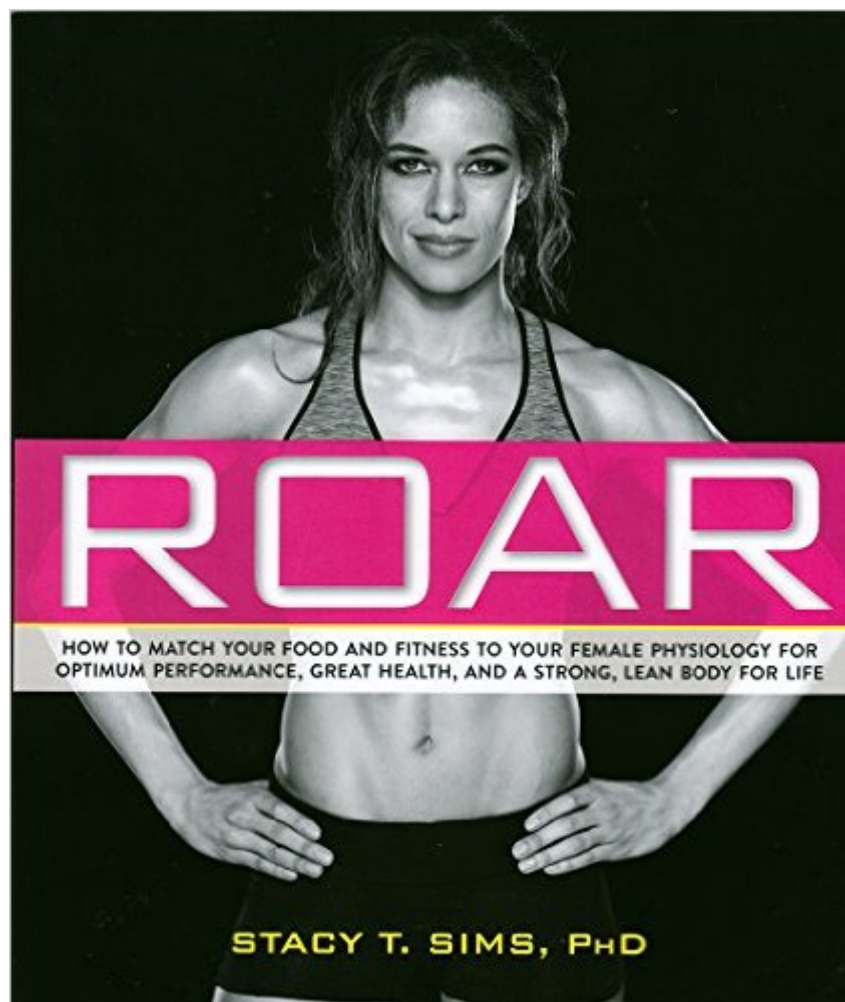


The book was found

ROAR: How To Match Your Food And Fitness To Your Unique Female Physiology For Optimum Performance, Great Health, And A Strong, Lean Body For Life





Synopsis

Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it's no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women's physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is running, cycling, field sports, triathlons this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

Book Information

Paperback: 304 pages

Publisher: Rodale Books; 1 edition (July 5, 2016)

Language: English

ISBN-10: 1623366860

ISBN-13: 978-1623366865

Product Dimensions: 7.1 x 0.9 x 9.3 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (20 customer reviews)

Best Sellers Rank: #4,606 in Books (See Top 100 in Books) [#2 in Books > Sports & Outdoors >](#)

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[General](#) [#32 in Books > Sports & Outdoors > Outdoor Recreation](#)

Customer Reviews

Ladies, you owe it to yourself to check out this book! I'm a crossfitter who got off track due to injury, and I've been struggling for months trying to get my strength back and lose 20lbs on a low-carb paleo program and getting nowhere, despite having had success with it in the past. I got Dr. Sims'

book a few days ago, started adjusting my macros on her recommendations, and I'm already seeing a significant drop in inflammation, and...the most remarkable thing for me...a huge jump in energy! I usually set three alarms and drag myself out of bed every morning, then drink coffee throughout the day just to keep going, but after the first day eating like this, I woke up the next morning before my alarm and was wide awake and ready to get going. I don't ever remember feeling that good first thing in the morning! And I sustained that energy level throughout a busy day. After reading her book, I understand how my past choices have actually been derailing my efforts, why I feel great some days and crappy other days, despite fueling and exercising the same way, and why my system isn't responding the same way it used to. Awesome information! A must-read for any female athlete, whether you're competitive or just doing it to get/stay in shape and have fun working out! Update: I had a skin-fold test done when I got the book, and again after 6 weeks, and I've lost 4.5 pounds of body fat and an inch and a half in my waist, while increasing my strength and stamina. I'm starting to see more muscle definition in my arms, legs, and abs; I've increased weight on most of my lifts, anywhere from 5-20 pounds; and I get through my workouts easier and with more energy. Still loving this!

This is the best book I have ever read about female physiology and how it couples with being an athlete. As soon as it arrived, I dug in and didn't stop. I feel like for the first time I actually understand what is happening with my body during training, rest and the always fun, monthly cycle. It's easy to read, simple and not overdone with scientific jargon. It carefully and clearly takes apart a lot of training and diet myths. My favorite parts were reading the stories of some top female competitors and how even just small tweaks can make a big difference. And not just with stories, but with scientific evidence and real life female athletes using that information for their own success. No two women are the same and what works best for each of us can be unique but this book captures all of that and then some. No matter where you are in your athletic pursuits, this is a killer book to have in your arsenal. Especially younger female athletes. Get the right information and establish good, healthy habits young. I am 38 so I am having to unlearn a lot of bad habits, poor information and basically training like a small man. Worth every penny!

It's been so helpful already in regard to how I've been fueling myself. Understanding why I feel fatigued and how I can work around that has been beyond valuable in regard to my training and improving my fitness and level of competition.

A fantastic science-based book for female athletes as well as those of us who just aspire to become athletes. IMportant reading even for the weekend warrior who wants to successfully complete those long runs or rides and recover quickly enough to do it all again. Learn the difference between drinking and hydrating, and how to fuel with real food. Great book!

I ordered this book last week and read cover to cover in one evening. Dr Simms has many strategies for adapting our training routines to meet the ever evolving needs of the female body. As a cyclist who trains 5-6 days a week, all year, I discovered tips that I will immediatley apply to my training and racing. Thank you for writing a book that was so easy to read and offered value added strategies.

I preordered the book and it arrived the other day. I literally read it in a matter of hours! I thought it was very good. I've been an endurance athlete for many years now and I cannot tell you how great it was to finally read a book that highlighted the differences between male and female athletes! It also helped me realize some short comings in my own nutrition habits when it comes to training and why I have various experiences because of those short comings. For example, why I sometimes suffer from nausea, headaches and dizzy spells after tough workouts and why, when running, I sometimes struggle with stomach issues and other times not. This book is worth every penny!

I cannot put this book down! Finally some great knowledge for females about their physiology and performance. Thank you for putting years of study and research into a book that we can all read and understand. Racing as a professional triathlete, this information is so crucial to nailing down my training and gearing up for races. But it's also very good knowledge for all women to know!

Stacy Sims is an actual athlete herself as well as a scientist. It's really about time more research has been done on and for women. While there may be a few things in the book I'm not 100% on board with, for the most part there is good info about fueling.

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& 5S - 3 Manuscripts + 1 BONUS BOOK (Lean Thinking, Lean Production, Lean Manufacturing, Lean Startup, Kaizen) Lean: QuickStart Guide - The Simplified Beginner's Guide To Lean (Lean, Lean Manufacturing, Lean Six Sigma, Lean Enterprise) Strong Female Protagonist Book One (Strong Female Protagonist Gn) Roar, Roar, Baby!: A Karen Katz Lift-the-Flap Book (Karen Katz Lift-the-Flap Books) Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit Endocrine and Reproductive Physiology: Mosby Physiology Monograph Series (with Student Consult Online Access), 4e (Mosby's Physiology Monograph) Renal Physiology: Mosby Physiology Monograph Series (with Student Consult Online Access), 5e (Mosby's Physiology Monograph) Exercise Physiology: Theory and Application to Fitness and Performance Build Your Dream Body: Breaking the Lies and Myths of the Fitness Industry so You Can Build Lean, Hard Muscle and Shred Fat Using Simple and Proven Techniques That Get Results Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong: (The Build Muscle, Get Lean, and Stay Healthy Series) Mix-and-Match Cakes: The Simple Secret to 101 Delicious, Wow-Worthy Cakes (Mix-And-Match Mama) How To Be an All-Star Residency Match Applicant: From the First Year of Medical School to Match Day. A MedEdits Guide. Matchmaker, Matchmaker: Two "Match Made in Heaven" Stories: Mismatched in Texas & The Perfect Match Barre Fitness: Barre Exercises You Can Do Anywhere for Flexibility, Core Strength, and a Lean Body The Food Service Professional Guide to Controlling Restaurant & Food Service Food Costs (The Food Service Professional Guide to, 6) (The Food Service Professionals Guide To) Trade Mindfully: Achieve Your Optimum Trading Performance with Mindfulness and Cutting Edge Psychology (Wiley Trading) Lean Six Sigma: The Ultimate Guide To Lean Six Sigma With Tools For Improving Quality And Speed! (Lean, Six Sigma, Quality Control)

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