



The Science of Fitness: Power, Performance, and Endurance

By Greg LeMond, Mark Hom



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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.
- Mitochondria are the basis of fitness training. They generate human energy, increase with exercise, and diminish with inactivity.
- A detailed explanation of exactly how frequent and strenuous exercise improves fitness, builds muscle, burns fat, maintains health, and slows the aging process.
- Nutrition and hydration explained at the cellular level, super foods that are great for you, and unhealthy foods you should avoid.
- How exercise strengthens the mind.
- A case study of Greg LeMond: being the fittest athlete of his era, what it takes to win the Tour de France, how to train like a champion, to being diagnosed with an acquired mitochondrial myopathy.
- A condensation of the current knowledge in exercise physiology, yet easy to read, and backed by over 240 scientific literature references. What the modern athlete needs to know.

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Editorial Review

Review

"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, John 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 Review Service:

Reviewer: Erik H. Van Iterson, PhD, MS, MBio (University of Pennsylvania School of Medicine)

Description: This book explains fitness using a complete integrative physiology approach and details key relationships between athletic performance and cell and molecular mechanisms to achieve optimal health while reaching fitness goals.

Purpose: The aim is to introduce lay readers to the importance of integrative human physiology, organ systems, cellular pathways, and macro/micronutrient intake in influencing athletic performance and perhaps equally important, overall health.

Audience: The book is appropriate for athletes at all fitness levels. Individuals who may find this particularly useful are athletes who are trying to learn the science of performance training. Coaches, exercise physiologists, and/or health and fitness professionals also might find this book useful in working with athletes or other clientele.

Features: The approach that the authors take enables readers to read the book cover-to-cover, or to jump to specific areas of interest. The book contains many detailed figures that help direct readers to key points.

Assessment: This is a valuable book for athletes interested in enhancing their understanding of an integrated human physiology approach to athletic performance. The content is supported by an ample body of peer-

reviewed articles that help reaffirm that the principles and recommendations of the authors are supported.

Score: 100 - 5 out of 5 Stars

From the Inside Flap

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We evolved as physical beings that require daily activity. Exercise prevents the modern diseases of inactivity and sloth

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Chapter 3: Amazing Mitochondria

The symbiotic relationship between our cells and mitochondria gives us the energy to thrive and perform incredible athletic feats

Chapter 4: Feeding Your Cells

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Users Review

From reader reviews:

Emmanuel Young:

Do you have favorite book? For those who have, what is your favorite's book? Reserve is very important

thing for us to understand everything in the world. Each book has different aim or even goal; it means that guide has different type. Some people experience enjoy to spend their time to read a book. They are reading whatever they have because their hobby is definitely reading a book. Think about the person who don't like examining a book? Sometime, person feel need book when they found difficult problem or perhaps exercise. Well, probably you'll have this *The Science of Fitness: Power, Performance, and Endurance*.

Jeanne Gonzales:

The ability that you get from *The Science of Fitness: Power, Performance, and Endurance* is the more deep you looking the information that hide inside words the more you get enthusiastic about reading it. It does not mean that this book is hard to comprehend but *The Science of Fitness: Power, Performance, and Endurance* giving you buzz feeling of reading. The writer conveys their point in particular way that can be understood simply by anyone who read that because the author of this book is well-known enough. This book also makes your personal vocabulary increase well. That makes it easy to understand then can go along with you, both in printed or e-book style are available. We propose you for having this particular *The Science of Fitness: Power, Performance, and Endurance* instantly.

James Fong:

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