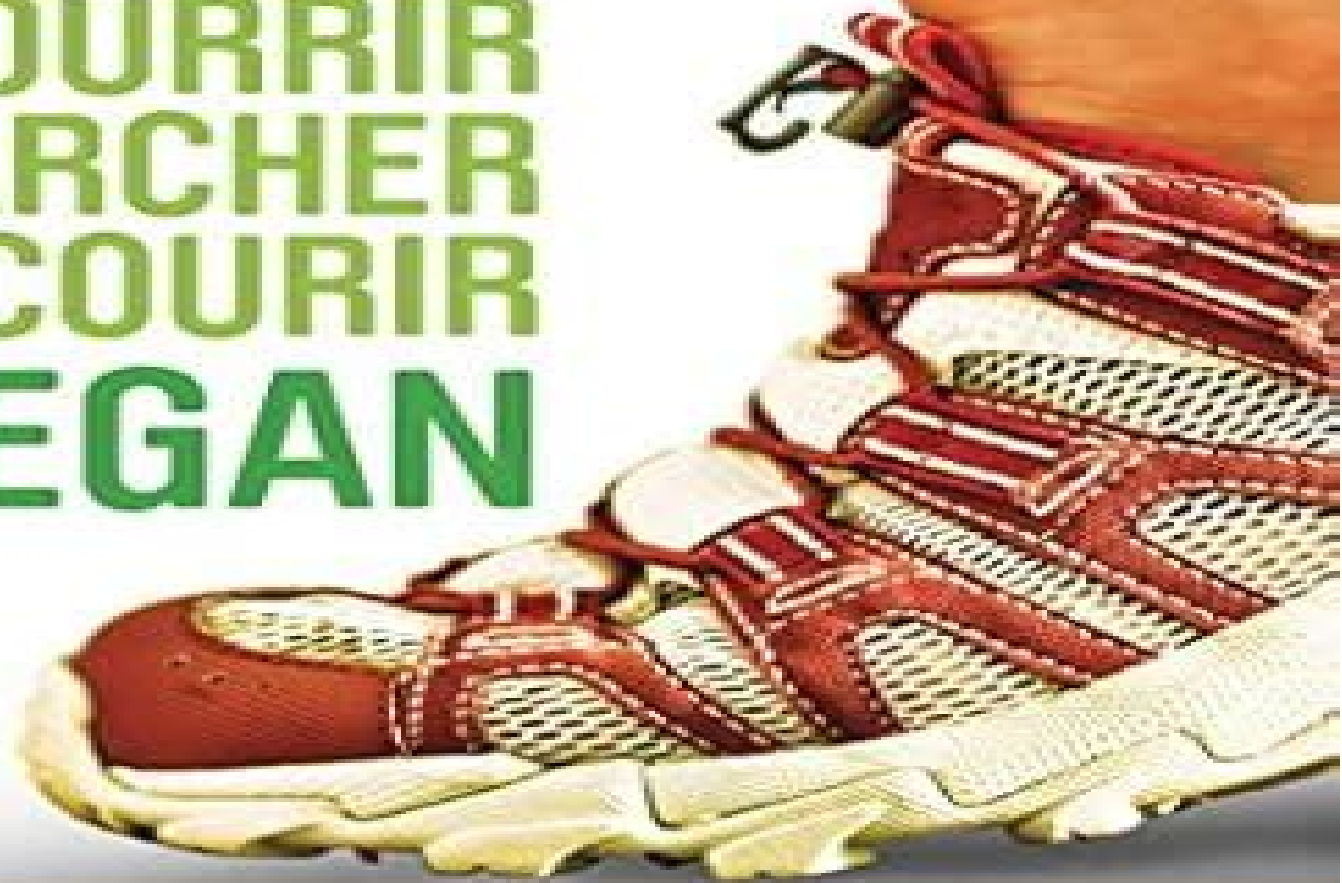


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Se nourrir, marcher, courir vegan Matt Frazier, 2015-01-02 Les athlètes qui se passent de viande peuvent performer au plus haut niveau et tirer le plus grand plaisir de leur alimentation Ed Ayres fondateur du magazine running Times Vous avez envie de vous mettre la course ou un sport d'endurance sans savoir par où commencer Vous courez déjà et vous souhaitez améliorer vos entraînements Vous avez envie de changer vos habitudes alimentaires et d'être en bonne santé Ce livre montre que le régime végétal et les activités sportives sont compatibles Se nourrir de plantes permet de diversifier vos sources de nutriments d'avoir un apport équilibré en vitamines et en minéraux de soutenir des programmes d'entraînement intenses d'améliorer le temps de récupération et de réduire les risques de blessures En adoptant une diète végétale simple et savoureuse vous courrez plus sur de plus longues distances tout simplement mieux Le Livre 2 PARTIES MANGER VÉGÉTAL COURIR VÉGÉTAL UNE METHODE POUR CHANGER VOS HABITUDES ALIMENTAIRES UN PROGRAMME DE NUTRITION REDIGÉ PAR UN SPECIALISTE 60 RECETTES VÉGÉTALES FACILES ET NÉCESSAIRES LES TMOIGNAGES DE NOMBREUX SPORTIFS VÉGÉTAUX DES ASTUCES POUR BIEN COURIR SANS RISQUE DE BLESSURE DES PROGRAMMES POUR DES 5 KM 10 KM ET SEMI MARATHONS My running book Anne-Lize Duval, Nadia Atiki, 2016-03-17 Plus d'excuses pour ne pas enfiler vos chaussures de running dès maintenant Les expertes Nadia Atiki et Anne Lize Duval ont réuni leur savoir faire dans ce guide très pratique véritable allié de vos meilleures sessions de running Vous y trouverez L'alimentation privilégiée pour optimiser vos performances Les bons réflexes adopter pour préparer vos séances de running L'hygiène de vie respecter pour coupler votre énergie Les précieux témoignages de la communauté des runneuses Du 5 km au marathon un coaching sur mesure pour préparer la course de vos rêves et remplir vos objectifs *Vivre végane* Gwendoline Yzebe, 2016-06-15 Vivre végane c'est manger porter et utiliser des produits qui ne sont pas issus de l'exploitation des animaux C'est une véritable philosophie un engagement en faveur de la planète de toutes les espèces animales et des générations futures Gwendoline Yzebe journaliste et végane développe les arguments pour se convertir un tel mode de vie respecter les animaux adopter une attitude altruiste préserver l'environnement et se soucier de sa santé Elle nous rappelle aussi que cette démarche s'inscrit dans une histoire du végétarisme longue de plusieurs siècles Pour mettre ces principes en pratique elle nous livre ses secrets et ses recommandations alimentation recettes conseils nutritionnels et guide d'achats vêtements et soins cosmétiques adresses et blogs Vous verrez que vivre végane c'est vivre mieux et qu'en modifiant un peu nos habitudes c'est accessible Le monde de demain se construit dès aujourd'hui *Je me libère du sucre* Marion Thelliez, 2018-01-11 Une vie gourmande sans sucre c'est possible Nous consommons trop de sucre parfois sans même nous en apercevoir De nombreuses tumeurs pointent du doigt cet ingrédient comme tant responsable de la fatigue métabolique de la recrudescence **Se nourrir, marcher, courir vegan** Matt Frazier, Matthew Ruscigno, 2015 Vous avez envie de vous mettre la course ou un sport d'endurance sans savoir par où commencer Vous courez déjà et vous souhaitez améliorer vos entraînements Vous avez envie de changer vos habitudes alimentaires et d'être en bonne santé Ce livre montre que le régime végétal et

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