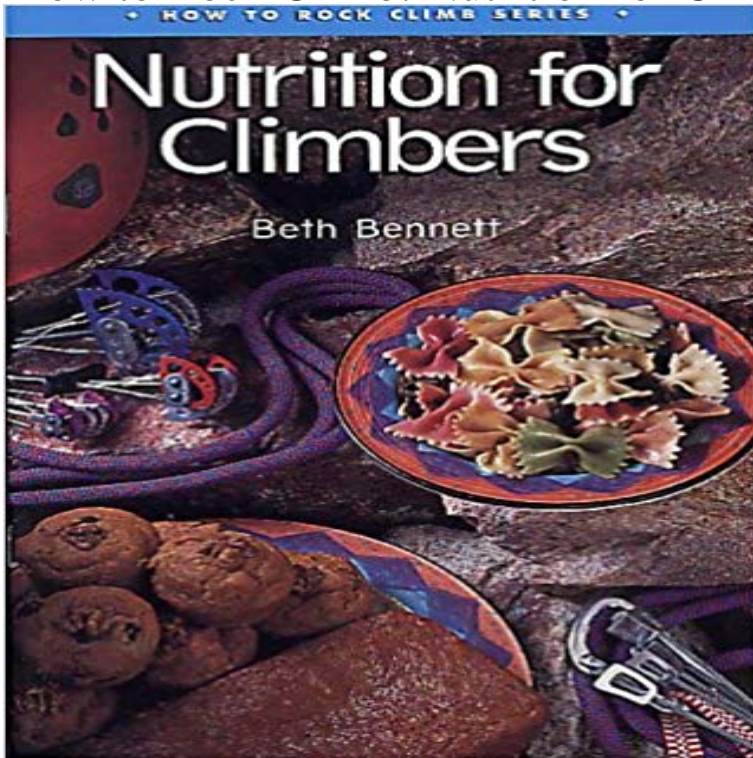


How to Rock Climb: Nutrition for Climbers



This small book provides nutrition and diet information geared toward the special needs of climbers. The author discusses diet as it relates to energy needs.

UKC Articles - Lets Talk E Numbers: Climbing Nutrition Climbing Nutrition: A Weight-Loss Primer - Climbing Magazine Aug 24, 2015 The first climbing-specific study on nutrition might change the way you climb.

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