



THE PROFESSIONAL TACTICAL FITNESS NEWSLETTER

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BIG CHANGES & MISSED DEADLINES

Hey, everyone! Again with a SUPER-LATE issue and again, I'm sorry for that. As you can see, we have redesigned the ENTIRE newsletter to make it stand out. We've also run into a few technical difficulties this month that slowed down getting the newsletter out to you. Coupled with all of that, we have a HUGE announcement coming next month. So, just bear with us as we navigate these changing waters. In this issue I've brought you definitions that all follow a single theme and an article that I hope is a good guide if you are looking for help with portion control and weight loss. Also, if you go to the end of the issue, we have entirely redesigned most of the t-shirts and sweatshirts in our store, so check them out and pick one up. ENJOY!

Michael Sahn
Owner of Sea & Land Fitness

SPORTS SCIENCE DEFINITIONS

TRANSLATING THE SCIENCE YOUR MONTHLY DOSE OF FITNESS TERMINOLOGY

EXERCISE PHYSIOLOGY

NEURONS

Neurons (Nerve Cells) are the fundamental building blocks of our nervous system. There are approximately 86 billion neurons in the human brain. They transmit information throughout your body using a combination of electrical impulses and chemical signals that allow you to think, feel, and move.

Neurons do not physically touch each other and communicate across microscopic gaps called Synapses. When the signal reaches the end of the nerve (the Axon), tiny chemical messengers called Neurotransmitters release and cross the Synapse and bind to the Dendrites (root-like structures that receive signals from other cells) of the receiving neuron to pass the message along. Different Neuron types have different functions but all Neurons take part in transmitting information and commands throughout your body.

PERFORMANCE PSYCHOLOGY

NEURAL EFFICIENCY

Neural Efficiency refers to the brain's ability to execute complex physical or mental tasks with less overall resources used. High-level athletes demonstrate this through highly focused, localized brain activity, resulting in faster reaction times, reduced mental fatigue, and superior performance compared to beginners.

- **Reduced Cortical Activation:** The brain "switches off" unneeded areas in order to focus solely on a movement.
- **Energy Conservation:** Less total metabolic energy is used and fewer of the brain's resources produce the same physical output.
- **Alpha Power:** Brain scan studies (EEG) have shown that high-level athletes experience an increase in alpha brainwave activity, creating a calm and relaxed mental state that can allow for automatic, unforced performance.

SPORTS NUTRITION

NUTRITIONAL NEUROSCIENCE

Nutritional Neuroscience is the study of how dietary components and nutrients affect the structure, and function of the nervous system. Your Neurons require a steady stream of Micronutrients, and Vitamins and Minerals, like B-Vitamins, Antioxidants, as well as Zinc, and Magnesium, to create Neurotransmitters (like Serotonin and Dopamine) and to regulate your mood.

To maintain optimal mental performance and power up your neurons, it is recommended to focus on an anti-inflammatory, nutrient-dense diet that includes:

- **Blueberries & Strawberries:** Antioxidants.
- **Fatty Fish (Salmon, Sardines):** Omega-3 Fatty Acids.
- **Spinach & Kale:** Vitamin K, Lutein, and Folate.
- **Eggs:** Choline.
- **Complex Carbohydrates:** the primary fuel your nervous system uses to function.

INSIGHTS INTO SPORTS SCIENCE

NOODLE BOWLS AND ME VS. GOOGLE

BY MICHAEL SAHND,
MS APK, TSAC-F

In the past few weeks, my wife and I have been streaming Korean television and films. It started with me walking through the living room one day and hearing a language that I didn't recognize. When I asked my wife, "what are you watching?", as she lay curled up, under the blankets, on the couch on a Saturday. She responded by telling me that, "It's a Korean horror movie. They're AMAZING!" Since that weekend, we have been drinking from the fire-hose in terms of watching Korean content.

Immediately I noticed that eating was a significant part of Korean culture as there is almost always a scene in a show or movie where someone is in a restaurant or having a quick bite on the go. This of course has led me down numerous YouTube rabbit-holes on Korean cooking and dining, but that's a story for later. What's important is that Koreans EAT. Which is great because I, like, most likely you as well, LOVE to eat. And what these people are eating looks DELICIOUS!

Now, as a sports scientist, the two things that I noticed next really confused me. First, everyone seems to be relatively thin and healthy looking. I'm not just talking about the main characters on the shows and the movies or the personalities in the YouTube videos, but the people in the background. The REAL actual people. The second thing is that it seemed like most people had at least one meal a day that was an instant noodle or rice bowl. Usually for lunch or breakfast. From what I was seeing, Koreans LOVE instant noodles. To me, a light bulb moment.

So, I bought a TON of instant noodles and rice bowls. Specifically, Korean instant noodles and rice bowls. What I found out is they are disturbingly cheap to buy in bulk on Amazon. Like I said, I bought a lot of them. And, what I did was replace one meal a day with noodles or rice and you know what happened? I started to lose weight. I also wasn't hungry afterward. They fill you up because it's basically having soup for a meal. Couple this with a healthy dinner in the evening and you are good to go.

Now, what about all of the vitamins and minerals? Is there ANY nutritional content in these instant bowls? Well, most bowls come with a packet of dehydrated vegetables. Regardless of what someone says (Google!), they are still vegetables, so they DO have nutritional content and with the water that you add YOU also get hydrated along with the vegetables. What about carbohydrates? Are the bowls wasted calories? I get SO frustrated with this question. You NEED carbohydrates to fuel both your cells AND your brain. Cutting carbs makes you weaker AND dumber.

The bottom line is that noodle bowls and rice bowls are a GREAT way to teach portion control to anyone living in our American food society. Coupled with a healthy evening meal, these bowls can be a good approach for anyone looking to lose weight. Eating these bowls has even caused me to eat less in the evening. But, Google doesn't think it's a good idea and when I searched for info on this subject, I got a lot of push-back from their algorithm and search results. So, it's up to you. Are 50 million Koreans wrong? Does Google have the final say on your health and weight loss? You decide. I'm having a noodle bowl.

REMEMBERING GREATNESS



ALWYN CRENDALL CASHE

Rank: *Sergeant First Class*

Conflict/Era: *War on Terrorism (Iraq)*

Unit/Command: *Company A, 1st Battalion,
15th Infantry Regiment, 3rd Brigade, 3rd Infantry Division*

Military Service Branch: *U.S. Army*

Medal of Honor Action Date: *October 17, 2005*

Medal of Honor Action Place: *Salah Ad Din Province, Iraq*



MEDAL OF HONOR CITATION

ALWYN CRENDALL CASHE

UNITED STATES ARMY

Sergeant First Class Alwyn C. Cashe distinguished himself by acts of gallantry above and beyond the call of duty while serving as Platoon Sergeant with Company A, 1st Battalion, 15th Infantry Regiment, 3rd Brigade, 3rd Infantry Division in Salah Ad Din Province, Iraq, on October 17th, 2005. While on a nighttime mounted patrol near an enemy-laden village, the Bradley Fighting Vehicle which Sergeant First Class Cashe was commanding was attacked by enemy small-arms fire and an improvised explosive device, which disabled the vehicle and engulfed it in flames. After extracting himself from the vehicle, Sergeant First Class Cashe set about extracting the driver, who was trapped in the vehicle. After opening the driver's hatch, Sergeant First Class Cashe and a fellow soldier extracted the driver, who was engulfed in the flames. During the course of extinguishing the flames on the driver and extracting him from the vehicle, Sergeant First Class Cashe's fuel soaked uniform, ignited and caused severe burns to his body. Ignoring his painful wounds, Sergeant First Class Cashe then moved to the rear of the vehicle to continue in aiding his fellow soldiers who were trapped in the troop compartment. At this time, the enemy noted his movements and began to direct their fire on his position. When another element of the company engaged the enemy, Sergeant First Class Cashe seized the opportunity and moved into the open troop door and aided four of his soldiers in escaping the burning vehicle. Having extracted the four soldiers, Sergeant First Class Cashe noticed two other soldiers had not been accounted for and again he entered the vehicle to retrieve them. At this time, reinforcements arrived to further suppress the enemy and establish a Casualty Collection Point. Despite the severe second-and third-degree burns covering the majority of his body, Sergeant First Class Cashe persevered through the pain to encourage his fellow soldiers and ensure they received needed medical care. When medical evacuation helicopters began to arrive, Sergeant First Class Cashe selflessly refused evacuation until all of the other wounded soldiers were evacuated first. Sergeant First Class Cashe's extraordinary heroism and selflessness above and beyond the call of duty were 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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GET THE GEAR!!!



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