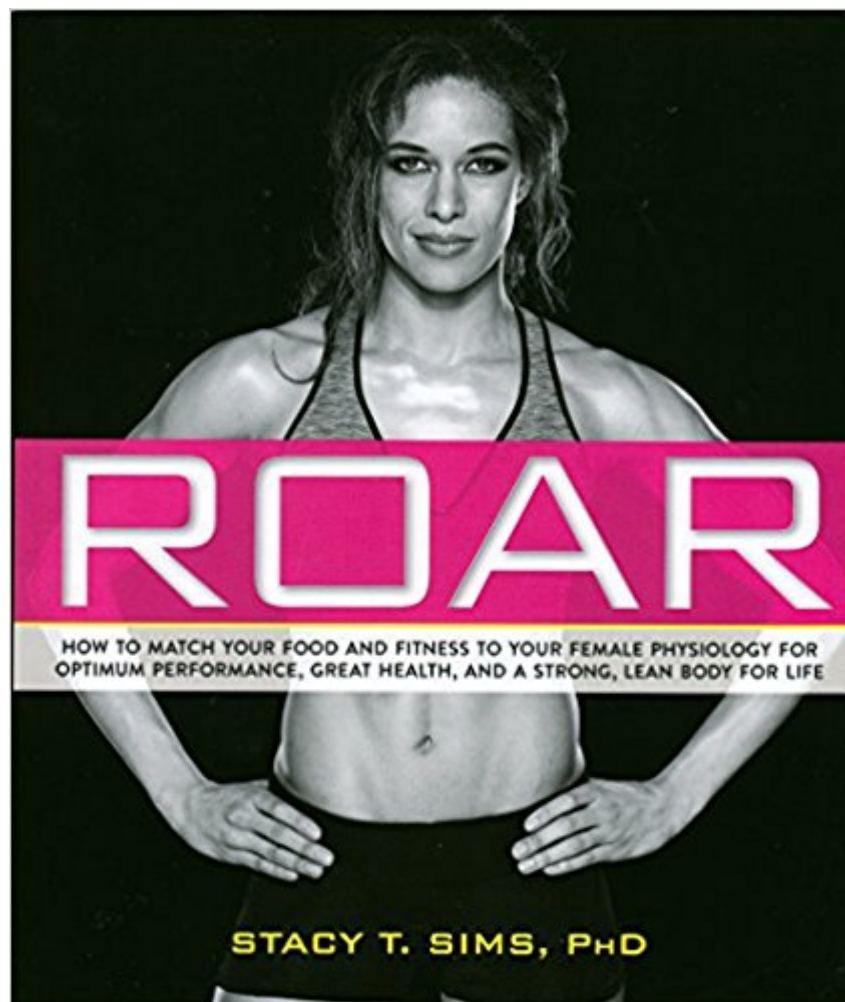




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# **ROAR: How To Match Your Food And Fitness To Your Unique Female Physiology For Optimum Performance, Great Health, And A Strong, Lean Body For Life**





## 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

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## Customer Reviews

"Dr. Sims realizes that female athletes are different than male athletes and you can't set your race schedule around your monthly cycle. She has helped me manage the

physical and mental stress that comes with my intense level of cycling. ROAR will help every athlete understand what is happening to her body and what the best nutritional strategy is to perform at her very best.

— Evie Stevens, Olympian, professional road cyclist, and current women's UCI Hour record holder

— Dr. Stacy Sims is a singular voice and an epic intellectual talent in the health and fitness world. As former professional athletes turned fitness entrepreneurs, we have found that her insights into the unique interworkings of the female athletic body were a total game changer. ROAR will help athletes everywhere become faster, stronger, and healthier.

— Juliet and Kelly Starrett, New York Times bestselling author, and cofounders of San Francisco CrossFit and MobilityWOD

— Dr. Sims has taken her years of experience as an endurance athlete and scientist to create the ultimate guide to nutrition and performance for female athletes. No matter what your sport of choice is, ROAR is a book that no athlete should be without.

— Shalvinn Fullove, two-time U.S. Olympic Marathon Trials qualifier

Having completed over 56 Ironmans, I can say with certainty learning how your body reacts to high endurance training and racing never stops. It's discouraging to prepare for a race and have it derailed, not because you didn't do the work, but because your body didn't respond on that particular day. Dr. Sims will show you how you can take the steps to toe the start line with the best chance of delivering your maximum potential!

— Meredith B. Kessler, professional triathlete

Dr. Sims helped me recover from hip surgery to win a World Championship bronze medal. Her personalized approach to training, recovery and nutrition can unlock an athlete's potential to achieve next level goals. Now all active women have access to the same groundbreaking information that made a significant impact on my career.

— Lea Davison, Professional mountain bike racer and Olympian

Exercise physiologist and nutrition scientist Sims presents women with an enlightening guide to fueling and strengthening themselves for peak fitness. As a former athlete, Sims knows firsthand the dangers of following regimens designed for men; her maxim is 'women are not small men.' In part one, Sims covers the basics of female physiology in easily comprehended terms, exploring topics such as body mass distribution and a woman's capacity for cardio and endurance. She demystifies each phase of the menstrual cycle so that women can leverage the phase they're in to their advantage; this section also includes a chapter on menopause. Part two focuses on how a woman builds weight, core strength, gut health, and strong bones, complete with how-to exercises and sample plans. Part three covers daily and sport-specific fueling, hydration, recovery and handling extreme conditions. This book is a must for female athletes (July)." - Publishers Weekly, May 2, 2016

Stacy Sims, MSC, PhD, is a Stanford-based exercise physiologist and nutrition scientist and the cofounder and chief research officer of OSMO Nutrition, a sports nutrition company. A regular featured speaker at professional and academic conferences, including those hosted by USOC and USA cycling, she resides in Palo Alto, CA. Selene Yeager is a professional health and fitness writer, certified personal trainer, USA cycling certified coach, professional mountain bike racer, and all-American Ironman triathlete. She has authored, coauthored, or contributed to dozens of books and national publications. A 2007 national magazine award nominee for excellence in service journalism, she lives in Emmaus, PA.

This book is awesome!!! I heard Stacy Sims on another mother runner podcast. I was totally intrigued by the interview and got this book. I actually bought it on my kindle first, but have since ordered the print because it is such a great resource! Much easier to find what I want in the printed book. She has exercises with how to pictures in there, that are easier to access with the printed book. Back to the contents! She explains how a woman's body works. It is so insightful. I'm a runner and she offers up so much great advice as far as nutrition, fueling, recovery, why we get those awful stomach aches sometimes when we run and are not fueling properly. I love this book and have been re-reading it as I get ready to train for my second marathon. I want to implement what she says and hopefully have a much better race and feel stronger and less gut issues. Read this!!!

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!

Great and very insightful book. I am a USA certified Triathlon Coach, a RD on Sports and functional medical practitioner and I go to this book to look for great info for my athletes and patients that do endurance sports.

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.

great information, really helpful. Probably the best (most useful) book about sports nutrition I have

ever seen and i have read lots. When i went through menopause i searched for information on athletes and menopause and there was nothing. Sims has gathered great data and it is really helpful! Thank you for a wonderful book!

I loved this book so much that after reading my Kindle edition I bought two copies for fitness friends, one a runner and the other a personal trainer. There is so much information in here that I read and re-read and refer back to it frequently. How I could live to be this old and not understand the connection to what my body goes through each month and how I feel and how i train is mind boggling. I wish this book was around when I was younger but I am glad to have it now. Yes, it is geared to the more advanced or even elite athletes but the take-aways apply to us amateur folk too. Do I personally have the same exact nutritional requirements as someone participating in Triathlons or ultras? Of course not, but as someone who spins twice a weeks, weight trains twice a week, hikes on the weekends and plays league tennis I can incorporate a TON of the information and already have. I used to go to morning spins in a fasting state so that I could get in the 'burn zone' and I can swear to you that after stopping that and eating a mini-breakfast I not only feel better and stronger and get more out of the workout, I don't feel nearly as wrecked and have started losing 'the last ten pounds'. Weekend Warrior Women take it to the next level and read this!

Half way through and everything so far has been very informative and eye opening. Really enjoying the exercises she mentions and the a scientific break downs of alternatives you can use instead of the products mentioned. Im not an extreme athlete but i had been working out almost every day prior. Had to take a break for a few months due health but reading this book has made me reflect on my prior workout and evaluate my diet for healthier and effective results.

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!

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