



THE PROFESSIONAL TACTICAL FITNESS NEWSLETTER

JUNE 2026

WWW.SANDLEIT.COM



WE ARE MOVING TO JACKSONVILLE!!!

Hey, everyone! We are moving *Sea & Land Fitness* to Jacksonville, FL!!! We just got back from vacation/apartment hunting and we are DOING IT! We found a place on the Intracoastal Waterway that is just 10-minutes from THE BEACH!!! If you read this issue's article, you will find out why it was definitely time for a CHANGE!

There is so much going on between cleaning out and throwing away 15-years of stuff that we've accumulated to packing everything that we want to keep. Please bear with us as we navigate these waters and change our home station. I am SO excited for everything that's coming as I take you with me to *Find My Freedom*!

Michael Sahno
Owner of *Sea & Land Fitness*

SPORTS SCIENCE DEFINITIONS

TRANSLATING THE SCIENCE YOUR MONTHLY DOSE OF FITNESS TERMINOLOGY

EXERCISE PHYSIOLOGY ACTION POTENTIALS

Action potentials are rapid, temporary spikes in voltage across the cell membrane of a Neuron. They are commonly referred to as "nerve impulses" or "spikes" that occur within and between Neurons.

Action Potentials serve as the primary electrical signal excitable cells (such as Neurons and Muscle Cells) use to communicate and transmit information.

An Action Potential in a standard Neuron or Muscle Cell has four primary phases:

Depolarization - Sodium enters the cell and makes the inside positively charged.

Repolarization - Potassium then enters the cell, returning the cell to a negative charge.

Hyperpolarization - eventually too much Potassium enters the cell, making it overly negative

Resting State - Ion Pumps actively reset the cell (Neuron) to prepare the cell for another signal

PERFORMANCE PSYCHOLOGY SHIFTING YOUR SOLUTION

"Shifting your Solution" is the process of pivoting from a focus on what might be flawed results (failures), your anxiety, or an unreasonable focus on technical micromanagement to a more reasonable plan of manageable process-oriented steps.

Using this mental approach can help to keep you out of potential downward spirals by allowing you to refocus your attention on what you can directly control in the present moment.

Examples You Can Use:

Swap Outcome Goals for Process Goals - Instead of focusing on scores or winning, focus on mastering small technical skills. Control these instead of the outcome.

Use Simple Execution Cues - Use simple actions or feelings (like "stay balanced" or "see the ball early") to silence the noise in your head and let your muscle memory take over.

SPORTS NUTRITION DEHYDRATION

Dehydration occurs when your body loses more fluids than it takes in. This prevents all of the body's systems from functioning normally.

Dehydration commonly occurs due to not drinking enough water throughout the day, but can also be caused by your body sweating excessively, having a fever (raised temperature), vomiting, or even diarrhea.

Cases of Dehydration can range from being mild, which are easily treated by drinking fluids, to severe, which requires immediate emergency medical attention.

Signs & Symptoms:

Mild to Moderate - Extreme thirst, dry or sticky mouth, headache, fatigue, muscle cramps, and less frequent urination with dark-colored urine.

Severe - Dizziness, confusion, a rapid heartbeat or breathing, sunken eyes, and a total lack of needing to urinate.

INSIGHTS INTO SPORTS SCIENCE

FINDING FREEDOM IN JACKSONVILLE

BY MICHAEL SAHND,
MS APK, TSAC-F

We live in the Hudson Valley of New York. Across the river from West Point. When we moved here it seemed like the area was going to be great for not only my son, who was entering first-grade, but for our whole family, as well. We have mountains, two state parks (Hudson Highlands and Fahnestock) with TONS of trails for hiking and it is a quick trip by train to New York City. This place was young, vibrant, and full of life. There were numerous different places to eat and shop and life looked and felt good.

Fast-forward to 2026 and things have definitely changed. Most of the places to eat out at are gone, you rarely see anyone outside, and the youth and vibrancy has disappeared. It wasn't a fast change, but a gradual one. Over time my son's friends would move away, and then one by one, my friends started to move away. Because it was so gradual, I never really noticed this change until I started doing the business plan for Sea & Land Fitness. What is interesting though is that I was always amazed when I noticed how young everyone was when we went on vacation or to visit family in comparison to where we lived.

This steady decline in population has made it a non-starter for expanding the business up here. Most of the residents are seniors and are not at all interested in general fitness, let alone tactical fitness and the overall vibe of the place can be pretty miserable. This attitude shows itself in trips to the grocery stores in the area. No one says "hi" or even "excuse me". To be honest, you usually wind up getting looked at like you're from Mars if you try to casually start up a conversation. But, if you DO happen to wind up getting into a conversation with someone, it usually nosedives into a litany of complaints by that person about the economy, politics, their neighbors, or their lives. Not fun. Realistically, kind of a downer.

Then, we went on vacation to Jacksonville! We got off of the plane and people said "hi" TO me! I didn't have to say it first! We drove to the beach and stopped at the Wawa outside of the airport and I wound up actually having an un-instigated PLEASANT conversation with the woman who sold me my sandwich! What is going on with this place !?! Don't these people know that the average person where I'm from demands that they be miserable? Didn't they get the memo? Thankfully, apparently, they did not.

This pleasantness continued for the ENTIRE trip. People just being nice. People being friendly. People being courteous and helpful. People NOT complaining. I had found Heaven. So, what do you do when you find Heaven? You rent an apartment there. You get a truck and move there, which is what we are right now in the process of doing.

While on the trip I wound up handing out all of my business cards. After that, can you guess what happened? I saw an actual increase in traffic to my website. This had never happened before. People were actually interested in what I could do for them. People were showing a real interest in helping to bring what I do to Jacksonville. I am ecstatic. I am motivated. I can't wait to get there.

The moral of the story is this; if you don't like what you've got change it. Go or do something better. That's what I'm doing. I'm changing the story. My story. I'm finding my happiness. I'm going to find my freedom.

REMEMBERING GREATNESS



JOHN HENRY PRUITT

Rank: *Corporal*

Conflict/Era: *World War I*

Unit/Command: *78th Company, 6th Regiment, 2nd Division*

Military Service Branch: *U.S. Marine Corps*

Medal of Honor Action Date: *October 3, 1918*

Medal of Honor Action Place: *Blanc Mont Ridge, France*



[Received both the Army and Navy Medal of Honor for the same deed.]

MEDAL OF HONOR CITATION

JOHN HENRY PRUITT

UNITED STATES ARMY

Army Medal of Honor: Cpl. Pruitt singlehandedly attacked two machine guns, capturing them and killing two of the enemy. He then captured 40 prisoners in a dugout nearby. This gallant soldier was killed soon afterwards by shellfire while he was sniping at the enemy.

MEDAL OF HONOR CITATION

JOHN HENRY PRUITT

UNITED STATES NAVY

Navy Medal of Honor For extraordinary gallantry and intrepidity above and beyond the call of duty while serving with the 78th Company, 6th Regiment, 2d Division, in action with the enemy at Blanc Mont Ridge, France, 3 October 1918. Cpl. Pruitt, singlehandedly attacked two machine guns, capturing them and killing two of the enemy. He then captured 40 prisoners in a dugout nearby. This gallant soldier was killed soon afterward by shellfire while he was sniping at the enemy.

GET SEA & LAND FITNESS GEAR!!!

GET THE GEAR!!!



GET THE GEAR!!!



GET THE GEAR!!!



PAYING THE BILLS [OUR SPONSORS]

