The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers)

By Joe Kutner

The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers) By Joe Kutner

Printed in full color.

To keep doing what you love, you need to maintain your own systems, not just the ones you write code for. Regular exercise and proper nutrition help you learn, remember, concentrate, and be creative--skills critical to doing your job well. Learn how to change your work habits, master exercises that make working at a computer more comfortable, and develop a plan to keep fit, healthy, and sharp for years to come.

Small changes to your habits can improve your health--without getting in the way of your work. *The Healthy Programmer* gives you a daily plan of action that's incremental and iterative just like the software development processes you're used to. Every tip, trick, and best practice is backed up by the advice of doctors, scientists, therapists, nutritionists, and numerous fitness experts.

We'll review the latest scientific research to understand how being healthy is good for your body and mind. You'll start by adding a small amount of simple activity to your day--no trips to the gym needed. You'll learn how to mitigate back pain, carpal tunnel syndrome, headaches, and many other common sources of pain.

You'll also learn how to refactor your diet to properly fuel your body without gaining weight or feeling hungry. Then, you'll turn the exercises and activities into a pragmatic workout methodology that doesn't interfere with the demands of your job and may actually improve your cognitive skills.

You'll also learn the secrets of prominent figures in the software community who turned their health around by making diet and exercise changes. Throughout, you'll track your progress with a "companion iPhone app".

Finally, you'll learn how to make your healthy lifestyle pragmatic, attainable, and fun. If you're going to live well, you should enjoy it.

Disclaimer

This book is intended only as an informative guide for those wishing to know more about health issues. In no way is this book intended to replace, countermand, or conflict with the advice given to you by your own healthcare provider including Physician, Nurse Practitioner, Physician Assistant, Registered Dietician, and other licensed professionals.

Keep in mind that results vary from person to person. This book is not intended as a substitute for medical or nutritional advice from a healthcare provider or dietician. Some people have a medical history and/or condition and/or nutritional requirements that warrant individualized recommendations and, in some cases, medications and healthcare surveillance.

Do not start, stop, or change medication and dietary recommendations without professional medical and/or Registered Dietician advice. A healthcare provider should be consulted if you are on medication or if there are any symptoms that may require diagnosis or medical attention. Do not change your diet if you are ill, or on medication except under the supervision of a healthcare provider. Neither this, nor any other book or discussion forum is intended to take the place of personalized medical care of treatment provided by your healthcare provider.

This book was current as of January, 2013 and as new information becomes available through research, experience, or changes to product contents, some of the data in this book may become invalid. You should seek the most up to date information on your medical care and treatment from your health care professional. The ultimate decision concerning care should be made between you and your healthcare provider.

Information in this book is general and is offered with no guarantees on the part of the author, editor or The Pragmatic Programmers, LLC. The author, editors and publisher disclaim all liability in connection with the use of this book.

The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers)

By Joe Kutner

The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers) By Joe Kutner

Printed in full color.

To keep doing what you love, you need to maintain your own systems, not just the ones you write code for. Regular exercise and proper nutrition help you learn, remember, concentrate, and be creative--skills critical to doing your job well. Learn how to change your work habits, master exercises that make working at a computer more comfortable, and develop a plan to keep fit, healthy, and sharp for years to come.

Small changes to your habits can improve your health--without getting in the way of your work. *The Healthy Programmer* gives you a daily plan of action that's incremental and iterative just like the software development processes you're used to. Every tip, trick, and best practice is backed up by the advice of doctors, scientists, therapists, nutritionists, and numerous fitness experts.

We'll review the latest scientific research to understand how being healthy is good for your body and mind. You'll start by adding a small amount of simple activity to your day--no trips to the gym needed. You'll learn how to mitigate back pain, carpal tunnel syndrome, headaches, and many other common sources of pain.

You'll also learn how to refactor your diet to properly fuel your body without gaining weight or feeling hungry. Then, you'll turn the exercises and activities into a pragmatic workout methodology that doesn't interfere with the demands of your job and may actually improve your cognitive skills.

You'll also learn the secrets of prominent figures in the software community who turned their health around by making diet and exercise changes. Throughout, you'll track your progress with a "companion iPhone app".

Finally, you'll learn how to make your healthy lifestyle pragmatic, attainable, and fun. If you're going to live well, you should enjoy it.

Disclaimer

This book is intended only as an informative guide for those wishing to know more about health issues. In no way is this book intended to replace, countermand, or conflict with the advice given to you by your own healthcare provider including Physician, Nurse Practitioner, Physician Assistant, Registered Dietician, and other licensed professionals.

Keep in mind that results vary from person to person. This book is not intended as a substitute for medical or nutritional advice from a healthcare provider or dietician. Some people have a medical history and/or condition and/or nutritional requirements that warrant individualized recommendations and, in some cases, medications and healthcare surveillance.

Do not start, stop, or change medication and dietary recommendations without professional medical and/or Registered Dietician advice. A healthcare provider should be consulted if you are on medication or if there are any symptoms that may require diagnosis or medical attention. Do not change your diet if you are ill, or on medication except under the supervision of a healthcare provider. Neither this, nor any other book or discussion forum is intended to take the place of personalized medical care of treatment provided by your healthcare provider.

This book was current as of January, 2013 and as new information becomes available through research, experience, or changes to product contents, some of the data in this book may become invalid. You should seek the most up to date information on your medical care and treatment from your health care professional. The ultimate decision concerning care should be made between you and your healthcare provider.

Information in this book is general and is offered with no guarantees on the part of the author, editor or The Pragmatic Programmers, LLC. The author, editors and publisher disclaim all liability in connection with the use of this book.

The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers) By Joe Kutner Bibliography

- Rank: #1009864 in Books
- Brand: imusti
- Published on: 2013-07-06
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .53" w x 7.50" l, .97 pounds
- Binding: Paperback
- 254 pages

⬇ **Download** The Healthy Programmer: Get Fit, Feel Better, and ...pdf

📄 **Read Online** The Healthy Programmer: Get Fit, Feel Better, an ...pdf

Download and Read Free Online The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers) By Joe Kutner

Editorial Review

About the Author

Joe Kutner has been a programmer for over a decade and he's spent many of those years researching the health issues that relate to his sedentary job. He's also a former college athlete and Army Reserve physical fitness trainer. Through his research and personal experience, he's learned that small changes can make big differences in peoples' health. Now he wants to help other programmers improve their lifestyles.

Users Review

From reader reviews:

Francis King:

Do you considered one of people who can't read pleasant if the sentence chained inside straightway, hold on guys this particular aren't like that. This The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers) book is readable by simply you who hate the perfect word style. You will find the info here are arrange for enjoyable looking at experience without leaving possibly decrease the knowledge that want to offer to you. The writer of The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers) content conveys prospect easily to understand by many individuals. The printed and e-book are not different in the information but it just different in the form of it. So , do you continue to thinking The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers) is not loveable to be your top record reading book?

Robert Baxter:

A lot of people always spent their own free time to vacation or maybe go to the outside with them family or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. In order to try to find a new activity that is look different you can read a new book. It is really fun in your case. If you enjoy the book that you read you can spent 24 hours a day to reading a e-book. The book The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers) it is very good to read. There are a lot of people that recommended this book. They were enjoying reading this book. When you did not have enough space bringing this book you can buy typically the e-book. You can m0ore quickly to read this book from a smart phone. The price is not to cover but this book possesses high quality.

Donna Cauley:

Don't be worry should you be afraid that this book can filled the space in your house, you will get it in e-book approach, more simple and reachable. This kind of The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers) can give you a lot of friends because by you investigating this one

book you have factor that they don't and make an individual more like an interesting person. That book can be one of a step for you to get success. This guide offer you information that probably your friend doesn't recognize, by knowing more than various other make you to be great folks. So , why hesitate? We need to have The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers).

Ruth Hill:

As we know that book is vital thing to add our understanding for everything. By a book we can know everything we really wish for. A book is a list of written, printed, illustrated or perhaps blank sheet. Every year ended up being exactly added. This e-book The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers) was filled with regards to science. Spend your free time to add your knowledge about your research competence. Some people has different feel when they reading some sort of book. If you know how big benefit of a book, you can truly feel enjoy to read a reserve. In the modern era like currently, many ways to get book that you simply wanted.

Download and Read Online The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers) By Joe Kutner #XE17FIG08PH

Read The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers) By Joe Kutner for online ebook

The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers) By Joe Kutner Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers) By Joe Kutner books to read online.

Online The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers) By Joe Kutner ebook PDF download

The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers) By Joe Kutner Doc

The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers) By Joe Kutner Mobipocket

The Healthy Programmer: Get Fit, Feel Better, and Keep Coding (Pragmatic Programmers) By Joe Kutner EPub