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# PLAY



# ON

THE NEW SCIENCE OF ELITE  
PERFORMANCE AT ANY AGE

≡ JEFF BERCOVICI ≡

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Jeff Bercovici

## Play On: The New Science of Elite Performance at Any Age



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A lively, deeply reported tour of the science and strategies helping athletes like Tom Brady, Serena Williams, Carli Lloyd, and LeBron James redefine the idea of " " Season after period, today's sports superstars seem to defy the limits of physical ageing that inevitably sideline their competitors. How much of the difference can be genetic destiny and just how much can be related to better training, medicine and technology? Is usually athletic longevity a skill that can be trained, or a mental self-discipline that can be mastered? Through interesting profiles and first-person anecdotes, Bercovici illuminates the science and strategies extending the professions of elite older sports athletes, uncovers the latest advances in fields from nutrition to brain science to virtual reality, and will be offering empowering insights about how exactly the rest of us can find peak functionality at any age group.peak age. His quest led him to teaching camps, tournaments, hospitals, anti-aging clinics and Silicon Valley startups, where he tried out cutting-edge treatments and technology firsthand and investigated the realities behind health fads like alkaline diets, high-intensity intensive training, and cryotherapy. Journalist Jeff Bercovici spent extensive period with professional and Olympic sportsmen, coaches and doctors to get the answers to these queries. Can career-ending accidents be predicted and avoided?



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Defeat the Specter of Sarcopenia The last five things I bought on Amazon before this were 1) Fish food, 2) Gloves with LEDs in the fingers, 3) A stuffed cat vomiting a rainbow, 4) A carbon monoxide detector, 5) Measuring spoons. As a self-dubbed anti-aging professional, believe this provides a framework, which is definitely generalizable alive. For anyone interested in cutting edge ideas about keeping their fitness for a long time to come -- and really, who isn't? It is filled with interesting tales about famous sports athletes that boil down to excellent recommendations that anyone may use in his / her life to boost their exercise program. So long, sarcopenia. ?? Worth it.\* Assuming we don't possess a carbon monoxide leak.. The book is mainly centered on elite athletes that i am not..There were nuggets throughout that I could try and the epilogue is specifically on the subject of what's the takeaway for the nonelite athlete. It shined a light on some things I'm probably doing incorrect that I'll work on fixing. Valuable.. Tim Ferriss, move over. Exceptionally well researched insights about fitness and athletic performance from some set of the world's most respected coaches, scientists and elite athletes.Jeff runs broad and deep and collates his learnings into a highly entertaining narrative. Simply put, this is a great read, the results are actionable and I'm now as part of your convinced that 40 may be the brand-new 20! My present giving for 2018 just became a lot simpler.This one will stay with me for life. Great education. It does very to tie the lessons learned from what the everyday athlete should do. The author did an excellent job keeping with the science but writing in a style the layperson could understand. and doctors who are in the frontier of figuring out how to maintain elite physical functionality lengthy after even the very best athletes are anticipated to maintain decline If you've ever wondered how Tom Brady continues to be able to play lighting out at the age of 40, this is essential read. Aging is not optional. Not surprisingly, a few of the theories and practices sound plausible while some seem a little out there, and the writer does a great job of immersing himself in these protocols to be able to understand what we are able to actually know about the way the body performs just how it does. It really is cutting edge showing where nutrition, genetics, PRP, stem cell, and surgery is going forward in regards to health and longevity . "Play On" is the important to the locked toolbox that keeps the tools you will need in the fight against sarcopenia. highly recommended from a coaches perspective as well! This is actually the best most comprehensive fitness advice for old athletes I've . I'm happy I read it.. This is the best most comprehensive fitness advice for old athletes I've read. Spoilers ahead: I'll work on power instead of strength, and consider breaks when I'm tired. The overall guidelines of thumb are great. I highly recommend it to anyone who is pushing their personal and individual envelope to improve their health insurance and vitality.Play On takes you deep into the world of the players, coaches, and doctors who also are in the frontier of determining how exactly to maintain elite physical overall performance long after even the very best athletes are expected to maintain decline. However, I came across that the reserve consists mainly of snippets of the most recent methods and approaches on maximizing performance of elite athletes. Encouraging great book I'm on the other side of 60. None of the will make my entire life and better or much longer\*, but this reserve will. Explores role of nutrition, cumulative injury, psychological "chunking" (pattern recognition), cryotherapy, among other equipment. I've been working out like After all it for days gone by 45 years. This book is great, and filled with wonderful, useful information for us lunatics who toss ourselves in to the blender of fitness, without intention of ever stopping. Bravo. Good, readable, not longish and intelligent - not naive Exciting, informative and highly readable accounts on how less young sports athletes defy agree with a number of methods Not what the name suggests While this became a fascinating book on the theory of athletic overall performance, the title suggests that there will be tips for older sports athletes trying to be elite.

Superb book , specially for all those of us over 30 who even now enjoys competing . I am just a 68 year aged man trying to wisely exercise in an effort to resist the long and depressing set of effects of ageing that he discusses at the start of the book. A very good read with some worth to a vintage nonathlete A very enjoyable browse from a talented author. -- this highly entertaining and informative publication should be on your list. I'll post an upgrade with images of my quads in a couple of months. Dense. Thank you, Jeff. Interesting magazine reading but not a lot of practical advice I was expecting much more based on other reviews. How you perform is at your control A novel interpretation of how professional athletes manage the aging process, playing smarter rather than harder. Well researched, fast go through that kept my interest Oftentimes books trying to cover the many scientific disciplines in back of athletic performance come up short when trying to charm to a mass market. Great read Lacks very very particular data and research, but gives a remarkably holistic view of what makes our anatomies tick and how exactly to keep moving as we age group. Loved this book and plan to put in practice what the book preaches Play On As a reader in his upper 60's, I enjoyed the read. This is not a self-help publication or a function of speculative health assistance -- it's a thoroughly reported function of journalism that also offers the virtue to be a pleasure to read. As somebody who still works out and stays in fairly good shape, it is perhaps a bit past due, although I found a few of the ideas moderately affirming. There is surely an elite athlete bias to the book but it is frequently at the best levels where the filtered great things about staying suit finally arrives for the common competitor. Great for athletes over 30! If this is what you're looking for, you will be disappointed. Hardly any practical advice and contradicts itself a lot



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