



Something about Geek 2: health knowledge and practice sports(Chinese Edition)

By MEI] BU LU SI W. PEI LI ZHU

paperback. Condition: New. Paperback. Pub Date: 2016-05-01 Pages: 328 Language: Chinese
Publisher: Tsinghua University Press book has 11 chapters were elaborated ten themes: association between fitness and human gene pool. and fitness tools and APP. food chemical knowledge (such as proteins. fats and carbohydrates). trace elements (such as vitamins. minerals and phytonutrients). how to feed. when to eat fasting. outdoor fitness. indoor fitness. random fitness. self-cultivation password. Book is based on two kinds of th.



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