



Bicycling Medicine: Cycling Nutrition, Physiology, Injury Prevention and Treatment For Riders of All Levels

Arnie Baker

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Whether you're a novice rider or a championship racer, *Bicycling Medicine* shows you how to prevent and treat all kinds of bicycling-related aches and pains.

Coach Arnie Baker, MD, explains how to diagnose minor and major problems, offers do-it-yourself solutions, and alerts you to conditions that require a doctor's attention. A special section on bicycling physiology illuminates the demands cycling puts on your body, and thorough discussions of diet, exercise, and nutrition reveal the best ways to keep your performance at its peak.



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