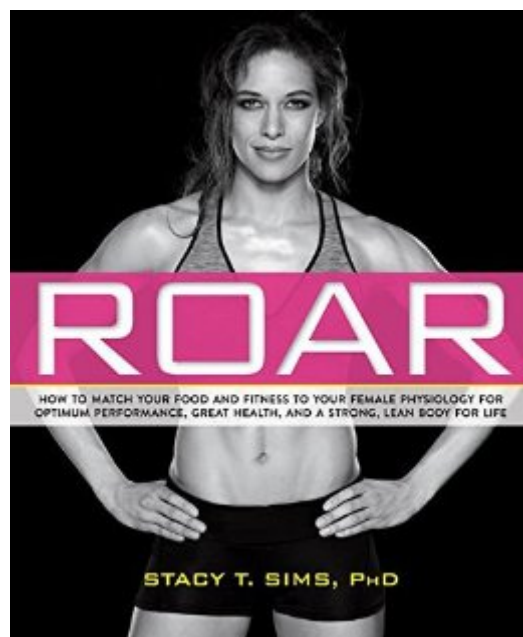


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# ROAR:Â How To Match Your Food And Fitness To Your Female Physiology For Optimum Performance, Great Health, And A Strong, Lean Body For Life



## 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

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## 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,

health 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!

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 shortcomings in my own nutrition habits when it comes to training and why I have various experiences because of those shortcomings. 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!

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.

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 immediately apply to my training and racing. Thank you for writing a book that was so easy to read and offered value added strategies.

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.

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!

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ROAR: How to Match Your Food and Fitness to Your Female Physiology for Optimum Performance, Great Health, and a Strong, Lean Body for Life Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) The Successful Match 2017: Rules for Success in the Residency Match Exercise Physiology for Health Fitness and Performance Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) The Men's Health Big Book of Food & Nutrition: Your completely delicious guide to eating well, looking great, and staying lean for life! Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body (The Build Muscle, Get Lean, and Stay Healthy Series) Renal Physiology: Mosby Physiology Monograph Series (Mosby's Physiology Monograph) The Jennifer Nicole Lee Fitness Model Diet: JNL's Super Fitness Model Secrets To A Sexy, Strong, Sleek Physique BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) The 9 Steps to Keep the Doctor Away: Simple Actions to Shift Your Body and Mind to Optimum Health for Greater Longevity Bone Broth Breakthrough: Transform Your Body with Bone Broth Protein, the Ultimate Food to Support Gut Health, Metabolism, Lean Muscle, Joints and Glowing Skin The Acid-Alkaline Diet for Optimum Health: Restore Your Health by Creating pH Balance in Your Diet Fitness After 40: Your Strong Body at 40, 50, 60, and Beyond Vegan Eating: 31 Steps to Become a Vegan: It is not Just About the Food - You Want to Be Healthy, Fit and Change your Diet. Here's How you do It (Health, Vegan Food, Green and Lean) The Most Effective Ways to Live Longer: The Surprising, Unbiased Truth About What You Should Do to Prevent Disease, Feel Great, and Have Optimum Health and Longevity Ultimate Plank Fitness: For a Strong Core, Killer Abs - and a Killer Body Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making (The Build Muscle, Get Lean, and Stay Healthy Series Book 3)

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