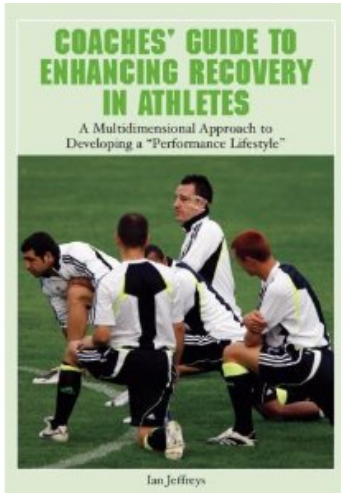


# ALL★PRO

## ★PERFORMANCE★



A COACHES GUIDE TO ENHANCING RECOVERY IN ATHLETES- A MULTI-DIMENSIONAL APPROACH TO DEVELOPING A PERFORMANCE LIFESTYLE

Ian Jeffreys

£13.95 Plus postage & packing

Under-recovery will always compromise performance, and to be effective any performance-enhancement program must ensure that recovery is as well-planned and programmed as the athlete's training. The Performance Lifestyle provides coaches and athletes with a structure

around which to build individualized and multidimensional recovery strategies that both optimise recovery and maximise performance levels. The first part of the book covers the multiple nature of recovery in athletes broken down into three chapters: the nature of fitness, fatigue, and recovery, a multidimensional approach to recovery, and the performance lifestyle model. The second part of the book details the seven pillars of the performance lifestyle, which are: pillar 1 identify and act on dreams, pillar 2 develop self-awareness, pillar 3 the power of positive, pillar 4 the power of rituals, pillar 5 build capacity and recover, pillar 6 quality nutrition, and pillar 7 quality sleep.

### **PRODUCT DETAILS**

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