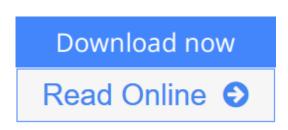


Race Stronger Live Longer: A Physician's Guide to Wellness for Athletes

By Mark E. Song



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As an athlete, are you training to set a PR or to stand on the winner's podium? Are you working out to lose those extra pounds and become fit? Perhaps you should also be concerned with your overall wellness and your long-term quality of life. If so, pick a comfortable place to sit down and read this book! Learn about your cardiovascular risk factors, improve your nutrition, adopt the Circle of Wellness into your lifestyle and reap the rewards of improved performance, along with an improved quality of life. This medically referenced book has valuable information that you may not have considered. You may just learn to Race Stronger, Live Longer!

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Editorial Review

About the Author

Mark Song has been practicing emergency medicine for over thirty-five years. A regional faculty member of the American Heart Association, he presents topics of wellness and healthy lifestyles to the community. In his spare time, he has surfed around the world with his son, Kyle, and has competed in over 40 triathlons, including 10 IRONMAN® races and is a five-time finisher at the IRONMAN® World Championship in Kona, Hawaii. He has a wellness program for athletes in Irvine, California.

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