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Autore	Whipple Thomas J
Titolo	The endurance paradox [[electronic resource]] : bone health for the endurance athlete // Thomas J. Whipple and Robert B. Eckhardt
Pubbl/distr/stampa	Walnut Creek, Calif., : Left Coast Press, c2011
ISBN	1-315-41865-7 1-59874-618-9
Descrizione fisica	1 online resource (222 p.)
Altri autori (Persone)	EckhardtRobert B
Disciplina	613.2/024796
Soggetti	Athletes - Nutrition Physical fitness - Nutritional aspects Stress fractures (Orthopedics) Bioenergetics
Lingua di pubblicazione	Inglese
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Nutrition -- Hormones -- Energy balance -- Protein -- Dietary fat -- Inflammation -- Acid-base regulation -- Calcium -- Nutrient timing -- Quality training -- Measurement of bone -- Stress fracture -- Rehabilitation.
Sommario/riassunto	The endurance athlete faces a paradox-you're going farther and faster, you're feeling stronger, but your bones are getting weaker. New, compelling evidence shows that the very activities that expand our mental and physical abilities may be reducing the durability of our skeletons. In this book, Thomas Whipple, a leading orthopaedic clinical specialist, and Robert Eckhardt, a scientist specializing in the musculoskeletal system, team up to explain how athletes at any level can maintain the delicate balance between endurance exercise and optimum bone health over a lifetime. Translating important