



# ROAR

HOW TO MATCH YOUR FOOD AND FITNESS TO YOUR FEMALE PHYSIOLOGY FOR OPTIMUM PERFORMANCE, GREAT HEALTH, AND A STRONG, LEAN BODY FOR LIFE

**STACY T. SIMS, PhD**

Stacy Sims and

**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**



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Regardless of what your sport is usually— Stop eating and teaching like one. Because most nutrition products and teaching plans were created for men, it' Because females' Sims, PhD, shows you how to become your own biohacker to achieve optimum athletic performance. This book teaches you everything you need to learn to adapt your nutrition, hydration, and teaching to your unique physiology so that you can use, rather than against, your female physiology. Workout physiologist and nourishment scientist Stacy T. ROAR can be a thorough, physiology-based nutrition and schooling guide specifically made for active women. Customizable meal programs 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. Filled with goal-specific meal plans and nutrient-loaded recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. s no question that so many feminine athletes battle to reach their full potential. s physiology adjustments as time passes, entire chapters are specialized in staying strong and active through being pregnant and menopause. Women are not small men. working, cycling, field sports activities, triathlons—this book will empower you with the nutrition and fitness knowledge you have to be in the healthiest, fittest, strongest shape of your life.



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I was totally intrigued by the interview and got this reserve.. I need help as much as any athlete to get and stay in condition.love this! Ladies, you borrowed from it to yourself to check out this book!!After reading her publication, I understand how my past choices have been derailing my efforts, why Personally i think 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. Sims' book a few days ago, began adjusting my macros on her behalf recommendations, and I'm currently seeing a substantial drop in swelling, and... She has exercises with how exactly to photos in there, that are easier to access with the printed publication.. Ya buddy A must for athletes This book is a game changer. Five Stars Good read I set three alarms and drag myself out of bed each morning, then drink espresso throughout the day just to continue, but after the first day taking in like this, I woke up another morning before my alarm and was wide awake and ready to get going. I don't ever keep in mind feeling that good very first thing each morning! And I sustained that energy level throughout a busy day. I acquired Dr. I am late 30s middle back of the pack triathlete ultra runner and suffering from intense tiredness, foggy thinking, weight gain and hormonal disturbances past couple of years. A must-read for just about any female athlete, whether you're competitive or simply doing it to obtain/stay in form and have fun working out!Update: I had a skin-fold test done when I got the publication, and again after 6 weeks, and I've shed 4.5 pounds of body fat and an inch . 5 in my waist, while increasing my strength and stamina. I'm needs to see more muscles definition in my own arms, legs, and abdominal muscles; Not relevant to us gals! Best book to learn why we are different than men Best book to understand about your body when working out. Perhaps her next book? Hey Stacy, how about another book! I understand that Stacy Sims did not promise to coach nonathletes, but I wish I could pry some extra knowledge out of her. For those of us who exercise daily and have a problem with why some times it feels great among others are strenuous it includes some good insight and helpful tips. Most diets, dietary advice and training suggestions derive from data gathered from Male populations.. AND I began rock climbing 24 months ago.. I am 38 so I am having to unlearn allot of bad habits, poor information and basically training just like a small man... what I have to do to avoid injury but still go for it on the rocks.. Back to the contents! how bio-similar hormone treatment makes me more or less similar to a woman who still offers regular periods, and then what sort of sport like rock climbing with its very different stressors are different from the Crossfit and monitor women she mainly writes about.Having said that--I loved the precise ideas on hydration, upon electrolytes, upon junking paleo and other extreme diet programs. I loved the info on diet and hydration before,after and during an event (I'll contact an 'event' any day when I'm out doing severe climbing). I've wondered why I don't recover after climbing, or what I can do to get to the very top of a problem, and not degrade just shy of a goal. I could patch together her recommendations to function for me. Hey Stacy, think about another book! This is actually the best book I've ever read about female physiology! This is actually the best book I've ever find out about female physiology and how it couples with as an athlete. Also our bodies change therefore much in a 28 day cycle that nourishment &! You can read, simple and not overdone with scientific jargon. It carefully and clearly requires apart allot of training and diet myths. The best parts had been reading the tales of some top female competitors and how also just small tweaks can make a big difference. And not just with tales, but with scientific evidence and true to life female sportsmen using that details for their own achievement. No two women will be the same and what works greatest for each folks can be exclusive 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 possess in your arsenal. Especially younger woman

athletes. Get the right information and establish good, health habits young. What I WISH I had was particular info on how my 64 year old body differs from a woman half my age group. Worth every penny! This book rocks !! Personally i think like for the first time I actually know very well what is taking place with my body during training, rest and the often fun, monthly cycle. Provides a few recipes, hardly any photos, and no workout charts, but loaded with important information that a lot of various other books miss! I love this book and have been re-reading it as I prepare myself to teach for my second marathon. I'm a crossfitter who got off track due to injury, and I've been struggling for months trying to get my power back and lose 20 pounds on a low-carb paleo program and getting nowhere, despite having experienced success with it during the past. I noticed Stacy Sims on another mother runner podcast. Gaining strength and energy, losing body fat, sleeping better. Especially before and after teaching. Easier to find what I want in the printed publication. probably the most remarkable thing for me.. She explains what sort of woman's body functions. It is so insightful. I'm a runner and she offers up so very much great advice so far as nutrition, fueling, recovery, why we obtain those awful belly aches sometimes whenever we run and are not fueling correctly.! exercise can affect us in a different way in those 28 times. Read this!!! Interesting and informative but not necessarily useful for the common woman. Grabbed the book after listening to a podcast where Stacy's comments on exercise and diet around menstruation actually resonated. Excellent and informative. Very informative for women's health. I'm about to be 65, and I'm a Type 1 Diabetic. Want more information about how post menopausal ladies can maintain their optimum health as our anatomies age and switch. Still loving this! If you're a competitive feminine athlete, this book is a must read. This book rocks !! For example, recovery, fueling foods, taking in for your body type and fitness health myths. One topic I haven't ever noticed discussed (other than by my therapist) is the Q-angle. After scanning this, I have tweaked my diet as talked about in the publication. Very informative read, very important go through don't miss adding this one to your arsenal. I also dropped a few lbs. Those of us who do not know our hormonal cycles because of hysterectomy or going right through menopause have much less to benefit from in the book. I highly recommend this book for all athletes and all parents of young athletes.. I bought this publication for my 15-year-old daughter who is a runner and who struggled with optimizing her nourishment to meet her needs both as an adolescent girl so when an athlete. This book really changed just how we looked at her nutrition in general and also during her monthly routine, pre- and post-workout and also surrounding her race days. Dr. Sims does pioneering work in the mainly unaddressed area of nutritional needs for female athletes, and how very different that is from the needs of boys and men. Her publication actually addresses both males and females but differentiates them in a way that is incredibly very important to all athletes to learn. Ya buddy! Women need to read this! This book is great for women athletes of most ages. Awesome info! She also hits on bone health insurance and menopause. Last 3 weeks my energy level and mental clarity much improved ! Basically I am eating more calories, earlier in the day, and increased my proteins intake a bit. I actually bought it on my kindle first, but have since purchased the print because it is such a great reference! Bam! I am awake all afternoon, not necessarily trolling my kitchen cupboard in past due afternoon snacks and also my husband noticed a huge difference in feeling and energy. Not ideal for those over 50. The complete book felt like it was geared generally for women still with their cycles. My training sessions haven't seemed as hard. I am looking forward to seeing results as more months pass. What I like may be the author reduces how women aren't just small males and our bodies react differently to stress of life, training, hormones and food.. I've increased weight of all of my lifts, from 5-20 pounds;.

So far so good Very interesting to learn how our anatomies are much more different than a man. As soon as it arrived, I dug in and didn't end. I want to implement what she says and hopefully have a much better race and feel more powerful and less gut problems. Must Read for Woman Endurance Athletes Best book I've read to improve my understanding of what's happening to me personally. Strongly recommend to ALL female sportsmen at any age. and I complete my workouts less complicated and with more energy.a huge jump in energy!



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