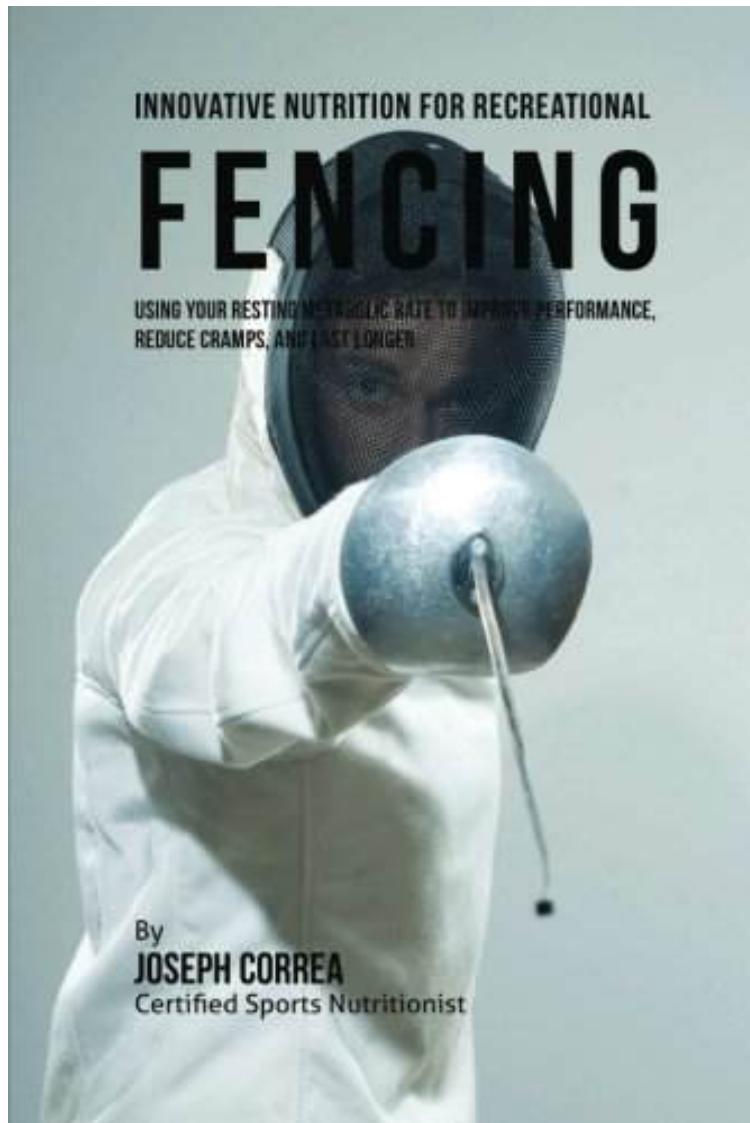


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# **Innovative Nutrition for Recreational Fencing: Using Your Resting Metabolic Rate to Improve Performance, Reduce Cramps, and Last Longer**

*By Joseph Correa (Certified Sports Nutritionist)  
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