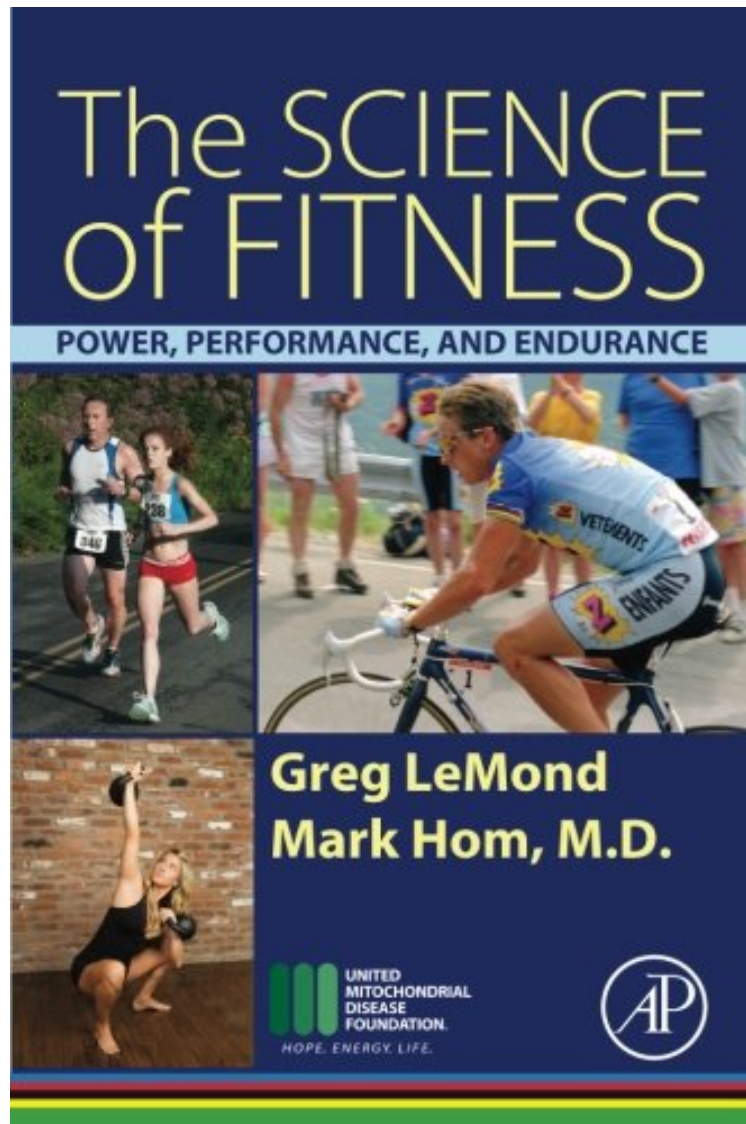


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The Science of Fitness: Power, Performance, and Endurance

Greg LeMond, Mark Hom

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Greg LeMond, Mark Hom : The Science of Fitness: Power, Performance, and Endurance before purchasing it in order to gage whether or not it would be worth my time, and all praised The Science of Fitness: Power, Performance, and Endurance:

2 of 2 people found the following review helpful. This knowledge may be enough to get you moving if you are not; and moving faster if your are.By Jordan B DavisDr. Hom gets it. As an MD, scientific researcher and an active athlete the author has done an excellent job of demystifying how and why we deteriorate as we age and become sedentary.

More importantly he helps the reader understand how to chart a course to better health through better nutrition and fitness activity. There are plenty of books on do this activity and get fit. Dr. Hom takes you down to the Krebs cycle and the cell level to help you understand how and why it all works. Buy it, read it, and get to it. Live not just longer but better! 1 of 1 people found the following review helpful. Complex information simplified! By Edmond J Gibson Jr Great fitness book for an athlete, or "want-to-be" athlete, who enjoys learning. It answers the question: "How does exercise help my health/fitness?". Although a specific individual fitness program is not specifically written out, the knowledge gained will help plan an appropriate program based on an individual's goals...regardless of whether you're "out of shape" or think you're already in "great shape". Perhaps you're tired and fighting an illness or you're a high performing athlete in great health, maybe somewhere in between, this book will help if you want to improve no matter what level of fitness you're currently at! 3 of 3 people found the following review helpful. Very Informative and Cutting Edge By Martha Hennessy As a personal trainer I found this information very valuable. Even though I am older I also found a great deal of information that I will put to use in my my own program. Looking forward to the next book!

The Science of Fitness: Power, Performance, and Endurance provides a scientific explanation as to how exercise and nutrition enable people to live a higher quality life, with a focus on mitochondrial cell energy as the center of athletic performance, physical fitness, disease prevention, and aging. This approach bridges the gap between cellular biology and exercise fitness. The Science of Fitness gives competitive and elite athletes an edge in achieving optimal performance, while also helping recreational athletes who want to improve fitness. It is of great benefit to all who want to improve overall health and vitality. By learning the science of fitness, you will understand why training makes your body more energized and powerful. A presentation of human physiology at the organ and cellular levels to explain why fitness is a biologic process. Fitness is built one cell at a time.

"I recommend the book to patients, friends and acquaintances, to stimulate them to consider the importance of keeping their mitochondria strong and healthy"- Miguel A. Aon, PhD, Johns Hopkins University, Baltimore, MD "Greg LeMond and Dr. Mark Hom demonstrate that fitness and mitochondrial health are inextricably linked; you cannot have one without the other. Exercise and proper nutrition can increase both the function and number of mitochondria, resulting in more energy and stamina"- Charles A. Mohan, Jr. CEO/Executive Director The United Mitochondrial Disease Foundation "The book is well written and incorporates many exercise physiological principles. The authors highlight the concept of high-intensity interval training (HIIT) Summing Up: Recommended"--CHOICE, The Science of Fitness "...as long as you want to improve some aspect of your fitness, there will be something in this book that will be relevant...gives practical advice on topics as varied as weight control, brain atrophy, peaking for an event, and age-specific training."--Cycling World "Greg LeMond, America's original superstar cyclist, is back...and has co-written "The Science of Fitness" with biologist Mark Hom. The book focuses on mitochondria, the tiny motors in each cell that power muscular movement. The topic is close to LeMond's heart..."--Los Angeles Times, February 20, 2015 "an important new book...the authors show how mitochondrial science is becoming a new branch of medicine that not only explains physical fitness but also the latest theory of aging."-Get Fit Newsletter, February 16, 2015 From the Author Doody's Service: