



## Comer para correr

By Eugenio del Toma

Ed. Alianza, 2003. soft. Book Condition: New. La vida sedentaria inducida por el tipo de vida moderno, en el que las refinadas tecnologías que nos han liberado del esfuerzo físico nos han arrebatado también el placer de caminar y utilizar los músculos, se ha demostrado dañina para la salud, hasta el punto de hablarse de enfermedad hipocinética para resumir sus aspectos negativos. Si en «Saber comer para vivir más» (LP 7102), EUGENIO DEL TOMA uno de los mejores especialistas italianos en ciencias de la alimentación daba pautas para alcanzar una alimentación sana, en COMER PARA CORRER: UNA DIETA PARA EL DEPORTE proporciona la información nutricional que mejor se adapta al gasto energético de la actividad física y deportiva englobando en este concepto desde la simple caminata hasta deportes como el golf o el tenis, e invita de paso a recuperar las ventajas que este hábito reporta en la vida cotidiana tanto de la persona sana, como de aquella que pueda padecer de obesidad, azúcar o colesterol.

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