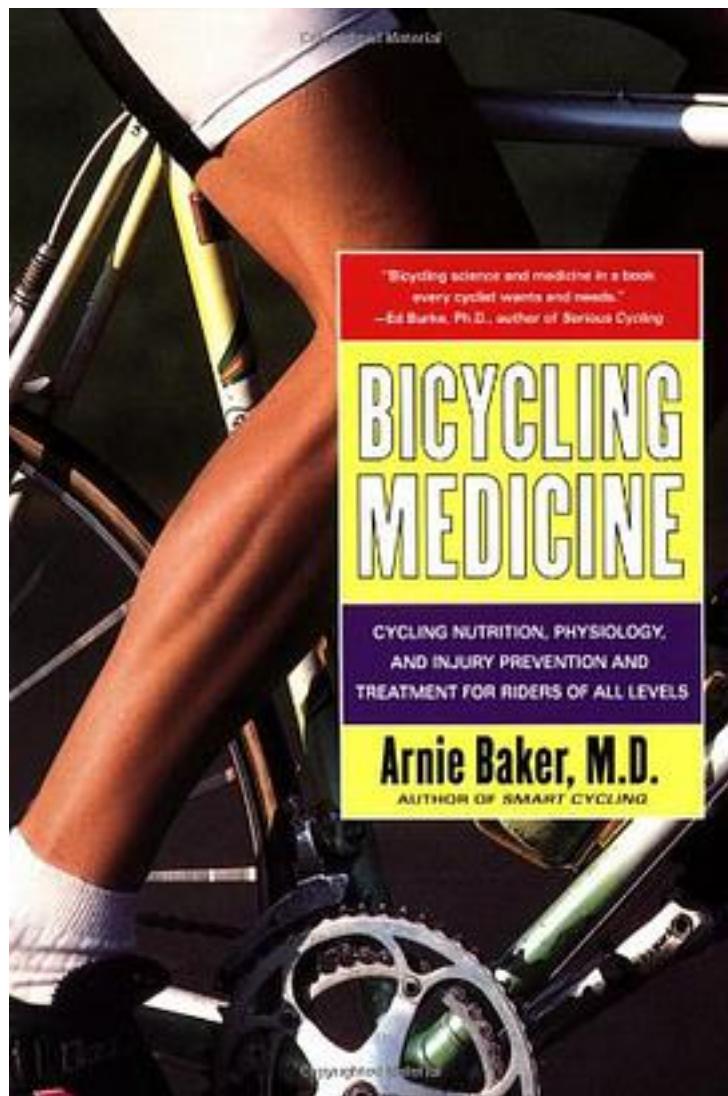


Bicycling Medicine



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著者:Baker, Arnie

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More and more people, of every age, are taking to the roads or exploring the wilderness on two wheels - and many of them are suffering unnecessary discomfort, accidents, and injuries. BICYCLING MEDICINE provides cyclists with invaluable advice on preventing and treating all kinds of bicycling-related aches and pains. It explains how to diagnose minor and major problems, offers do-it-yourself solutions, and alerts readers 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 about diet, exercise, and nutrition explain the best ways to meet those physical demands. With the help of charts and illustrations, Arnie Baker reveals the best way to keep the reader's performance at its peak.

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