



FASHIONABLY LATE, HOPEFULLY RELEVANT

Hey, everyone! This issue is SUPER-LATE and I'm sorry for that, but it's been a real busy month and I've been up to my neck finishing up a class that I was taking at the University of Florida (GO GATORS!!!), tied up in meetings for a new business project for Sea & Land Fitness, helping the cadets at West Point with their shooting skills, as well as a bunch of other things, so please accept my sincerest apologies. On that subject, please check out my newest article in this issue, *Physical Labor vs. Working Out*, where I dive into the work/work out balance that I think we all need to maintain in our lives, so I hope that you get something out of it. ENJOY!

Michael Sahno
Owner of Sea & Land Fitness

SPORTS SCIENCE DEFINITIONS

TRANSLATING THE SCIENCE

YOUR MONTHLY DOSE OF FITNESS TERMINOLOGY

EXERCISE PHYSIOLOGY INSERTION POINT

The Insertion Point is the attachment site of a muscle on a bone that is moving during a muscle's contraction. The Insertion Point is generally located further from the torso (Distal) in relation to the muscle's Origin, which is closer to the body (Proximal). During a muscle's movement, it pulls the Insertion Point towards the Origin, making skeletal movement and joint action possible.

- Mobility - The insertion is on the bone that moves when the muscle shortens.
- Distal Position - Often, the insertion is the attachment further from the center of the body.
- Action - When a muscle contracts, it pulls the Insertion towards the Origin.
- Structure - Muscle fibers connect to bones through tendons, creating a specific insertion spot.

PERFORMANCE PSYCHOLOGY THE ZONE

"The Zone" in Sports Psychology, also called "flow", is a Mental State of total immersion, peak focus, and effortless action, where individuals and athletes perform at their highest level with reduced self-awareness and anxiety. Characteristics of this state are an immense sense of confidence and calm, as well as having a perfect balance of both challenge and skill in that specific moment, which allows for what is perceived as an almost automatic and highly efficient execution of the task or tasks that they are participating in.

Key aspects of this Mental State include being fully present, with no mental burden of doubt, fear, or self-criticism, effortless action that it occurs without conscious overthinking, a distortion of time, with minutes feeling like seconds, and a focused, intense concentration on the moment that filters out distractions.

SPORTS NUTRITION ALCOHOL CONSUMPTION

Consumption of Alcohol has the potential to have a negative impact on Sports Nutrition and on athletic performance in general due to Alcohol's impairing of the biological processes that repair muscles, called protein synthesis, its effects on reducing glycogen storage (the glucose in your blood and muscles), and the fact that it can, and usually does, have the capacity to cause dehydration. The "empty calories" that Alcohol provides, if not accounted for, can increase overall body fat and hinder recovery. Most individuals or athletes are advised to avoid alcohol either in-season or in training, and should limit their consumption.

Alcohol can reduce the body's absorption of vital nutrients like Vitamins B12, Thiamin, and Folate, can lower Testosterone in men and disrupt Estrogen balance in women, and disrupt REM sleep, reducing the quality of recovery.

MONTHLY EXERCISE BREAKDOWN



8-COUNT BODYBUILDER W/STEP-UP

The 8-COUNT BODY BUILDER w/STEP-UP is a full-body exercise that will increase both STRENGTH and STAMINA.

Before you begin the exercise, place a PLYO BOX, BENCH, or STEP on the ground.

Begin the exercise by STEPPING UP onto the PLYO BOX from one side and then STEPPING DOWN onto the opposite side.

Turn around, face the PLYO BOX, and SQUAT DOWN into the SQUATTING POSITION, placing both of your hands shoulder-width apart and palms-down on the ground.

Push your feet QUICKLY out from under you and to the rear and assume a PUSH-UP/PLANK POSITION. KEEP YOUR BACK STRAIGHT. DO NOT SLOUCH.

Next, bend your elbows, bringing ONLY your CHEST TO THE GROUND, keeping your elbows back and your arms toward your body. This is the DOWN POSITION.

Straighten your elbows as you lift your body back up to the PUSH-UP/PLANK POSITION. Again, KEEPING YOUR BACK STRAIGHT AND NOT SLOUCHING.

While still in the Push-Up position, QUICKLY swing your legs away from each other, planting both toes on the ground, outside of shoulder-width.

Then, QUICKLY swing them back together. From here, QUICKLY pull your knees to your chest and return to the SQUATTING POSITION. Stand back up.

This is ONE REPETITION of this exercise.

INSIGHTS INTO SPORTS SCIENCE

PHYSICAL LABOR VS. WORKING OUT

BY MICHAEL SAHND,
MS APK, TSAC-F

Right now, there are big changes coming. Changes to my business and changes to my life. I am dealing with them. Just barely. But, I am dealing with them. But, because of this, I am experiencing a HUGE interrupt to my workout schedule. Workout days are getting missed. I'm having to move this workout to that day. That workout to this day. It is a genuine cluster.

While it is a genuine cluster, it is manageable. Manageable because the work that I'm doing is incredibly labor intense, and in some cases, its more metabolically challenging than the workouts that I normally do. How do I know? Because, at the end of the day I am TOTALLY WIPED OUT.

So, does this mean that I'm all good? Should I just be satisfied that I got an active workout done because I've worked so hard and I should just stop bitching? No. No, it doesn't. Why? Because for me, and most likely for you, a workout is YOUR time. It's your special rainbow-unicorn of a happy place. Yeah, a workout can be strenuous. Yeah, it can be physically challenging, but mentally it's also incredibly relaxing. It's an oasis for you to stretch out, use your muscles, and help you re-invigorate.

As it turns out, I am not the only one who feels this way. There is actual research that was published in the European Heart Journal by Holtermann, Schnohr, Nordestgaard, and Marott. Their article, *The Physical Activity Paradox in Cardiovascular Disease and All-Cause Mortality: the Contemporary Copenhagen General Population Study with 104,046 Adults* was done in Copenhagen, Denmark (those crazy Danes) and looked into the physiological and health differences that exist with regard to both physical labor and working out.

Their study looked at approximately 104,000 (it's literally in the title) men and women ages 20 through 100 and found that the more leisure-time activity that these people reported (meaning the more that they worked out for fun, not physical labor), the lower the risk of these people experiencing a heart attack or stroke. On the flip side, the people who got most of their physical activity from working on the job were at much more risk of experiencing cardiovascular problems.

But, what about Mental Health? Well, according to another article, *Work-Related Physical Activity and Psychological Distress Among Women in Different Occupations: a Cross-Sectional Study*, by Rhiannon White, Bennie, Abbott, and Teychenne, "recent evidence suggests that work-related physical activity may not have the same mental health benefits as leisure-time physical activity", and that "many people may complete the recommended amount of physical activity per week without completing any leisure-time specific physical activity and therefore, may receive no mental health benefit".

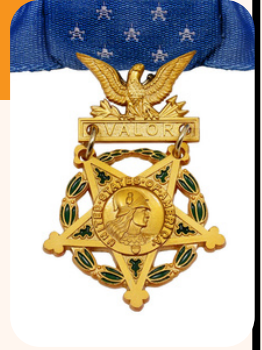
So, now you know that even if we all did a bunch of physical labor, you and I would STILL need to get that workout in. Still need to take that "me" time for the benefit of our hearts and our minds. Your welcome.

REMEMBERING GREATNESS



JACK WEINSTEIN

Rank: *Sergeant*
Conflict/Era: *Korean War*
Unit/Command: *1st Platoon, Company G, 21st Infantry Regiment, 24th Infantry Division*
Military Service Branch: *U.S. Army*
Medal of Honor Action Date: *October 19, 1951*
Medal of Honor Action Place: *Kumson, Korea*



MEDAL OF HONOR CITATION

JACK WEINSTEIN

UNITED STATES ARMY

Sergeant Jack Weinstein distinguished himself by acts of gallantry and intrepidity above and beyond the call of duty while leading 1st Platoon, Company G, 21st Infantry Regiment, 24th Infantry Division in Kumsong, Korea on October 19, 1951. That afternoon, thirty enemy troops counterattacked Sergeant Weinstein's platoon. Most of the platoon's members had been wounded in the previous action and withdrew under the heavy fire. Sergeant Weinstein, however, remained in his position and continued to fight off the onrushing enemy, killing at least six with his M-1 rifle before running out of ammunition. Although under extremely heavy enemy fire, Sergeant Weinstein refused to withdraw and continued fighting by throwing enemy hand grenades found lying near his position. He again halted the enemy's progress and inflicted numerous casualties. Alone and unaided, he held the ground which his platoon had fought tenaciously to take and held out against overwhelming odds until another platoon was able to relieve him and drive back the enemy. Sergeant Weinstein's leg had been broken by an enemy grenade and old wounds suffered in previous battles had reopened, but he refused to withdraw and successfully bought time for his wounded comrades to reach friendly lines. Sergeant Weinstein's extraordinary heroism and selflessness above and beyond the call of duty are in keeping with the highest traditions of the military service and reflect great credit upon himself, his unit and the United States Army.

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