



Care and Feeding of an Athlete: What You Need to Know to Rise to the Top of Your Game

Toni Branner

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Is a Career as an Elite Athlete in your Future? Are you ready to reach the next level in your sport with state-of-the-art training and nutrition? Are you starting a new sport and want to do things right Becoming a top-level athlete takes hard work, practice, commitment and dedication. But of course, you already know all that. But, did you also know that the decisions you re making about your mental and physical well-being right now can directly impact your future? The Care and Feeding of an Athlete is your guide to a successful and healthy future in your favorite sport. Being a leading high school player, collegiate or professional player means becoming physically and mentally prepared to take on the game. From effective stretching to proper diet and healthy sleep patterns, The Care and Feeding of an Athlete shows you smart strategies to put you ahead of the pack ensuring your success on the field. The Care and Feeding of an Athlete includes: Inspirational quotes from athletes and coaches the pros State of the Art training and stretching techniques Essential mental preparation exercises Injury prevention and treatment Smart nutrition for at home, on the road or at a restaurant Time management strategies for home, school and practice No matter what kind of equipment you use or what kind of sport you love, The Care and Feeding of an Athlete is a must-have guide to make it to the top as a serious athlete.

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