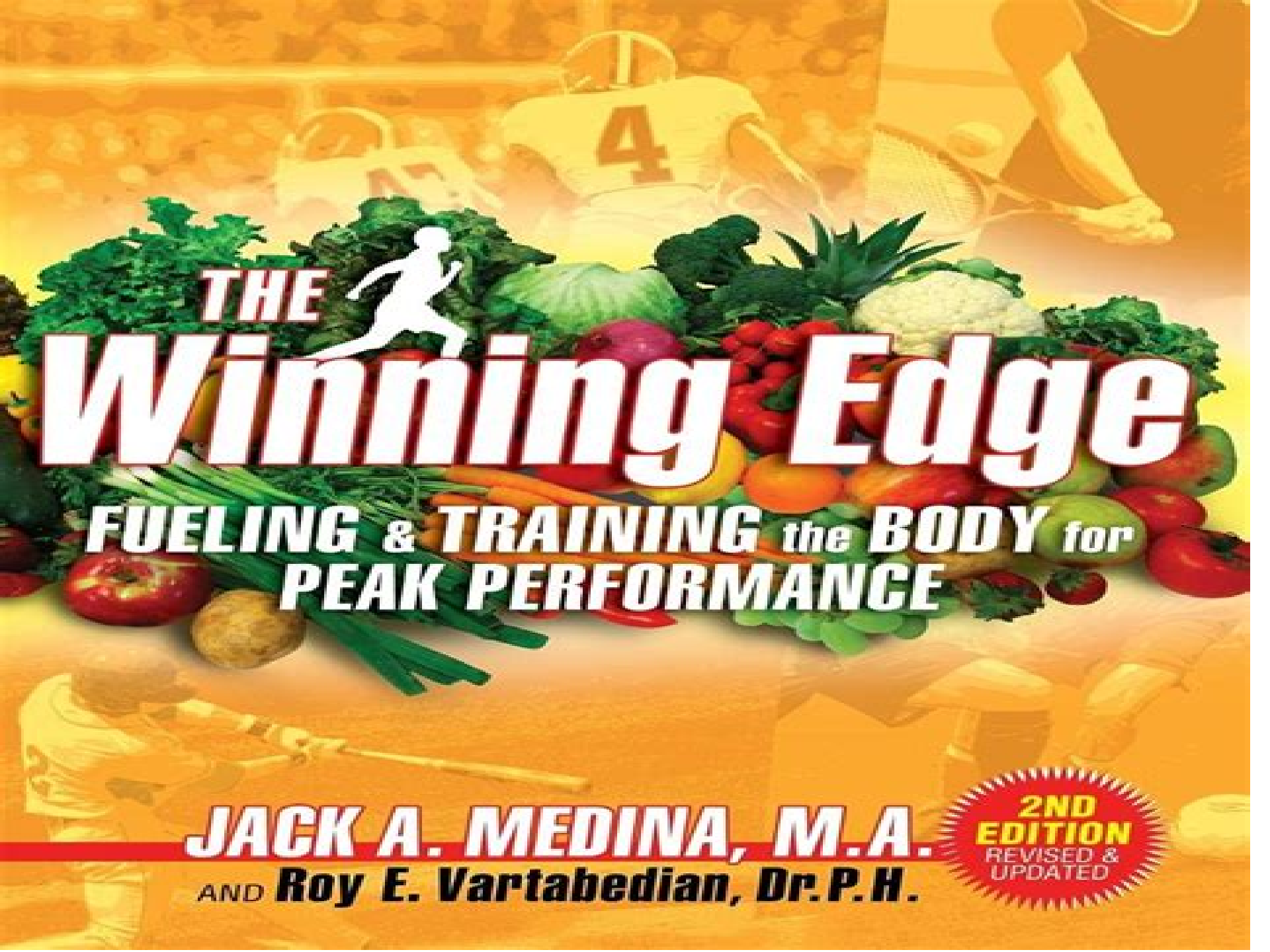


The background of the book cover is a warm, orange-toned collage. It features several athletes in motion: a basketball player in a white jersey with the number 4, a soccer player, and a tennis player. In the center, there is a large, vibrant pile of fresh vegetables and fruits, including broccoli, carrots, tomatoes, and leafy greens. A white silhouette of a runner is positioned over the word 'Winning' in the title.

THE **Winning Edge**

**FUELING & TRAINING the BODY for
PEAK PERFORMANCE**

JACK A. MEDINA, M.A.

AND **Roy E. Vartabedian, Dr.P.H.**

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