



NEW GEAR IN TIME FOR THE HOLIDAYS

Hey, everyone! I'm so sorry that this month is late getting out, but I have been extremely busy working on a new product to bring to you, the HoneyBadger Community. We have BRAND NEW Graphic T-shirts and Sweatshirts with a ton of designs that I created and am very proud of! These designs were a labor of love and were made so that everyone can wear a little part of Sea & Land Fitness in their daily lives. So, pick one up and know that all of us here are extremely grateful and that you are a valued member of the HoneyBadger Community! HAPPY THANKSGIVING! ENJOY!!!

Michael Sahno
Owner of Sea & Land Fitness

SPORTS SCIENCE DEFINITIONS

TRANSLATING THE SCIENCE

YOUR MONTHLY DOSE OF FITNESS TERMINOLOGY

EXERCISE PHYSIOLOGY

GOLGI TENDON ORGAN

The Golgi Tendon Organ (GTO) is a Proprioceptor (which is a sensory receptor, or receiver, inside your body that receives signals from within your body from muscles, joints, and tendons and sends continuous messages to your brain about your body's position and movement). GTO's are found within your tendons and sense the tension your muscles produce during Muscle Contraction. The GTO's primary function is to prevent too much force from being created during Muscle Contraction since that could lead to a Muscle Strain or other Injury. When too much tension on a muscle is registered by the GTO, it then sends signals to the Spinal Cord, which then uses Inhibitory Neurons to send signals to prevent the muscle from producing force (Contracting). By doing this, GTO's serve as "safety device" that helps to prevent us from "overdoing it".

PERFORMANCE PSYCHOLOGY

AROUSAL

Arousal is the level of activity and alertness we feel in relation to tasks, performance or situations. It is the general active state of the the mind (Psychological) and the body (Physiological), and it is a measure of an individual's overall emotional and physical energy. Arousal levels within a person can range from deep sleep or tiredness (Very Low Arousal) to intense excitement or panic (High Arousal), all of which can affect an individual's performance. An example of these effects could come from fatigue, which would have an Under-Arousal effect, as well as a high stress level, which could have an Over-Arousal effect, both of which could lead to a drop in performance. It is important to understand that there is no "universal optimal level of arousal" and that we all have a different optimal Arousal level, where we feel comfortable and perform our best.

SPORTS NUTRITION

GLUCOSE

Glucose is a Simple Sugar. Simple Sugars are a type of Carbohydrate that includes Monosaccharides (a single molecule of sugar) and Disaccharides (two molecules of sugar). Glucose is a Monosaccharide that is one of the most common Simple Sugars that can be found in nature. It is the Carbohydrate that we ALL rely on as an energy source for Cellular Energy. Glucose is rarely found by itself as a Monosaccharide in foods, but is instead found joined with other sugars as a Disaccharide or as a Complex Carbohydrate (Simple Sugars linked together to create larger and more "complex" Sugar molecules). Also, since our bodies use Glucose for Metabolic Energy, this Carbohydrate form is what is used when it is transported by our blood into our tissues and cells.

MONTHLY EXERCISE BREAKDOWN



BANDED SIDE-STEPS

For this exercise you will need **THREE ORANGE CONES**.

First, place **ONE ORANGE CONE** in front of you.

Then, place **ANOTHER ORANGE CONE** to either side of the first **ORANGE CONE**. **ONE ORANGE CONE** on the **LEFT** and **ONE ORANGE CONE** on the **RIGHT** of the **FIRST ORANGE CONE** IN THE MIDDLE.

The distance between all of these cones will be the length of one of your **LATERAL SIDE STEPS**. With this, there will then be **THREE ORANGE CONES** in front of you, each spaced out an equal distance from the other.

You must also place a **RESISTANCE BAND** around both of your legs, just above your knees.

Stand in front of the **CENTER CONE** with your **FEET TOGETHER** and **SIDE-STEP** to your **RIGHT** with your **RIGHT FOOT**, stretching your legs apart, leaving your **LEFT FOOT** in front of the **CENTER CONE**.

Then, bring your **LEFT LEG** back together with your **RIGHT LEG**. **YOUR FEET SHOULD NOW BOTH BE TOGETHER** as you stand in front of the **RIGHT CONE**.

Now, do the opposite and **SIDE-STEP** to your **LEFT** with your **LEFT FOOT**, stretching your legs apart, leaving your **RIGHT FOOT** in front of the **RIGHT CONE**.

Then, bring your **RIGHT LEG** back together with your **LEFT LEG**. **YOUR FEET SHOULD NOW BOTH BE TOGETHER** as you stand in front of the **CENTER CONE**.

Continue this **LEFTWARD** movement from the **CENTER CONE**, out to the **LEFT CONE**, which should end with you standing with **BOTH FEET TOGETHER** in front of the **LEFT CONE**.

FROM HERE, use the **OPPOSITE** movement again **TO THE RIGHT** to **RETURN YOURSELF** to the **CENTER CONE** with **BOTH FEET TOGETHER**.

This is **ONE REPETITION** of this exercise.

You may **REST** at **ANY** time during this exercise by standing with your **FEET TOGETHER** at any one of the **THREE CONES**.

INSIGHTS INTO SPORTS SCIENCE

CREATING A COMMUNITY

BY MICHAEL SAHND,
MS APK, TSAC-F

We all want community. We all yearn for it. We need it. Whether it's on the track, on the playing field, or on the battle space that we call the work place. We all want to be a part of something. It's why we spend hours on social media, why we message friends with crazy cat videos and horrible boss memes. But what IS a community exactly?

According to the definition provided by the *Oxford Dictionary*, Community is defined as, "a group of people living in the same place or having a particular characteristic in common". Yep, that's it. Pretty sterile. Pretty boring. Based on this, I would definitely NOT want to be a part of this definition. There's no depth to it. No life to it. That's why we're lucky that there's a second definition included in the *Oxford Dictionary* and it goes a little something like this, Community, "a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals". Now, THAT'S what I'm talking about! When I think of community, that's what I imagine. That's what I want to be a part of.

A few days back, I had an interesting discussion with my wife, who works in advertising, where I was asking her for help in developing a marketing plan for a new line of graphic t-shirts that I designed (Yeah, I know, super-shameless plug/GO BUY MY T-SHIRTS!). Long story short, she was wondering why I was now selling t-shirts, when I started my business by developing fitness programs to help people who were trying to join the military. Her question was, "are you a t-shirt company now or a fitness company?" This was actually a great question because it was at that very moment that I realized that I had done a horrible job of telling her what it was that I was trying to create. I was trying to create a community. Where did I get this idea though? Ironically, I got it from another community. The surfing community.

So there is a surfboard and surfwear company that you may know of called O'Neill. It was started in 1952 by a gentleman named Jack O'Neill in his garage in California. This man and his company basically created, with the pioneers of the sport, what we know today as the surfing community. Everything about it was created and forged by this man and his friends. If you've ever gotten into the water in an O'Neill wetsuit, it's because of this man. This is a long-lasting and sustaining community that has new members joining every single day. Not only that, but it has an orbital community of people who wear the shirts, the hats, and the sunglasses, just to ride the vibe. I don't think Jack O'Neill could have ever imagined what he gave the world by helping to create this community.

Every year, after six months, at least 50% of the people who decided to better themselves and their health quit some type of fitness program. People who join a gym. People who buy weight equipment for their home. People who pay for an app to give them workouts. At least 50% of people join a community and then after six months, decide to leave it. Some studies suggest the drop off at three months is even higher at 90%!

A lot of the reason for this is boredom and a decline in motivation. I think that this is a failure. Not a failure of those who set out on this path, but a failure of those who maintain it. A failure for all of us who are strength coaches, fitness coaches, and personal trainers. A failure for all of us who consider ourselves to be members of the fitness community. We can do better. How? By fostering a better understanding for how difficult this journey is to begin. By being there when quitting becomes conceived of as an option by those who look up to us. By being leaders to newcomers into our community. Leaders who make themselves available and are willing to impart our knowledge and experience to help anyone get stronger, healthier, and more motivated to reach their goals.

In my head I have a vision. A vision of a HoneyBadger Community. A vision of a group of people who think that Professional Tactical Fitness is more than just being fit and being healthy. They think that it's a lifestyle. That it's a way to live. That it's a way to see the world. To a person in the HoneyBadger Community an obstacle isn't an impediment. It isn't something to stop you. It's a problem to solve. And, if it's a nut that you can't crack on your own, then someone in this Community is going to be on hand to give you the tools that you need to overcome it. That is what my vision is. That is what I want to be a part of. Not part of a group of selective YouTube/Social Media Vet Bro's who are always the hero of their own story. I want to be a part of helping you make your own story.

Help me make that. Because to me, that's what a community is. That's what I want to be a part of.

Let's all be HoneyBadgers.

REMEMBERING GREATNESS



CHARLES DENVER BARGER

Rank: *Private First Class*

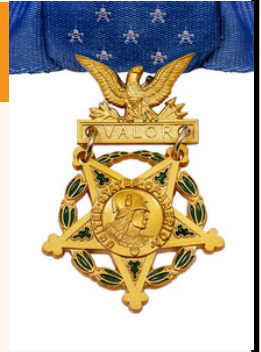
Conflict/Era: *World War I*

Unit/Command: *Company L, 354th Infantry,
89th Division*

Military Service Branch: *U.S. Army*

Medal of Honor Action Date: *October 31, 1918*

Medal of Honor Action Place: *Near Bois-de-Bantheville, France*



MEDAL OF HONOR CITATION

CHARLES DENVER BARGER

UNITED STATES ARMY

Learning that two daylight patrols had been caught out in No Man's Land and were unable to return, Pfc. Barger and another stretcher bearer upon their own initiative made two trips 500 yards beyond our lines, under constant machine-gun fire, and rescued two wounded officers.

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