



Sports Nutrition for Teen Athletes: Eat Right to Take Your Game to the Next Level (Sports Training Zone)

Dana Meachen Rau

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Whether youre smashing a home run, scoring a goal, or setting up a teammate for a spike, you need energy. A healthful, balanced diet will give you the energy you need to take the field like a champion. Provide your body with fuel and stay hydrated, and youll be ready for any challenge that comes your way!

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