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The Athlete's Simple Guide to a Plant-Based Lifestyle: How to easily improve your health, performance, and longevity. Works for non-athletes, too!

Suzanna McGee

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Millions of people are adopting a whole foods plant-based diet to improve their health and longevity. Now, the athletes are joining the movement to maximize their performance. For athletes, recovery after exercise is one of the major determining factors of athletic success. Reducing the recovery time between your workouts will make a big impact on your overall performance. Using nutrition to your advantage is something you need to think about daily, and adding more vegetables and fruits into your diet is one great step toward to your athletic goals, as well as your health and longevity.

The fast food and junk food industries sponsor many of the national food campaigns. Just because you see tempting foods on TV doesn't mean that they are good for you. Animal products together with refined and chemically altered foods are detrimental to your health and athletic performance. It is difficult to know what is healthy for you and what is not because you are constantly bombarded with wrong and often contradicting messages. Ultimately, it is on you to educate yourself and find the truth.

Whether you are an elite athlete, a weekend warrior, or a non-athlete wanting to live healthily, *The Athlete's Simple Guide to a Plant-Based Lifestyle* will teach you how to maximize your genetic potential for athletic performance, health, and longevity. Based on reliable scientific research, yet simply written, you will find this straightforward guide easy to read and learn the techniques and tricks to master the transition to the amazing and rich world of plants where you will attain a lean and healthy body with everlasting energy.

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