

[PDF] Fitness For Geeks: Real Science, Great Nutrition, And Good Health

Bruce W. Perry - pdf download free book

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Description:

Top 5 Fitness Tips from Bruce Perry, Author of *Fitness for Geeks*

1. Sleep

Sleep a lot, and consider monitoring your sleep to work out the rough spots with gear such as the Zeo Sleep Manager. We all know that life intrudes on sleep, but the idea is to maximize your sleep when you have the opportunity. Go to bed early (e.g., to catch the restorative deep sleep that can happen before midnight when the body secretes the repair mechanism called growth hormone), and don't skimp on the final long REM sleep in the early morning.

2. Exercise

Choose exercise that makes you run faster or physically stronger over long slow exercise that breaks down your body. This means up to 30 minutes of effective resistance training about twice per week (with experience, lower reps and higher weights), and interval training as opposed to moderate jogging. A recent study discovered that 30-second bursts of cycling (4 to 6 times per session with 4 minute rests in between) was just as effective as traditional endurance exercise, but involved 90 percent fewer miles.

3. Eat

Eat food that's grown or pastured locally. Find a local farm, and become one of their good customers for pastured eggs, which generally offer higher levels of vitamins and minerals, grass-fed meats, berries, and veggies (in season).

4. Fast

Fast once in a while (**This advice is only for adults, not for growing kids**). Consider narrowing the window of eating to around 8 to 12 hours per day. An intermittent fast a couple times per week (such as fasting overnight and extending it to about 15 hours) can help with blood-glucose metabolism and reduce inflammation.

5. Challenge

Do something once in a while that represents an acute challenge. (Meaning, it scares the crap out of you then makes you laugh and/or tell stories about it afterward). The reason wilderness treks, for example, are so gratifying and exciting is because they seem to stimulate built-in instinctive pathways, according to the author Laurence Gonzales' *Deep Survival*. Although unproven, maybe they represent hormesis or "good stress." For even more fun, bring along self-tracking apps such as Endomondo or Backpacker GPS Trails Pro.

About the Author Bruce W. Perry played college soccer in New York, then amidst a varied career in journalism and software engineering finished literally (ask my knees!) hundreds of road races and multisport events.

He's since moved on to family life and recreational alpine hiking, skiing, and resistance training. He wrote two recent software books for O'Reilly Media. After an unguided youth the author climbs with mountain guides now and hangs out weightlifting in gyms again. He has recently toured and summited Piz Palu in the Swiss Alps, Mt. Whitney's Mountaineer's Route, and Mt. Rainier.

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