- 4 | Introduction
- 6 SNAPSHOT: DNA Fit
- 8 United Kingdom



Athletic Performance and a Vegan Diet *By Lisa J Lowery-Jones*

28 | Dominican Republic



Why is it important to obtain nutrients from external sources nowadays? By Dr. Silvia Raquel Bueno

34 | Expert Directory



Hydration – how much is enough? By Sara Kirkham



The Joint Mobilisations in the Treatment of Lateral Ankle Sprains *By Christopher Holland*

22 Romania



An Exclusive Q&A With Dragos Luscan: Personal Trainer & Wellness and Physical Coach

Fenice Media Ltd | 101 The Big Peg | 120 Vyse Street | Birmingham | West Midlands | B18 6NF | United Kingdom | Tel: +44 (0) 121 270 9468 | Fax: +44 (0) 121 345 0834 | www.corporatelivewire.com

Chief Executive Officer Osmaan Mahmood

Managing Director Andrew Walsh

Research Managers David Bateson Chris Barry

Editor-in-Chief James Drakeford

Art Director Timothy Nordan **Senior Designer** Dan Harvell

Senior Writer

Kate Byrne Contributors Matthew Kong

Matthew Kong Daniela Ferrante

Administration Managers Jenny Njuki

Data Administrators Dan Kells **Data Administrators** Tom Wisniewski Ryan Winwood

Publishing Division Jake Powers John Hart John Peterson

Marketing Development Manager Dilan Parbat

Awards Directors Kevin Norden **Awards Directors** Benjamin Pugh Max Bond

Clint Stevens

Awards Coordinators

Roxana Moroianu Alan Davis Roy Johnson

Account Managers

Norman Lee Rocky Singh Kerry Payne