

[PDF] 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

Stacy Sims, Selene Yeager - pdf download free book



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Description:

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.

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