sourya

Datta,Debasis Bagchi,2019-05-13 Two crucial components of a healthy life are nutrition and exercise The importance of appropriate diet food and nutrition are extremely important to be successful in sports and especially in extreme sports Extreme sport is an activity where a participant must demonstrate both mental and physical skills This type of activity provides an adrenaline rush to individuals who are part of the community of extreme sportsmen Extreme sports provide opportunity for individuals to be active and fit with added enjoyment of partaking in a fun activity Extreme sports in conjunction with proper nutrition helps to boost immunity and resistance against common infections Studies have also exhibited that sports and exercise activities help in managing effective work life balance as well Extreme and Rare Sports Performance Demands Drivers Functional Foods and Nutrition provides a comprehensive treatise on extreme sports emphasizing the importance of nutrition and research driven nutraceutical supplements in injury prevention and treatment The book presents information on the nutritional requirements of sports activities on land in water or with high altitude base It covers a wide variety of definitions philosophies thoughts and practices involved with structurally diverse extreme sports Features Discusses specific food and nutritional requirements in extreme sports Provides information on the importance of functional foods nutrition and structurally diverse phytonutrients for different sports Features information on Olympic and diverse extreme sports Details the importance of hydration and use of gelatin skeletal muscle damage and recovery from eccentric contractions and information on dietary supplements and antioxidants Presents analysis on growth marketing techniques and future of extreme sports

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