



### IT'S A BRAND NEW YEAR TO WORK OUT!

Hey, everyone! Sorry that I'm late getting this out to you, but this year has already been EXTREMELY BUSY! I have been busily working on some NEW designs for the Graphic T-Shirts and Embroidered Hats (which you can find in the store) and have also been steadily braving the cold to work out OUTSIDE in the barn in the back yard. I also want to thank and introduce PATRICK STARRO, the Chief of Fitness, Athletics, and Aquatics at West Point for making a contribution to this month's issue. I hope all of you HONEYBADGERS had a good holiday and to everyone, HAPPY NEW YEAR! ENJOY!!!

Michael Sahno  
Owner of Sea & Land Fitness

## SPORTS SCIENCE DEFINITIONS

### TRANSLATING THE SCIENCE

YOUR MONTHLY DOSE OF FITNESS TERMINOLOGY

#### EXERCISE PHYSIOLOGY PROGRESSIVE OVERLOAD

Progressive Overload training is the process of using a designed, systematic, and gradual increase of stress on the musculoskeletal system in order to force skeletal and muscular adaptation, strength gains, and muscle growth. The method for doing this most often includes adding higher weight, more reps, more sets, an increase in exercise frequency, or an increase in the intensity of your exercise and workouts. One of the important guidelines to Progressive Overload training is that you ensure that only one part of your workout (weight, reps, sets, frequency, OR intensity) is changed at a time. Another important guideline to this type of training is called "The 10% Rule", which simply states that you should never increase your intensity or volume by more than 10% per week so that you can avoid injury.

#### PERFORMANCE PSYCHOLOGY FOCUSED BREATHING

Focused breathing is a technique that uses controlled, diaphragmatic, and rhythmic techniques to regulate arousal, reduce anxiety, and improve focus. Composure and wise decision-making are critical components that help to ensure a successful athletic performance and a Focused Breathing technique can help to allow an individual to "slow down" an unmanageable and anxious moment, giving them the opportunity to Pause, Notice, and Choose a course of action that could lead to an optimal result. Many individuals are dismissive of the phrase "take a deep breath" and see it as a cliché, but if the technique is done correctly, then breathing may have the potential to have a positive impact on a person's sports performance as well as other skill-based endeavors.

#### SPORTS NUTRITION MACRO- NUTRIENTS

Macronutrients (Macros) are the three essential Nutrients that your body requires in large amounts in order to fuel and repair your body. Carbohydrates, Fats and Proteins are the three main categories of macronutrients. Carbohydrates, or Carbs, are the body's primary fuel. They provide energy for your muscles and the central nervous system during movement and exercise. Protein is essential to many of the processes in your body and it is used to build and repair tissue. It is also involved in your metabolic, hormonal, and enzyme systems. Fat is used in your body as an energy reserve, for insulation and as protection for your organs, and for absorbing and transporting fat-soluble vitamins. No healthy diet should ever seriously restrict or exclude any macronutrient.

# MONTHLY EXERCISE BREAKDOWN



## WEIGHT-VEST WALK

For this exercise you will need **TWO ORANGE CONES**, a **WEIGHT VEST**, and a **PACE COUNTER**.

First, **MEASURE OUT 96 FEET** on any surface. **PLACE ONE CONE AT EITHER END (BOTH ENDS) OF THE MEASURED DISTANCE (96 FEET)**. There are 5,280 feet in a mile. 5,280 divided by 96 equals 55. This tells you that there are 55 lengths of 96 feet in one mile. If you divide that 55 by 2, then that means that you need to walk back and forth (**ONE LAP**) 27.5 times for you to have traveled one mile.

To begin, start at the opposite cone from the cone that you plan to count off each lap (each back and forth), start walking the 96 feet toward the **COUNTING CONE**. This is the half-lap, or the .5 in the 27.5 laps required for one mile.

When you reach the opposite cone **DO NOT** count this as a lap (this is the half-lap).

Continue back to the opposite cone where you began.

Once at that cone, turn around and continue back toward the **COUNTING CONE**.

Once you reach this cone, **COUNT ONE LAP ON THE PACE COUNTER**.

Continue to go back and forth until you have counted 27 laps on the pace counter.

**IMPORTANT:** Walk at a **SWIFT and STEADY PACE**. **DO NOT** walk slowly, but also **DO NOT JOG**. Maintaining a **QUICK WALKING PACE** will **INCREASE HEART HEALTH** and **BUILD ENDURANCE**.

# INSIGHTS INTO SPORTS SCIENCE

## BUILDING STRENGTH AT WEST POINT

BY PATRICK STARRO



My name is Patrick Starro and I am the founder and CEO of Starro Athletics. At Starro Athletics, we strive to help people of all ages move better, train smarter, and stay ready for whatever life demands. From youth athletes just beginning their fitness journey to adults focused on strength, health, and longevity, our training is built around individualized goals, safe movement, and long-term success.

While I am not working on my business, I serve as the Chief of Fitness, Athletics, and Aquatics at West Point, NY. In this role I serve the Active Duty Soldiers, Civilians, Retirees, and Families of the military.

As an athlete growing up and even as a spectator, I saw too many people getting hurt, especially my father. Three back operations and hip replacement put him out of work early, now he still has trouble walking. I also saw people become injured from not doing proper form or proper stretching.

We believe fitness should enhance your life, not limit it. That's why every program at Starro Athletics is designed with injury reduction and mobility at the forefront. Proper movement mechanics, balanced strength training, and progressive programming help our clients build confidence in their bodies while minimizing unnecessary strain. By focusing on how the body moves, we help clients train consistently and safely at every stage of life.

Mobility is a key foundation of our approach. Strength alone is not enough—being able to move freely and efficiently is essential for performance, daily activities, and overall well-being. Our training integrates mobility, flexibility, and stability work to improve joint health, posture, and movement quality. Whether you're an athlete looking to perform at a higher level or an adult wanting to move pain-free, mobility keeps you active and capable.

At Starro Athletics, we train with a mindset of readiness. Being ready means having the strength, mobility, and conditioning to respond to life's physical demands with confidence. We prepare our clients to lift, run, jump, and move safely and effectively—both in sport and in everyday life. This approach builds resilient bodies that can adapt, perform, and recover.

Our one-on-one coaching ensures each client receives personalized attention, accountability, and guidance. We meet you where you are and help you progress at a pace that fits your goals and lifestyle. No matter your age or experience level, our mission is to help you build a stronger, healthier body that lasts.

At its core, Starro Athletics exists to help individuals of all ages train with purpose, move with confidence, and always be ready to go.

# INSIGHTS INTO SPORTS SCIENCE

## TAKE A WALK, WITH A WEIGHT VEST

BY MICHAEL SAHND,  
MS APK, TSAC-F

Aerobic Exercise or Cardio. Most people don't like it. They don't like to do it and they don't WANT to do it, so don't even mention it. For some, bringing up Aerobic Exercise is enough to get them to give up on their lofty goals of getting into shape and starting a fitness program.

Why is this though? Actually, it's very simple. Cardio can wipe you out. Very, very, quickly. Aerobic exercise is not the kind of thing that you can go and do and immediately feel success. It needs to be developed. A GOOD Aerobic base needs to be BUILT. From the ground up.

When most people decide to add Aerobic Exercise to their workout it generally feels as if they just took part in a modified Wingate Test. What is the Wingate Test, you might ask? Well, the Wingate Test is an all-out, 30-second ride on a stationary bike. Remember, as a kid, riding your bike so hard that your lungs hurt? That's the Wingate Test. It's horrible. What's ironic is that the Wingate Test DOES NOT test your Aerobic Capacity, which is the level of your ability to take part in long-term activities running and swimming. Instead, it tests your Anaerobic Capacity, which is your ability to use energy for quick and powerful actions, like the ones you use for lifting weights. Why is me bringing this up so important? Let me tell you.

Simply put, if you are struggling to run, breaking a sweat, and breathing heavily, then you are most likely using your Anaerobic Systems when you try to engage in what would normally be called an Aerobic Activity. The more that you have to push yourself, the more you begin to push into Anaerobic territory. Is this a bad thing? Not really. We all have to start somewhere, but the purpose of long-term Aerobic Exercise is to build endurance and for those of us trying to lose weight, to use our fat cells for energy instead of our body's glucose stores (the sugar our cells use for energy that is stored in the blood, liver, and muscles).

What then, is the solution for this dilemma? "Light Aerobic Exercise". Light Aerobic Exercise can be any number of things really, swimming at a slow pace, a light bike ride, even a leisurely stroll on a trail through the woods. All of these will work. But, what they most likely won't do is increase your overall muscular endurance and build it up to a level where you can reap the benefits of good ol' steady-state Cardio. You see we want to push, but we don't want to push it too much. We want there to be effort, but not so much that our bodies see it as an all out race. We want to pace ourselves.

This is where the trusty old Weight Vest comes in. With it, we can elevate our leisurely stroll into a steady-state, fat burning machine. A recent study, titled *Does Weighted Vest Use During Weight Loss Influence Long-Term Weight Loss Maintenance? A Pilot Study in Older Adults Living With Obesity and Osteoarthritis* by Carson DeLong, Barbara J. Nicklas, Daniel P. Beavers, Jason Fanning & Kristen M. Beavers, found that, "among older adults who wore a weighted vest during caloric restriction, initial Weight Loss was better preserved at 24-months, which may be due to preserved Resting Metabolic Rate". What this study suggests is that the extra effort that you put into moving through space with extra weight (weight that you wouldn't normally routinely carry) increases your metabolism. But, not only does it do it when your wearing the vest, but this metabolic effect continues even after you've taken the vest off.

It's sort of similar to the elevated metabolic effect of doing a HIIT (High-Intensity Interval Training) workout. Research suggests that fat burning after doing a HIIT workout continues for some time afterward, and since we are adding above normal weight to a walk with a weight vest, the *intensity* of this walk has increased and will lead to greater fat burning and overall endurance. What's great about walking with a Weight Vest is that the body quickly adapts to this new load or weight and your brain normalizes the increase in intensity and the Weight Vest starts to not feel as heavy over time.

What this means is that you can go for a REALLY long time with a Weight Vest on and not be too put out by the effort that's required to put into it. If you ever talk to anyone who has ever trained with a Weight Vest, they'll tell you that, "yeah, it sucks in the beginning, but you get used to it", and this is absolutely true. In the beginning, you DO feel the weight, but after a while, it's really just a matter of keeping on going because you notice it less and less over time. What's really weird is that you finally DO notice it the most when you take it off after you've finished. You wind up having a bounce and a strength that you didn't realize that you had before the walk.

So, I encourage everyone to get out there and try walking a mile in a weight vest at least twice a week. If your looking to burn fat or looking to build endurance, then you can't really pick a better activity. So, what are you waiting for? Get out there!

# REMEMBERING GREATNESS



## HECTOR SANTIAGO-COLON

**Rank:** *Specialist Fourth Class*

**Conflict/Era:** *Vietnam War*

**Unit/Command:** *Company B, 5th Battalion, 7th Cavalry,  
1st Cavalry Division (Airmobile)*

**Military Service Branch:** *U.S. Army*

**Medal of Honor Action Date:** *June 28, 1968*

**Medal of Honor Action Place:** *Quang Tri Province, Republic of  
Vietnam*



### MEDAL OF HONOR CITATION

#### HECTOR SANTIAGO-COLON

#### UNITED STATES ARMY

For conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty. Sp4c. Santiago-Colon distinguished himself at the cost of his life while serving as a gunner in the mortar platoon of Company B. While serving as a perimeter sentry, Sp4c. Santiago-Colon heard distinct movement in the heavily wooded area to his front and flanks. Immediately he alerted his fellow sentries in the area to move to their foxholes and remain alert for any enemy probing forces. From the wooded area around his position heavy enemy automatic-weapons and small-arms fire suddenly broke out, but extreme darkness rendered difficult the precise location and identification of the hostile force. Only the muzzle flashes from the enemy weapons indicated their positions. Sp4c. Santiago-Colon and the other members of his platoon immediately began to repel the attackers, utilizing hand grenades, antipersonnel mines and small-arms fire. Due to the heavy volume of enemy fire and exploding grenades around them, a North Vietnamese soldier was able to crawl, undetected, to their position. Suddenly, the enemy soldier lobbed a hand grenade into Sp4c. Santiago-Colon's foxhole. Realizing that there was no time to throw the grenade out of his position, Sp4c. Santiago-Colon retrieved the grenade, tucked it into his stomach and, turning away from his comrades, absorbed the full impact of the blast. His heroic self-sacrifice saved the lives of those who occupied the foxhole with him, and provided them with the inspiration to continue fighting until they had forced the enemy to retreat from the perimeter. By his gallantry at the cost of his life and in the highest traditions of the military service, Sp4c. Santiago-Colon has reflected great credit upon himself, his unit, and the U.S. Army.

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