Fitness for Geeks: Real Science, Great Nutrition, and Good Health

By Bruce W. Perry

O'Reilly Media. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 9.7in. x 7.9in. x 0.7in.This inquisitive and highly useful book shows the hacker and maker communities how to bring science and software into their nutrition and fitness routines. The digital age has made a big splash with new web-connected gear in the sportsfitness world. Fitness for Geeks covers many of these new self-tracking tools and apps, including Endomondo, FitBit, Garmin Connect, Alpine Replay, Zeo, and more. The book shows you how the gear and apps work, relate to human physiology, and can be hacked and integrated into your lifestyle and fitness routine. Fitness For Geeks is designed to appeal to a broad audience of techies and other engineers, athletes, gym rats, adventurers, in short anyone with a scuffed-up muddy pair of running or cycling shoes (or bare feet) who wants to take a cerebral approach to health. The measure mantra is a useful concept for people seeking fitness (what gets measured gets managed and fixed), and now you have the software, gear, and companion book to do it. The book includes an eclectic mix of interviews with a wide range of experts, including two NFL pro football players, a mountaineering...

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