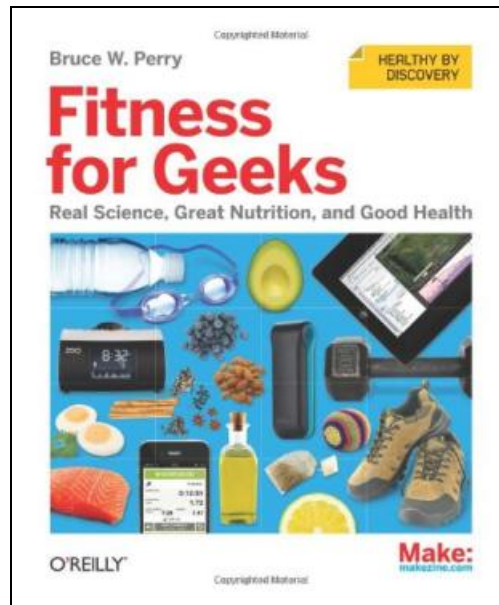


Fitness for Geeks: Real Science, Great Nutrition, and Good Health



Filesize: 2.22 MB

Reviews

This publication is definitely worth buying. It is written in straightforward words rather than difficult to understand. You are going to like how the writer compose this publication.

(Dr. Joaquin Klein)

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



To download **Fitness for Geeks: Real Science, Great Nutrition, and Good Health** PDF, you should refer to the hyperlink under and save the ebook or get access to additional information which might be 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 sports/fitness 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](#)



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

See Also



[PDF] Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?

Access the web link below to read "Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?" PDF document.

[Read Document »](#)



[PDF] Trini Bee: You re Never to Small to Do Great Things

Access the web link below to read "Trini Bee: You re Never to Small to Do Great Things" PDF document.

[Read Document »](#)



[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!

Access the web link below to read "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 Document »](#)



[PDF] Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Access the web link below to read "Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age" PDF document.

[Read Document »](#)



[PDF] Joey Green's Rainy Day Magic: 1258 Fun, Simple Projects to Do with Kids Using Brand-name Products

Access the web link below to read "Joey Green's Rainy Day Magic: 1258 Fun, Simple Projects to Do with Kids Using Brand-name Products" PDF document.

[Read Document »](#)



[PDF] Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!

Access the web link below to read "Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!" PDF document.

[Read Document »](#)

**[PDF] Book Finds: How to Find, Buy, and Sell Used and Rare Books (Revised)**

Follow the link listed below to get "Book Finds: How to Find, Buy, and Sell Used and Rare Books (Revised)" file.

[Download ePub »](#)

**[PDF] A Dog of Flanders: Unabridged; In Easy-to-Read Type (Dover Children's Thrift Classics)**

Follow the link listed below to get "A Dog of Flanders: Unabridged; In Easy-to-Read Type (Dover Children's Thrift Classics)" file.

[Download ePub »](#)

**[PDF] New KS2 English SAT Buster 10-Minute Tests: 2016 SATs & Beyond**

Follow the link listed below to get "New KS2 English SAT Buster 10-Minute Tests: 2016 SATs & Beyond" file.

[Download ePub »](#)

**[PDF] Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America.**

Follow the link listed below to get "Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America." file.

[Download ePub »](#)

**[PDF] Hitler's Exiles: Personal Stories of the Flight from Nazi Germany to America**

Follow the link listed below to get "Hitler's Exiles: Personal Stories of the Flight from Nazi Germany to America" file.

[Download ePub »](#)

**[PDF] On Becoming Baby Wise, Book Two: Parenting Your Five to Twelve-Month Old Through the Babyhood Transition**

Follow the link listed below to get "On Becoming Baby Wise, Book Two: Parenting Your Five to Twelve-Month Old Through the Babyhood Transition" file.

[Download ePub »](#)