

Energy Substrate: Truths & Misconceptions

A Practical Approach for Fitness Professionals

by Carla Botelho Sottovia, Ph.D.

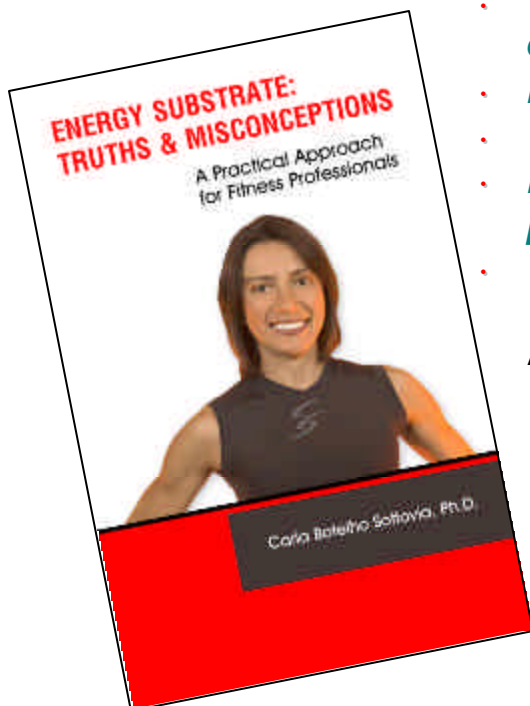
AUDIENCE

A reference book for health and fitness professionals, personal trainers, exercise specialists, coaches, and athletic trainers.

Energy Substrate: Truths & Misconceptions. A Practical Approach for Fitness Professionals provides ...

- **Reliable scientific information**
- **User-friendly question-and-answer format**
- **Easy answers to in-depth topics**

Energy Substrate: Truths & Misconceptions. A Practical Approach for Fitness Professionals will arm fitness professionals with the information necessary for answering the many and varied client questions on the topic of Energy Metabolism.



- **What are the major fuels for energy during exercise?**
- **How does fitness level affect energy metabolism?**
- **What is the Crossover Concept?**
- **Does one need extra protein intake during intense physical training?**
- **What is the role of fats during exercise?**

And the list goes on ...

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ABOUT THE AUTHOR

Carla Botelho Sottovia, Ph.D., is the Assistant Fitness Director/Senior Personal Trainer/Adjunct Faculty at the world-renowned Cooper Aerobic Center/Cooper Fitness Center in Dallas, Texas. For the last 18 years Dr. Sottovia has been devoted to helping others on their path to wellness achieve improved fitness and overall quality of life. In addition, she has instructed hundreds of fitness professionals around the world, including North America, South America, Europe, Asia, and the Middle East. In 2004 she was nominated by Dr. Kenneth Cooper as the “Cooper Ambassador for Brazil.” **In July 2005 she was honored by being chosen as the IDEA Personal Trainer of the Year.**



In 1995 Dr. Sottovia was diagnosed with a heart condition which for many would have meant the end of an active lifestyle and professional career. She is one of many athletes around the world with an implanted defibrillator/pacemaker. By overcoming personal obstacles, Dr. Sottovia has been an inspiration and role model to others by truly living life to the fullest.

An avid triathlete, Dr. Sottovia has competed in more than 50 races, including Ironman distance triathlons in Hawaii, Germany, and Brazil (2.4-mile swim, 112-mile bike, 26.2-mile run) and 16 marathons. She completed her last Ironman (Brazil, 1999) with an implanted defibrillator/pacemaker.

Dr. Sottovia is a native of Rio de Janeiro, Brazil. She received a B.S. in Physical Education from the State University of Brockport, NY (1985); followed by a M.A. in Exercise Physiology from San Jose State University, CA (1990), and her Doctorate in Exercise Physiology from the Texas Woman's University, TX (2002).

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