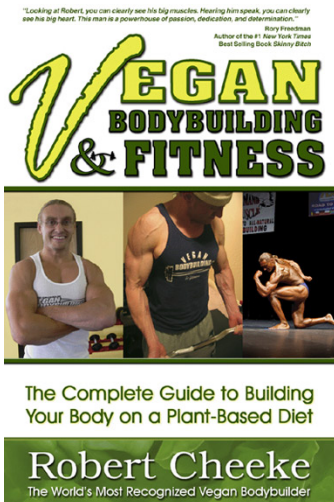


Scris de Administrator
Marți, 28 Decembrie 2010

Titlu:

VEGAN BODYBUILDING and FITNESS - The Complete Guide to Building Your Body on a Plant Based Diet



Autor(i):

- **Robert Cheeke**

Editura: [Book Publishing Co.](#)

An aparitie: 2010 (prima editie - 7 aprilie 2010)

Nr. pagini: 317 pagini

Scris de Administrator
Marți, 28 Decembrie 2010

Prezentare:

Optimizarea conditiei fizice (culturism - fitness)

[ROMANA]

Prima carte dedicata subiectului de culturism vegan (vegetarian 100%) este aici ! Robert Cheeke este cel mai recunoscut culturist vegan, si el va fi antrenorul tau personal cu acest ghid fantastic pentru a avea o conditie fizica sanatoasa fara cruzime fata de animale.

Cruzimea fata de animalele din industria alimentara, farmaceutica, sportului si divertismentului, modei, etc. si produsele derivate ulterior (din animale) din carne, din lactate care sunt mancate, introduse intr-o alimentatie nevegana (nevegetariana), alimentatie nesanatoasa. In cele din urma, cum se vede in timp (de obicei intre 10 - 30 de ani din momentul conceptiei chiar, din uterul, burtica mamei), aceasta alimentatie de origine animala ne imbolnaveste grav si ne scurteaza viata (cu cel putin 20 - 30 de ani), din ce in ce mai multi doctori nutritionisti - specialisti in nutritie (alimentatie sanatoasa), confirma acest lucru.

Pentru detalii despre cruzimea oamenilor fata de animale a se vedea ulterior filmul documentar de 90 de minute, despre care **e bine sa stii**:

[EARTHLINGS, PAMANTENII un film documentar DESPRE CRUZIMEA OAMENILOR FATA DE ANIMALE, despre dependenta absoluta a umanitatii fata de animale pentru: companie, mancare, imbracaminte, sport si divertisment sau pentru cercetare stiintifica si medicala - 95 minute](#) .

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Acoperind toate elementele de baza pentru dieta si nutritie, de antrenament, suplimente si mai mult, aceasta carte este un ghid excelent pentru toate aspectele legate de obtinerea unui corp armonios (de a intra in forma), indiferent daca sunteti doriti sa deveniti puternic si cu masa musculara mare sau daca cautati doar sa va imbunatati timpul de alergare si sa pierdeti cateva kilograme.

Daca sunteti nou in ce priveste culturism si fitness-ul vegan (vegetarian 100%), aceasta carte este un punct de plecare exceptionala, care va acoperi toate nevoile dvs. pentru cum sa incepeti sa transformati natural corpul pentru a obtine un pe fizic care l-ati visat intotdeauna. Chiar daca aveti experienta, invatati multe lucruri de la Robert, el va furnizeaza informatii exceptionale privind planificarea unui program de dieta (alimentatie sanatoasa) de succes pentru a atinge obiectivele, va ajuta sa elaborati un protocol de antrenament (formare) care va optimiza rezultatele, si ofera indicii cu privire cum sa ramaneti concentrat pentru a ajunge la obiectivelor stabilite.

Nu mai esti blocat cu o carte care se concentreaza pe presupusa "obligatie" de a manca dintr-o alimentatie pe baza de carne pentru a obtine un corp armonios (cu musculatura fara grasime), mai puternic si mai rapid decat oricand - Robert va ofera toate instrumentele de care aveti nevoie pentru a avea rezultate exceptionale de formare ca un vegan, dovedind ca nu aveti nevoie de alimente de origine animala (pe baza de animale) si suplimente pentru a obtine rezultate incredibile.

317 pagini la 19.95 dolari per copie.

[ENGLISH]

The first book devoted to the topic of vegan bodybuilding is here! Robert Cheeke is the world's most recognized vegan bodybuilder, and he'll be your personal trainer with this fantastic guide to getting fit the cruelty-free way.

Covering all the basics for diet and nutrition, training, supplements and more, this book is an excellent guide to all aspects of getting in shape, whether you're out to get big and strong or are just looking to improve your running time and lose a few pounds along the way.

If you're new to vegan bodybuilding and fitness, this book is an exceptional starting point that will cover all your needs for how to get started transforming your body naturally to get the physique you've always dreamed of. Even if you're experienced, there's a lot to learn from

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Robert as he supplies exceptional information on planning a successful diet program to meet your goals, helps you devise a training protocol that will optimize your results, and gives pointers on staying focused to reach the goals you're after.

No longer are you stuck with a book that focuses on the supposed "requirement" to eat a meat-based diet to get leaner, stronger and faster than ever before - Robert gives you all the tools you'll need to have exceptional results training as a vegan, proving you don't need animal-based foods and supplements to achieve incredible results.

317 pages at \$19.95 per copy.

Cuprins:

[ROMANA]

1. **De ce Vegan? (vegetarian 100%)**
2. **Cum sa incepi in Culturism - Cum sa incepi in culturism si sa obti rezultate**
3. **Cum sa creezi, alcatuiesti un program de nutritie de success**
4. **Cum sa creezi, alcatuiesti un program de antrenament de success**
5. **Cele mai importante lectii care trebuie invatate si urmate in culturism**
6. **De unde iti iei proteinele?**
7. **Alegerea exercitiilor care au un randament pentru cele mai bune rezultate**
8. **Transforma succesul tau in culturism intr-o forma de activism**

si informare (pentru stilul de viata Vegan)

9. **Cum sa "te vinzi" pentru a obtine sponsorizari**
10. **Suplimentare - Ce sa iei si de ce**
11. **Transforma pasinua ta intr-o cariera**
12. **Lista de echipamente, produse, servicii, si provizii vegane pentru culturisti**
13. **Cele mai bune contitii de trai vegan din America de Nord (SUA) - orase si restaurante de top**
14. **Testimoniale, marturii de la cei care au fost inspirati de Vegan Bodybuilding & Fitness**
15. **Ganduri finale de la autor**

[ENGLISH]

1. **Why Vegan?**
2. **Beginning Bodybuilding – How to get started in bodybuilding and achieve results**
3. **How to create a successful nutrition program**
4. **How to create a successful training program**
5. **The most important lessons to be learned and followed in bodybuilding**
6. **Where do you get your protein?**

7. **Choosing the exercises that yield the best results**
8. **Turning your bodybuilding success into a form of activism and outreach**
9. **How to market yourself to get sponsored**
10. **Supplementation – What to take and why**
11. **Turning your Passion into a career**
12. **Lists of vegan equipment, products, services, and supplies for bodybuilders**
13. **The best of vegan living in North America – Top cities and restaurants**
14. **Testimonials from those who have been inspired by Vegan Bodybuilding & Fitness**
15. **Final thoughts from the author**

Adresabilitate:

Medici practicieni de diferite specialitati, nutritionisti, antrenori si sportivi (amatori sau de performanta), publicul larg.

Pentru a cumpara cartea vedeti:

- siteul oficial al cartii: <http://www.VeganBodybuildingBook.com>

- sau pe Amazon.com

Alte carti utile:

- [Thrive: The Vegan Nutrition Guide to Optimal Performance in Sports and Life](#) by Brendan

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Brazier

- [Thrive Fitness: The Vegan-Based Training Program for Maximum Strength, Health, and Fitness](#) by Brendan Brazier

Cuvantul Vegan nu exista in limba Romana asa ca o sa-l explicam putin asa cum vine din limba Engleza. Vegan este si o prescurtare de la Vegetarian: **Vegetarian** (cum englezii si americanii prefera mai ales cuvintele prescurtate)

Veganul este o persoana care este vegetariana 100%. Sunt mai multe tipuri de vegetarieni (care nu sunt adevarati vegetarieni, adica vegetarieni 100%):

- ovo-lacto-vegetarieni care pe langa alimentatia vegetariana mananca: oua, lactate, si produse din lactate, derivate din lapte;
- ovo-vegetarieni acestia sunt vegetarieni care mananca si oua;
- pesco-vegetarieni persoane vegetarice care mananca si peste;

Vegan - Veganul este asemenea o persoana vegetariana 100%, dar care pe lang alimentatia vegetariana nu foloseste nici un produs facut din animale, sau care sa contina ingrediente din animale (produse din piele si blana - haine, pantofi, cizme, curele, genti, etc; cosmetice sau produse farmaceutice care au fost testate pe animale, etc.).

Persoana care a ales stilul de viata vegan a ales acest stil de viata din iubire pentru toti oamenii, toate animalele si toata natura.

Bodybuilding & Fitness Vegan - Turul Cartii prin Nord-Vestul Americii - montaj video (Bodybuilding se traduce in: Culturism, iar Fitness se traduce in: Conditie Fizica Buna, Sanatoasa - mai ales prin miscare fizica, sport)

Vegan Bodybuilding & Fitness Northwest Book Tour - video montage

{youtube}hhGir0b2Sa8{/youtube}

Ca sa NU se mai spuna ca nu poti avea rezultate optime daca esti vegan, vegetarian 100%, (daca nu mananci proteina animala): in sportul de performanta, sporturi olimpice, dar si in culturism, bodybuilding & fitness, etc...DOVADA: NU AI NEVOIE DE PROTEINA ANIMALA !

Cartea: **Vegan Bodybuilding and Fitness - The Complete Guide to Building Your Body**

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on a Plant Based Diet (7 aprilie 2010 - prima editie) in traducere: **Culturism si Fitness Vegan - Un Ghid Complet pentru a-ti Construi Corpul pe Baza Alimentatiei din Plante** (Alimentatie Vegetariana 100% - Vegana), carte unica in lume, scrisa de Robert Cheeke.

Robert Cheeke, campion bodybuilder (culturist), este printre primii 15 cei mai influenti, cunoscuti atleti vegani din lume.

Bodybuilding & Fitness Vegan - Prin stil de viata Vegan (Vegan = 100% Vegetarian) - Actualizare inainte de lansarea cartii 8 ianuarie 2010

Vegan Bodybuilding & Fitness Book Update January 8, 2010

{youtube}F_YfT0BvnQQ{/youtube}

Robert Cheeke provides and update on the Vegan Bodybuilding & Fitness book.
www.veganbodybuildingbook.com Jan 8, 2010 update just after waking up.

Vegetarieni si Vegani Faimosi Bodybuilders (Culturisti) & Fitness (Conditie Fizica Buna), Atleti, Sportivi si Sportive

Famous Vegetarian and Vegan Bodybuilders & Fitness, Athletes, Sportsmen and Sportswomen

{flvremote}http://www.sanatatesiviata.ro/arhiva/familie-si-educatie/educatie/Famous-Vegetarian-and-Vegan-Bodybuilders-Fitness-Athletes-Sportmen-and-Sportswomen-Vegetarieni-si-Vegani-Faimosi-Bodybuilders-Culturisti-Fitness-Conditie-Fizica-Buna-Atleti-Sportivi-si-Sportive.flv

{/flvremote}

Vegetarieni si Vegani Faimosi Bodybuilders (Culturisti) & Fitness

(Conditie Fizica Buna), Atleti, Sportivi si Sportive Famous Vegetarian and Vegan Bodybuilders & Fitness, Athletes, Sportsmen and Sportswomen - Youtube

{youtube}Ko7zZIDrSGg{/youtube}

There's many athletes on the sport's world, that are vegetarian and vegans...
In this video are many sportmen and sportwomen that decided don't eat meat for a lot of reasons, one of this reasons is that they are re knowledgeable about the food's health, and they know that eat meat absolutely innecessary for live a life with a truly health lifestyle.

Here's a list of some of this great athletes - O lista cu cativa dintre acesti faimosi, recunoscuti atleti, sportivi si sportive:

There's many athletes on the sport's world, that are vegetarian and vegans... In this video are many sportmen and sportwomen that decided don't eat meat for a lot of reasons, one of this reasons is that they are re knowledgeable about the food's health, and they know that eat meat absolutely innecessary for live a life with a truly health lifestyle. Here's a list of some of this great athletes:

Albert Beckles - Bodybuilder
Alexander Dargatz - Bodybuilder, German athlete, 2005 Body-Building World Champion, and physician
Andreas Cahling - Swedish Bodybuilder
Anthony Peeler - Basketball Player
Anton Innauer - Olympic Gold Medal In Ski Jumping
Aura Andrew - Bodybuilder
B J Armstrong - Basketball Player Star
Bill Pear - Bodybuilder
Bill Walton - Basketball Player and Sportscaster
Billie Jean King - Tennis Player
Brendan Brazier - Professional Ironman Triathlete, Speaker and Author - Vegan
Carl Lewis - American Track and Field Athlete, 10 Olympic medals including 9 golds, and 10 World Championships medals, of which 8 were golds
Chris Campbell - American world champion wrestler
Chris Prince - Vegan Muay Tai and Mixed Martial Arts Fighter
Christine Vardaros - Profesional Cyclist (Cyclo-Cross)
Cory Everson - Bodybuilder, 6 Times Mr.Olympia
Craig Heath - Professional Figure Skater
Dave Scott - Triathlete and Coach - Six times Ironman World Champion - Vegan
Denise Nicole - Professional Model and Bodybuilder
Desmond Howard - American professional football player

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Donny Lalonde - Canadian professional boxer
Dr. Ruth Heidrich - Triathlete, Health Books - 'Extreme mama'
Ed Bauer - Bodybuilder
Ed Templeton - Professional Skateboarder
Edwin Moses - Track and Field athlete, Olympic champion - 4 Golden Medals
Elena Walendzik - 2005 German featherweight boxing champion
Eustace Miles - Tennis player and author, 10 time British Tennis Champion
Giacomo Marchese - Bodybuilder
Jack LaLanne - American fitness, exercise and nutritional expert, celebrity, lecturer, and motivational speaker
Jacque Vaughn - American professional basketball player
Jim Morris - Mr America 1973 y Mister Olympia 1996
Joel Kirkilis - Bodybuilder and Lifter, Victoria (Aus) Bodybuilding champion, 2009
John Salley - Basketball Player
Johnny Weissmuller - Swimmer and Actor of Tarzan
Judy Ledenlge - British world hang gliding champion
Jutta Müller - German Skater and Skating Coach, windsurfing World Cup champion
Kathy Johnson - American Artistic gymnast and commentator
Kenneth G. Williams - Professional Vegan Bodybuilder
Killer Kowalski - Canadian professional wrestler, He trained WWE professional wrestlers, including Triple H
Leroy Burrell - American track & field star, Olympic champion
Leslie Marx - American fencer and two-time national champion
Luiz Freitas - Bodybuilder
Mac Danzig - Professional Mixed Martial Arts Fighter and Instructor
Marv Levy - Professional American and Canadian Football coach
Murray Rose - Men's Swimming at 17 - 4 Golden Medals for Australia
Paavo Nurmi - Finnish long-distance runner and 12-time Olympic medal winner
Pat Reeves - Marathon Runner, Personal Trainer, BAWLA Coach and Fitness Consultant
Patrick Reiners - Bodybuilder
Peter Hussing - Boxing Champion
Ricardo Moreira - Vegan MMA Fighter
Rich Roll - Athlete
Rob Bigwood - Profesional Armwrestler
Robbie Hazeley - Vegan Bodybuilder (53 years Old)
Robert Cheeke - Vegan Bodybuilder, President of Vegan Bodybuilding & Fitness - VeganBodybuilding.com
Robert Lichtenwalner - Mountain Biker
Robert Millar - Scottish professional cyclist who won the King of the Mountains competition
Robert Parish - Basketball Player, NBA Star
Roy Hilligenn - Bodybuilder, Mr. America 1951
Ruth Heidrich - American Health Educator and Three-time Ironman Contestant
Ryan Wilson - Strength Athlete, Strongman competition
Salim Stoudamire - Professional Basketball Player in the NBA
Scott Jurek - Ultramarathoner
Sebastian Grubb - Fitness Trainer, Nutrition Coach, Professional Dancer

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Silken Laumann - Canadian champion rower 2 Golden Medals
Tiffany Croker - Weightlifter
Tim VanOrden - Track & Field, Road Racing, Mountain Running, Stair Climbing
Toni Innauer - Sky Jumper
Tony LaRussa - American Baseball Team Manager
Tonya Kay - Professional Dancer Torre Washington - Bodybuilder
Weia Reinboud - Masters High jumper
Willie Austin - Former World Class Athlete, internationally recognised As Strength Trainer

Cateva informatii utile despre ce inseamna sa fii Vegan si despre Alimentatia Vegana (Alimentatia vegetariana 100%):

Cum sa fii Vegan: Cum sa cititi etichetele ca un Vegan

Being a Vegan: How to Read Food Labels as a Vegan

{youtube}H-eC5cUS67M{/youtube}

Fara sa fiti pacaliti cu asa zisele produse "Eco", "Bio", "Organic" care ascund ingrediente nesanatoase (ex.: zahar si alte ingrediente procesate care sunt nesanatoase). Plus o lista de inregistrari video din care inveti cum sa te hranesti sanatos - acesta este primul din lista de filme video (peste 15) pentru cei care doresc sa treaca de la mancarea omnivor, sau partial vegetariana la alimentatia vegetariana 100%, si cum sa fii Vegan (pe langa alimentatia vegetariana a fii Vegan inseaman sa nu folosesti produse pe baza de animale, din piele de animale, din blana de animale, sau care contin ingrediente din animale, sau orice produs testat pe animale).

Learn tips on how to read the labels on food products if you are on a vegan diet in this free how-to video on being a vegan and living healthy.

Expert: Robert Cheeke

Contact: www.robertcheeke.com

Bio: Robert Cheeke is president and founder of Vegan Bodybuilding and Fitness. He is a champion bodybuilder , speaker, and one of VegNews Magazines 15 most influential vegan athletes in the world

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Filmmaker: Jon Collins

Fiind Vegan: De unde luam Proteinele in Alimentatia Vegana

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Being a Vegan: Getting Protein in a Vegan Diet

{youtube}9BZlrCq7uho{/youtube}

Robert Cheeke is president of Vegan Bodybuilding and Fitness in Portland. This tutorial is "All about Being a Vegan."

Alte detalii si la: <http://www.VeganBodybuilding.com/>

Fiind un Vegan: Intelegand stilul de viata Vegan

Being a Vegan: Understanding the Vegan Lifestyle

{youtube}0M4N1K1fag4{/youtube}

Mai multe informatii despre Robert Cheeke si la: http://en.wikipedia.org/wiki/Robert_Cheeke

Informatii utile:

- [SA TRAIM SANATOS FARA TOXINE](#) . GHID FUNDAMENTAL. ALIMENTE SI PLANTE NATURALE PENTRU REGENERAREA CELULARA COMPLETA (carte) - Autor: Dr. Robert Morse

- [Dieta 80/10/10](#) - Echilibrarea Sanatatii Tale, Greutatii Tale, si a Vietii Tale, O Mancare Delicioasa la un Moment Dat (carte) - In aceasta carte a autorului Dr. Douglas Graham, dar mai ales in unele carti scrise in special pentru sportivii de performanta (fiind si el sportiv de performanta multi ani), gasiti informatii despre dieta crudivora (Crudivor Vegan - Vegetarian 100% Crudivor - Raw Vegan), mancarea neprocesata termic, mancare fara foc, adica CEA MAI SANATOASA ALIMENTATIE, alimentatia optima pentru toti oamenii si mai ales pentru sportivii de performanta.