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The Complete Guidebook to Exploiting Your RMR in Marathons: Increasing Your Resting Metabolic Rate to Drop Fat and Generate Lean Muscle

Joseph Correa (Certified Sports Nutritionist)

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The Complete Guidebook to Exploiting Your RMR in Marathons by Joseph Correa Nutrition is very important and what you eat will result in who you can potentially become. By adding lean muscle mass you automatically increase your RMR which can lead to improved performance with long lasting results. If you want to make a serious change on your body and how it performs on a daily basis, you need to read this book and start applying it in your daily life. By increasing your resting metabolic rate you will: - Add more lean muscle mass. - Reduce injuries and muscle cramps. - Have more focus and are better able to stay concentrated for longer periods of time. - Reduce fat at an accerated rate. - Can outlast the competition. HOW WILL THIS NUTRITION GUIDEBOOK BENEFIT ME? Nutrition is very important and what you eat will result in who you can potentially become. This nutrition book is the key to helping you achieve your goals. Joseph Correa, a certified sports nutritionist and a professional athlete who has dedicated himself to improving his performance through better nutrition and quality training exercises. Through his extensive knowledge and experience has created this easy to understand book on improved nutrition. He is convinced of the importance of proper nutrition and exercise to see long term results. If you are looking to move on to the next level and are willing to make some sacrifices, then you have found the book that will solve to your nutritional needs by providing you with the necessary steps to a new beginning.

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