

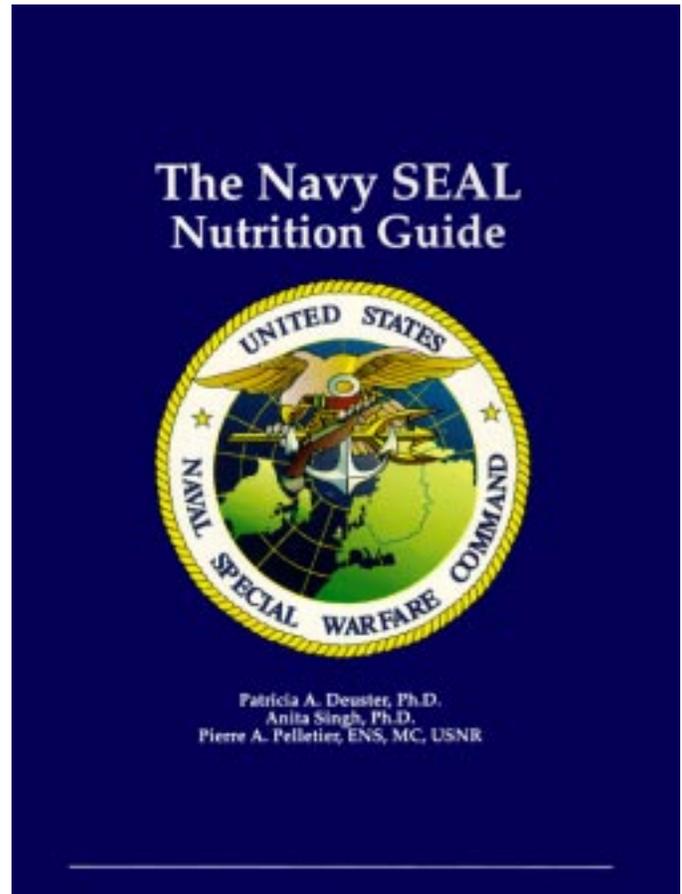
*The Navy SEAL Nutrition Guide* outlines basic nutrition concepts for a well-rounded diet and addresses the unique nutritional issue relevant to Navy SEALs under various operational conditions. Some topics covered in this guide include: energy balance, fluid balance, nutritional considerations for endurance and strength training, nutrition for optimum mission performance and interventions for mission recovery, nutritional considerations for adverse environmental conditions, and performance-enhancing supplements.

For more information on this guide, e-mail Dr. Deuster at [pdeuster@usuhs.mil](mailto:pdeuster@usuhs.mil)

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*The Navy SEAL Physical Fitness Guide* was written as a comprehensive, authoritative guide on physical fitness training regiments. This guide is intended to educate and inform Navy SEALs and others within the Special Operations community to effectively train for the physically demanding tasks that are essential in their missions. Some topics covered in this guide include: overview of physical fitness and exercise physiology, running, swimming, calisthenics, plyometrics, strength training and proper lifting techniques, flexibility training, training for specific environments, injuries and injury prevention, and substances that affect performance.

For more information on this guide, e-mail Dr. Deuster at [pdeuster@usuhs.mil](mailto:pdeuster@usuhs.mil)

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