

# Gender Differences in Metabolism Practical and Nutritional Implications Nutrition in Exercise & Sport

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## BOOK DETAILS

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## **BOOK SYNOPSIS**

Gender Differences in Metabolism: Practical and Nutritional Implications is the first book to successfully integrate nutritional science, exercise physiology/medicine, and metabolism. This volume explores recent scientific evidence that male and female athletes exhibit different metabolic responses and, therefore, differ in their nutritional needs and advice. Anyone interested in good health, exercise, and nutrition will find this book a valuable resource.

### **GENDER DIFFERENCES IN METABOLISM PRACTICAL AND NUTRITIONAL IMPLICATIONS NUTRITION IN EXERCISE & SPORT**

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