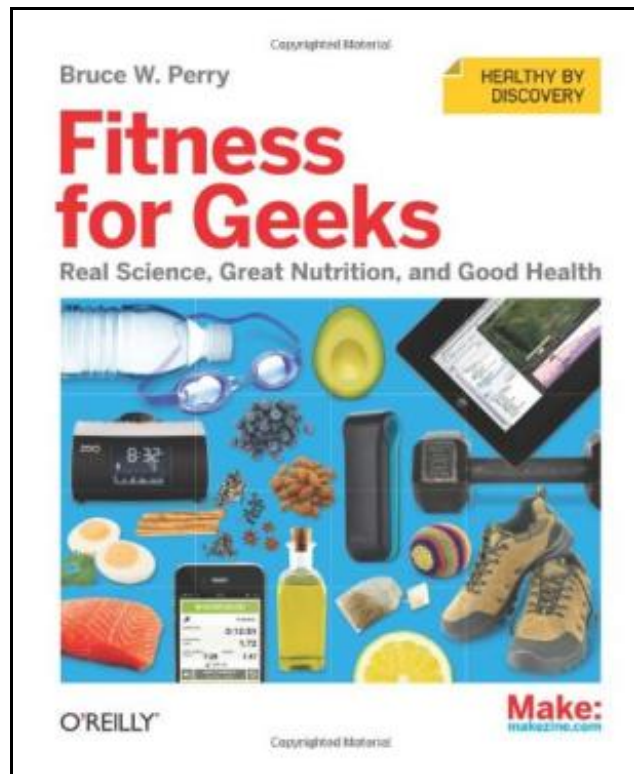


Fitness for Geeks: Real Science, Great Nutrition, and Good Health



Filesize: 7.31 MB

Reviews

This publication is amazing. It is actually loaded with knowledge and wisdom You will like the way the blogger write this publication.

(Keon Altenwerth)

FITNESS FOR GEEKS: REAL SCIENCE, GREAT NUTRITION, AND GOOD HEALTH

[DOWNLOAD](#)

To get **Fitness for Geeks: Real Science, Great Nutrition, and Good Health** PDF, you should click the hyperlink listed below and download the ebook or get access to additional information which might be highly relevant to **FITNESS FOR GEEKS: REAL SCIENCE, GREAT NUTRITION, AND GOOD HEALTH** book.

O'Reilly Media. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 9.7in. x 7.9in. x 0.7in. This inquisitive and highly useful book shows the hacker and maker communities how to bring science and software into their nutrition and fitness routines. The digital age has made a big splash with new web-connected gear in the sportsfitness world. Fitness for Geeks covers many of these new self-tracking tools and apps, including Endomondo, FitBit, Garmin Connect, Alpine Replay, Zeo, and more. The book shows you how the gear and apps work, relate to human physiology, and can be hacked and integrated into your lifestyle and fitness routine. Fitness For Geeks is designed to appeal to a broad audience of techies and other engineers, athletes, gym rats, adventurers, in short anyone with a scuffed-up muddy pair of running or cycling shoes (or bare feet) who wants to take a cerebral approach to health. The measure mantra is a useful concept for people seeking fitness (what gets measured gets managed and fixed), and now you have the software, gear, and companion book to do it. The book includes an eclectic mix of interviews with a wide range of experts, including two NFL pro football players, a mountaineering guide, a national expert on vitamin C, a runner who won a hot Boston Marathon, a scientist who tests the effects of fasting on mice and tumors, an MIT scientist who studies our mTOR growth pathway, an expert sports masseuse, and a former Israeli soldier who studied the diet of the Spartans, Greeks, and Macedonians. Fitness For Geeks has detailed chapters on nutrition as well as outdoor and indoor fitness and sports, with explanations of various protocols (for resistance training and sprinting), the physiological aspects of exercise (such as metabolic equivalent of task and calculating your basal metabolic rate (BMR)...



[Read Fitness for Geeks: Real Science, Great Nutrition, and Good Health Online](#)



[Download PDF Fitness for Geeks: Real Science, Great Nutrition, and Good Health](#)

Related Books



[PDF] Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?
Click the hyperlink beneath to download "Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?" PDF document.

[Read ePub »](#)



[PDF] Trini Bee: You re Never to Small to Do Great Things
Click the hyperlink beneath to download "Trini Bee: You re Never to Small to Do Great Things" PDF document.

[Read ePub »](#)



[PDF] Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!
Click the hyperlink beneath to download "Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!" PDF document.

[Read ePub »](#)



[PDF] Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age
Click the hyperlink beneath to download "Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age" PDF document.

[Read ePub »](#)



[PDF] Joey Green's Rainy Day Magic: 1258 Fun, Simple Projects to Do with Kids Using Brand-name Products
Click the hyperlink beneath to download "Joey Green's Rainy Day Magic: 1258 Fun, Simple Projects to Do with Kids Using Brand-name Products" PDF document.

[Read ePub »](#)



[PDF] Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!
Click the hyperlink beneath to download "Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!" PDF document.

[Read ePub »](#)