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Hu T, Mills KT, Yao L, Demanelis K, Eloustaz M, Yancy WS Jr, Kelly TN, He J, Bazzano LA. Effects of low-carbohydrate diets versus low-fat diets on metabolic risk factors: a meta-analysis of randomized controlled clinical trials.

2013 NSCA Personal Trainers Conference: Looking Back at my

Adaptive Sports. The Adaptive Sports track is designed to provide the allied healthcare and fitness professional with the knowledge, skills, and abilities necessary to effectively work in the adaptive sports field, including program management, coaching, strength and conditioning, health care services, and advocacy.

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