

Get Fast By Selene Yeager

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in recent years scientists have discovered thousands of substances in foods that go way beyond vitamins and minerals for pure healing power the doctors book of food remedies shows you how to use mother nature s healing foods to lose weight prevent cancer reverse heart disease cleanse arteries unleash an explosion of new energy lower cholesterol look and feel years younger and much much more you will discover how to cut the risk of heart attack in half by snacking on nuts protect against colon cancer by eating grapefruit cool off hot flashes with flaxseed heal a wound with honey fight diabetes with milk and wine reduce cholesterol with cinnamon written in collaboration with the editors of prevention magazine one of america s most trusted sources for health information the book covers 60 different ailments and 97 different healing foods and offers

100 delicious nutrient rich recipes newly researched every entry provides current information and the latest clinical studies from real doctors and nutritionists working in some of the best medical institutions in the united states

the author discusses her unique method for shedding fat and increasing metabolism in this illustrated guide to basic weight training

the world s authority on cycling provides a comprehensive guide to the sport for cyclists of all levels the sport of cycling has experienced an exciting boom in popularity fueled by lance armstrong s success and recent comeback the popularity of triathlons rising gas prices and the need to find a sport that lets people have some fun while they get fit no one knows more about this boom than the pros at bicycling magazine for nearly 50 years bicycling has brought its readers the most up to date advice on everything from training and gear to nutrition and stories of cycling s greatest stars now for the first time bicycling gathers its best advice in the big book of bicycling a must have book that cyclists of all levels can refer to again and again for answers to all of their cycling questions senior editor emily furia and her colleagues have gathered the latest most useful information on getting started buying gear maintaining both road and mountain bikes training for speed racing techniques understanding the rules of the road and much more this evergreen book is an invaluable resource for any cyclist who wants to ride their best

every cyclist wants to get faster whether they re a weekend warrior a crit specialist or a charity cruiser speed is the x factor that lets a rider ride strong feel fresh and thoroughly enjoy each ride get fast is the cyclist s go to guide for gaining speed in it author selene yeager addresses speed from every possible angle including not only the standard chapters on riding techniques and bike maintenance tricks specific to getting fast but also stand alone chapters on fitness and weight loss stretching nutrition and supplementation motivation and mental attitude together they present a complete and comprehensive guide to achieving one s top speed bolstered by a foundation in science and road tested by yeager and the editors of bicycling magazine the wisdom presented in get fast will have riders and readers flying on the road dirt dirt roads cross course track anywhere and everywhere they love to ride most in no time at all

this book contains information recommendations and guidelines in order to be able to live a healthy lifestyle that is based on good nutrition exercise like aerobics high intensity aerobics and

weightlifting the book also describes subjects about many factors that determine good nutrition and overall health and fitness it is the author s desire that many people young and old will benefit from the content of this book

bicycling magazine features bikes bike gear equipment reviews training plans bike maintenance how tos and more for cyclists of all levels

all about girls puberty and growing up what preteen or young teen hasn t wondered what is up with my body even if you haven t yet you will and that s okay there really are answers good answers to all of your questions inside is reassuring accurate advice for all preteen and young teen girls and their parents presented in a question and answer format all of the toughest and most important stuff that s on your mind is right here from body changes skin and hair care and menstruation to moods eating disorders and sexuality you ll discover what your body is all about and feel great about it and yourself

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women are built differently ride differently train differently burn different macronutrients as fuel and have a different relationship with their bikes than men do it s only natural they should need their own comprehensive cycling book the bicycling big book of cycling for women is an instructional manual geared specifically toward women it breaks down the sport of cycling into easily digestible sections beginning with the history of women s cycling and progressing into equipment lifestyle technique training and fitness goals the book also includes a women specific section that covers cycling while menstruating cycling while pregnant how menopause affects training and how specific parts of the female body are uniquely affected by cycling the bicycling big book of cycling for women will serve as an indispensable lifelong guide for every female cyclist

more women than ever before are jumping on their saddles to enjoy one of the fastest growing sports in the country and to improve cardiovascular fitness control their weight and liven up their

social lives at the same time cycling remains very much a man's sport an intimidating world that can be difficult for women to navigate now celebrity spokeswoman selene yeager covers all the basics for all ages and fitness levels women will learn how to find the perfect bike and other essential equipment how to shift spin climb mountains and get back down training techniques that take it up a notch what to eat off and on a bike competition craziness race information and strategies why guys who work in bike shops act the way they do and more

bicycling magazine features bikes bike gear equipment reviews training plans bike maintenance how tos and more for cyclists of all levels

bicycling magazine's resident fit chick delivers a weight loss plan designed to help readers lose 30 50 or even 100 pounds by riding a bike and eating sensibly forget gym memberships and running shoes the best way to lose weight is on a bike in ride your way lean bicycling magazine columnist selene yeager provides readers with a comprehensive cycling plan that allows them to shed fat streamline their bodies and hone their skills on a bike cycling is gentle on the joints easy to do with friends and family and burns literally thousands of calories without being a bore or cause for suffering a weight loss program for people who want to drop pounds of fat while learning a new sport this book offers training plans that turbocharge metabolism along with complementary nutritional advice each chapter is seasoned with anecdotal tips success stories pitfalls and other advice from real people who have ridden themselves lean

prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets

given our struggling economy as well as the national struggle to maintain our waistlines cycling is enjoying a renaissance as more than 57 million people in the united states use bicycles regularly now bicycling's fit chick presents a brand new 12 week weight loss and exercise plan for beginner and experienced cyclists alike whether readers have just a little bit of weight to lose or a lot bike your butt off will help them meet their weight loss goals in no time thanks to its expert tested food and exercise plans from authors selene yeager and leslie bonci by outlining basic rules of the road social elements of cycling and the sustaining weight loss benefits of cycling bike your butt off distills the core fundamentals of cycling so that any beginner can adopt it as a lifelong endeavor with delicious nutritional information tips training plans and fat burning and heart pumping

exercises to help maximize workouts readers will see the pounds melt off while having the time of their lives

presents an assortment of short exercise routines which take only fifteen minutes per day and includes workouts for different fitness levels with some moves targeting specific body parts

escape your desk sentence dr james levine one of the country s top specialists in obesity says america suffers from sitting disease we spend nearly ten to fifteen hours of our day sitting in cars at our desks and in front of the television the age of electronics and the internet has robbed us of the chance to burn up to 1 500 to 2 000 calories per day leaving americans less active and much heavier than we were thirty years ago we are facing a human energy crisis what you need according to this doctor s orders is to get moving or nonexercise activity thermogenesis neat neat is as simple as standing turning and bending research proves that daily neat activity burns more calories than a half hour running on the treadmill just by the very act of standing and moving you can boost your metabolism lower your blood pressure and increase your mental clarity it s about using your body as it was meant to be used move a little lose a lot gives you literal step by step instructions for small changes that equal radical results give at the office burn 2 100 calories a week just by changing your daily work routine hey einstein just like the scientist who thought up his most famous theory while riding his bike you can increase production of new brain neurons in as little as three hours tired of being tired reduce fatigue by 65 percent with low intensity neat workouts don t forget an italian study showed active men and women were 30 percent less likely to develop alzheimer s disease

for those in search of the key to joy here is the ultimate guide to a fuller life os big book of happiness the all new third volume of the best of o the oprah magazine book series gathers the years most empowering energizing and entertaining articles filled with advice from experts such as dr phil suze orman martha beck suzy welch and oprah the book addresses four major aspects of life your mind your body focuses on emotional and physical well being maintaining health building confidence finding a sense of purpose and balance dreaming big inspires us to aim high and realize our aspirations with practical advice on all aspects of life from work to money to heeding your inner voice dating mating relating provides the tools and insights everyone needs to forge better connections with our partners families friends and co workers and do something

urges the reader to make life more meaningful by reaching out to help and support others this is a resource that readers will keep returning to for answers and inspiration

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Introduction

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