



LET'S FIND OUR FREEDOM!

Hey, everyone! A lot going on this month! We've gotten some new sponsors and added to our branding with the slogan, "Find Your Freedom", which sums up what we feel your fitness journey should be about. Tell us what you think and if it is something that you can identify with. We've also added a couple of shirt designs to the store, and released our new embroidered hats, so check them out through the link at the end of the newsletter.

Lastly, check out my article on the effects of cold weather on your muscles and comment on the website about your own experiences. ENJOY!!!

Michael Sahno
Owner of Sea & Land Fitness

SPORTS SCIENCE DEFINITIONS

TRANSLATING THE SCIENCE

YOUR MONTHLY DOSE OF FITNESS TERMINOLOGY

EXERCISE PHYSIOLOGY

CHOLESTEROL

Cholesterol is a waxy, fat-like substance that is essential for life, is primarily produced by the liver, and is an important structural and functional part of all cell membranes (the thin, flexible, semi-passable barrier that surrounds all living cells and separates the inside of the cell from the outside of the cell). Cholesterol is used for the production of Bile Salts (essential, liver-produced compounds that help break down digested fats), it synthesizes Vitamin D, and is used in the production of several hormones, including the sex hormones Estrogen, Androgen, and Progesterone, and the steroid hormone Cortisol.

High levels of Cholesterol can lead to a condition known as Atherosclerosis, which is a plaque build-up on the walls of your Arteries, which can restrict blood flow within your body and increase blood pressure.

PERFORMANCE PSYCHOLOGY

PERSPECTIVE

Perspective is the mental lens through which individuals are able to interpret situations and their environment. It is often seen or described as an individual's "Point of View".

When looked at in terms of Motivation, Perspective is critical in the process of re-framing negative outcomes or ideas into potentially positive ones.

Cognitive Re-framing is a technique that is sometimes used to help change an individual's perspective with regard to sports and/or fitness and aids in helping to view a sport or activity as a fun or challenging, rather than as a high-stakes, life-defining event. This can help to lower the overall feeling of pressure and make the sport or activity enjoyable.

In sports, Perspective allows athletes to maintain a "mental edge", and helps foster long-term interest while reducing the potential for burnout.

SPORTS NUTRITION

ANEMIA

Anemia is a medical condition where your Circulatory System (your blood, heart, arteries, and veins) lacks enough healthy red blood cells or hemoglobin to transport oxygen to all of your body's tissues. It can be caused by a reduction in circulating red blood cells or a low amount of hemoglobin, an iron-rich protein that carries oxygen from the lungs to the body.

These causes usually occur due to:

- Nutritional Deficiencies: lack of Iron, Vitamin B12, or Folate.
- Blood Loss: acute or chronic bleeding (Ulcers, Menstrual Bleeding).
- Bone Marrow Issues: diseases like Leukemia or Aplastic Anemia which inhibits red blood cell production.
- Destruction of Red Blood Cells: The body destroys cells faster than it can replace them.

MONTHLY EXERCISE BREAKDOWN

SANDBAG BENT-OVER ROW



This SANDBAG BENT-OVER ROW exercise must be DONE WITH CARE to ensure that the Hamstring (BACK OF YOUR LEGS), Glutes (YOUR BUTT) and Oblique Muscles (YOUR LOWER BACK) are NOT over fatigued, WHICH COULD LEAD TO AN INJURY.

Please, FOLLOW THE DIRECTIONS FOR THIS EXERCISE to ENSURE YOUR SAFETY.

This exercise begins with a SANDBAG on the ground in front of you.

With your feet shoulder-width apart and flat on the ground, SQUAT down and grab the SANDBAG with both hands shoulder-width apart.

DO NOT SLOUCH OR ARCH YOUR BACK. KEEP YOUR CHEST UP, YOUR SHOULDERS BACK, AND YOUR FACE FORWARD WITH YOUR CHIN UP.

USING THE PRINCIPAL OF SHOULDERS, OVER KNEES, OVER TOES, LIFT THE SANDBAG OFF OF THE GROUND AND UP TO WAIST HEIGHT BY STRAIGHTENING YOUR KNEES AND EXTENDING YOUR LEGS WHILE PUSHING INTO THE GROUND WITH YOUR HEELS.

From here, with a SLIGHT BEND IN YOUR KNEES, lower your TORSO forward until it is HORIZONTAL (FLAT) with the ground and the SANDBAG is HANGING BELOW YOUR CHEST WITH YOUR ARMS FULLY EXTENDED. This is the START POSITION.

From here, pull the SANDBAG STRAIGHT UPTO YOUR BELLYBUTTON, BENDING YOUR ELBOWS BEHIND YOU AND CLOSE TO YOUR SIDES, WHILE KEEPING YOUR BACK STRAIGHT, YOUR SHOULDERS BACK and YOUR REAR-END STICKING UP. This is the TOP POSITION.

From here, just do the reverse and lower the SANDBAG back down to the START POSITION.

This is ONE REPETITION of this exercise.

INSIGHTS INTO SPORTS SCIENCE

COLD WEATHER EFFECTS ON MUSCLE

BY MICHAEL SAHND,
MS APK, TSAC-F

It has been EXTREMELY cold for the past two months. In the 10's. Bone-ass cold. So cold that your muscles hurt, or more importantly, that MY muscles hurt. At times, I'm been asking myself why I'm even doing it. I know the benefits of working out in cold weather, but are they worth it if I'm going to be in pain?

For those of you who don't know, I decided to spend the winter continuing my strength training outside in my back yard in the barn. I made this choice and decision on my podcast. In November. It wasn't that cold in November. I took it as a challenge. I know the risks to your muscles and tendons of exercising in cold temperatures and that not warming could put you at risk for injury, but I've got experience in cold-weather training from the military, a degree in Physiology, and all the right certifications to prepare and guide me through the winter. So, what could go wrong?

Well Cold Arctic Air, the Polar Jet Stream, and the Arctic Polar Vortex have all conspired against me and now, here in February, and for the past two months, my muscles have been hurting. Thanks, AI! My wife and I have decided that in 2026 that we're going to blame everything on AI. Last year it was the Media.

All joking aside, this is a very real phenomenon. One that you are also most likely experiencing. Dr. Christopher Murawski, MD, Assistant Professor of Orthopaedic Surgery at Duke University explains in his article, *When Winter Weather Hurts: Expert Explains Why Your Joints Feel the Cold*, from the website Duke Orthopaedic Surgery, that "One of the biggest contributors to seasonal aches may be barometric pressure—the weight of the air surrounding us.", and that, "These changes can make already-sensitive joints feel stiffer, tighter, or more swollen. Many people also report increased muscle cramping in cold conditions due to restricted blood flow and temperature-related muscle tightening."

One of the things to remember is that exercising causes heat to be created inside the muscle's tissues. Heat will always travel to a place where the temperature is lower. This is universal rule is called the Second Law of Thermodynamics, which basically says that heat travels "downhill" from a higher-temperature area to a lower-temperature area. Meaning, from your warm muscles out into the frozen air.

The result of this phenomenon is muscle stiffness, which is caused by an increase in the viscosity (a thickening or solidifying) of muscle tissue, which makes muscle fibers less elastic. Your tendons and ligaments also lose flexibility in cold. The cold also affects nerve conduction speed, delaying muscle activation and coordination, which can increase injury risk during sudden or complex movements.

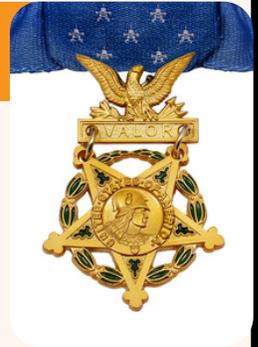
How can we counter this? By keeping warm and by warming up. Wear the proper insulated clothing for the temperature that you will be exercising in and wear layers, so that you can take them off if you're TOO warm. Sweating in the cold can lead to Hypothermia, which can be deadly. Finally, know your limits and if weather or temperature is too unsafe, then stay inside with a hot cup of cocoa. Problem solved!

REMEMBERING GREATNESS



JAMES PHILLIP CONNOR

Rank: *Sergeant*
Conflict/Era: *World War II*
Unit/Command: *Battle Patrol, 7th Infantry,
3d Infantry Division*
Military Service Branch: *U.S. Army*
Medal of Honor Action Date: *August 15, 1944*
Medal of Honor Action Place: *Cape Cavalaire, Southern France,
France*



MEDAL OF HONOR CITATION

JAMES PHILLIP CONNOR

UNITED STATES ARMY

For conspicuous gallantry and intrepidity at risk of life above and beyond the call of duty. On 15 August 1944 Sgt. Connor, through sheer grit and determination, led his platoon in clearing an enemy vastly superior in numbers and firepower from strongly entrenched positions on Cape Cavalaire, removing a grave enemy threat to his division during the amphibious landing in southern France, and thereby insured safe and uninterrupted landings for the huge volume of men and material which followed. His battle patrol landed on "Red Beach" with the mission of destroying the strongly fortified enemy positions on Cape Cavalaire with utmost speed. From the peninsula the enemy had commanding observation and seriously menaced the vast landing operations taking place. Though knocked down and seriously wounded in the neck by a hanging mine which killed his platoon lieutenant, Sgt. Connor refused medical aid and with his driving spirit practically carried the platoon across several thousand yards of mine-saturated beach through intense fire from mortars, 20-mm flak guns, machine guns, and snipers. En route to the cape he personally shot and killed two snipers. The platoon sergeant was killed and Sgt. Connor became platoon leader. Receiving a second wound, which lacerated his shoulder and back, he again refused evacuation, expressing determination to carry on until physically unable to continue. He reassured and prodded the hesitating men of his decimated platoon forward through almost impregnable mortar concentrations. Again emphasizing the prevalent urgency of the mission, he impelled his men toward a group of buildings honeycombed with enemy snipers and machine guns. Here he received his third grave wound, this time in the leg, felling him in his tracks. Still resolved to carry on, he relinquished command only after his attempts proved that it was physically impossible to stand. Nevertheless, from his prone position, he gave the orders and directed his men in assualting the enemy. Infused with Sgt. Connor's dogged determination, the platoon, though reduced to less than one-third of its original 36 men, outflanked and rushed the enemy with such furiousness that they killed seven, captured 40, seized three machine guns and considerable other material, and took all their assigned objectives, successfully completing their mission. By his repeated examples of tenaciousness and indomitable spirit Sgt. Connor transmitted his heroism to his men until they became a fighting team which could not be stopped.

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