

Which Comes First, Cardio or Weights?: Fitness Myths, Training Truths, and Other Surprising Discoveries from the Science of Exercise

By Alex Hutchinson

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In *Which Comes First, Cardio or Weights?* Alex Hutchinson, a physicist, award-winning journalist, and contributing editor of *Popular Mechanics* magazine, reveals the little-known and often surprising truths that science has uncovered about exercise. A book that ranges from cardio and weights to competition and weight loss, here are fascinating facts and practical tips for fitness buffs, competitive athletes, and popular science fans alike.

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- Sales Rank: #117776 in eBooks
- Published on: 2011-05-24
- Released on: 2011-05-24
- Format: Kindle eBook

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Editorial Review

Review
“Factual, informative and empowering....a refreshing perspective on fitness and well-being.”

From the Back Cover

There's plenty of conventional wisdom on health and fitness—but how much of it is scientifically sound? The truth is: less than you'd think.

In *Which Comes First, Cardio or Weights?*, physicist and award-winning journalist Alex Hutchinson tackles dozens of commonly held beliefs and looks at just what research science has—and has not—proven to be true:

Should I exercise when I'm sick? • Do I get the same workout from the elliptical machine that I get from running? • What role does my brain play in fatigue? • Will running ruin my knees? • To lose weight, is it better to eat less or exercise more? • How should I adapt my workout routine as I get older? • Does it matter what I'm thinking about when I train? • Will drinking coffee help or hinder my performance? • Should I have sex the night before a competition?

This myth-busting book covers the full spectrum of exercise science and offers the latest in research from around the globe, as well as helpful diagrams and plenty of practical tips on using proven science to improve fitness, reach weight loss goals, and achieve better competition results.

About the Author

Alex Hutchinson is a contributing editor at *Popular Mechanics* magazine, senior editor at *Canadian Running* magazine, and columnist for the Toronto *Globe* and *Mail*. He holds a master's in journalism from Columbia and a Ph.D. in physics from Cambridge, and he did his post-doctoral research with the U.S. National Security Agency.

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Michael Hamlin:

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Virginia Mack:

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