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Simon Carol



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Fitness for Geeks Bruce Perry, 2012-04-24 This educational and highly useful book shows the hacker geek and maker communities how to bring science into their health and exercise routine to build a healthy lifestyle **Up to Speed** Christine Yu, 2023-05-16 Up to Speed is a roadmap and toolbox for athletes of all ages Every coach should read it and discuss it with their athletes I wish I had been able to read this book while I was competing Kara Goucher Olympic long distance runner and author of The Longest Race How the latest science can help women achieve their athletic potential Over the last fifty years women have made extraordinary advances in athletics More women than ever are playing sports and staying active longer Whether they re elite athletes looking for an edge or enthusiastic amateurs women deserve a culture of sports that helps them thrive training programs and equipment designed to work with their bodies as well as guidelines for nutrition and injury prevention that are based in science and tailored to their lived experience Yet too often the guidance women receive is based on research that fails to consider their experiences or their bodies So much of what we take as gospel about exercise and sports science is based solely on studies of men The good news is this is finally changing Researchers are creating more inclusive studies to close the gender data gap They re examining the ways women can boost athletic performance reduce injury and stay healthy Sports and health journalist Christine Yu disentangles myth and gender bias from real science making the case for new approaches that can help women athletes excel at every stage of life from adolescence to adulthood through pregnancy menopause and beyond She explains the latest research and celebrates the researchers athletes and advocates pushing back against the status quo and proposing better solutions to improve the active and athletic lives of women and girls *Scientific American*, 1881 Monthly magazine devoted to topics of general scientific interest **INTERMITTENT FASTING DIET PLAN FOR BEGINNERS (Series)** Simon Carol, 2021-05-09 55 % discount for bookstores Now At 31 99 instead of 49 58 Your customers will never stop reading this guide 8 BOOK OF 12 Intermittent fasting is one of the most common health and fitness trends in the world right now It s becoming popular for one reason according to a well known research magazine it works Fasting has many advantages including increased insulin sensitivity decreased leptin sensitivity massive fat burning and weight loss elimination of sugar cravings improved brain function increased human growth hormone development cancer prevention and much more This book will give you the resources you need to get started and finish your quick You will read among other things why fasting is beneficial to your wellbeing Buy it Now and let your customers get addicted to this amazing book *INTERMITTENT FASTING Series* Melissa White, 2021-05-20 55 % discount for bookstores Now At 31 99 instead of 49 58 Your customers will never stop reading this guide EDITION 2 UPDATE CHAPTER 13 Intermittent Fasting Intermittent fasting means fasting for a decided measure of time numerous people fast 24 hours then eat healthy the next 24 hours etc This means your body needs to search around for food fuel and in the process disposes of awful matured or harmed cells and other waste that has developed in your body

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