



WELCOME ABOARD!

It is my HONOR to welcome everyone who is reading this INAUGURAL ISSUE to the Sea & Land Fitness Family! Now that you are here, let me just take a moment to give you a quick overview as to what you've gotten yourself into. Every month, moving forward, we here at Sea & Land Fitness are going to be giving you info that will enhance your knowledge of Exercise Physiology, Performance Psychology, and Sports Nutrition. Not only will we be giving you some of the most up-to-date info in the world of Sports Science, we will also be giving you a refresher here and there on some misunderstood topics and terms. Why? So that you can have the information that you need to keep yourself moving, healthy, and mission-ready. Welcome to the HONEYBADGER NATION!!!

Michael Sahno
Owner of Sea & Land Fitness

SPORTS SCIENCE DEFINITIONS

TRANSLATING THE SCIENCE

YOUR MONTHLY DOSE OF FITNESS TERMINOLOGY

EXERCISE PHYSIOLOGY

CORE

The Core is the group of trunk and hip muscles that surround the spine, abdominal organs and hips. Core muscles are essential for proper load (weight) balance within the spine, pelvis, and kinetic chain (joints and body parts that move together). They spare the spine from excessive load (weight) and are essential for load transfer between the upper and the lower body.

The Core can be described as a muscular box. Inside this box are 29 pairs of muscles that help to stabilize the spine, pelvis, and kinetic chain (joints and body parts that move together) during functional movements. Without these muscles, the spine would become mechanically unstable and unable to support itself.

PERFORMANCE PSYCHOLOGY

GOAL

The act of setting a Specific, Measurable, Achievable, Relevant, and Time-Bound (SMART) objective that provides an individual with a Clear Direction and Purpose".

There are three main types of goals: (a) Process Goals, (b) Performance Goals, and (c) Outcome Goals. Athletes should use all three types of goals to maximize their goal-setting effectiveness.

Process Goals focus on learning the skills and techniques necessary to accomplish a goal.

Performance Goals identify a specific standard to be achieved and track an improvement in the sport.

Outcome Goals are the desired finish line (outcome) that is hoped to be achieved.

SPORTS NUTRITION

CARBOHYDRATE

Carbohydrates are one of the three macronutrients in the human diet, along with protein and fat. These molecules contain carbon, hydrogen, and oxygen atoms. Carbohydrates play an important role in the human body. They act as an energy source, help control blood glucose and insulin metabolism, participate in cholesterol and triglyceride metabolism, and help with fermentation. The digestive tract begins to break down carbohydrates into glucose, which is used for energy upon consumption. Any extra glucose in the bloodstream is stored in the liver and muscle tissue until further energy is needed. Carbohydrates is an umbrella term that includes sugar, fruits, vegetables, fibers, and legumes (beans, lentils, peas, etc.).

MONTHLY EXERCISE BREAKDOWN



THE PUSH-UP

PUSH-UPS are the quintessential military exercise and a high PUSH-UP count will put you in a place high above your peers when you attend BOOT CAMP. The PUSH-UP is a TWO POSITION exercise.

TO BEGIN, place both of your hands on the ground in front of you, with your thumbs just below the bottom of your chest muscles pointing at your sternum, shoulder-width apart. Extend your feet behind you, assuming a Plank position with a straight back. This is the TOP POSITION. DO NOT SLOUCH YOUR BACK and DO NOT ARCH YOUR BACK. KEEP YOUR BACK STRAIGHT.

From here, lower your body, bending your elbows behind you and close to your sides, until you can go no lower (DO NOT lay on the ground). This is the BOTTOM POSITION. Once down, then push using the palms of your hands and straighten your arms out to bring your body back up into the TOP POSITION. This is ONE REPETITION of the PUSH-UP.

IMPORTANT: INHALE on the DOWNWARD MOVEMENT as you go down toward the ground and EXHALE on the UPWARD MOVEMENT as you PUSH-UP.

ADDITIONAL NOTE: The TOP POSITION is the REST POSITION. If you are tired and you need to rest, YOU SHOULD ONLY REST AND PAUSE THE EXERCISE IN THE TOP POSITION.

INSIGHTS INTO SPORTS SCIENCE

WHY YOU NEED CARBS

BY MICHAEL SAHND,
MS APK, TSAC-F

EVERYBODY needs Carbohydrates. It is literally a part of the structure of our DNA (DNA contains deoxyribose, RNA contains ribose - both sugars, or Carbohydrates). It can be found in Honey, Milk, and in Fruits and Vegetables. It is a source of energy for every single cell in your body and, in the form called Cellulose, makes up the fiber that aids in your digestion through the lower part of the digestive tract.

When eaten, Carbohydrates are broken down into Glucose, Fructose, and/or Galactose (if there is an -ose on the end, then it is a sugar, or Carbohydrate). It is then absorbed into your blood stream and transported throughout the body to be used as energy. Most importantly, Carbohydrates, or the sugars that we eat, are converted into Glucose. Glucose is the sugar that is found in our bloodstream. Glucose is the sole source of fuel that our brain uses for energy. It doesn't come from anywhere else. Only from Glucose. According to Harvard Medical School, "Brain functions such as thinking, memory, and learning are closely linked to glucose levels and how efficiently the brain uses this fuel source".

This means that leaving Carbohydrates out of your diet may cause you to risk not having enough energy for all of the things that you have packed into your day. In the February 2009 research journal APPETITE, author and Tufts professor of Psychology Dr. Holly Taylor found that, "The popular low-carb, no-carb diets have the strongest potential for negative impact on thinking and cognition," Her research showed that low-Carbohydrate dieters showed a decrease in function when it came to memory tasks and a reduction in reaction time compared to those who just reduced their overall calories.

What does all of this mean? Simply put, in moderation of course, don't skip the Carbohydrates. Keep them in your diet. In a day, make them approximately 50% of everything that you eat. Your Body and your Brain will thank you.

HONEYBADGER SPOTLIGHT



CONNOR CHERPESKI

Connor Cherpeski, of Klamath Falls, Oregon, is a Second Lieutenant in the United States Army Infantry. A graduate of the United States Military Academy (West Point) with a degree in civil engineering, he has earned his Air Assault Badge and Gold Level German Armed Forces Proficiency Badge. He is also a Sig Sauer certified advanced pistol instructor with 4 years of experience teaching pistol marksmanship at West Point. Currently attending the Infantry Basic Officer Leader Course at Fort Moore, Georgia, upon completion he will serve with the Third Brigade, 82nd Airborne Division.

What made you decide to pursue a military path?

For me it was less about some grand ideal of service to the nation and far more about being a member of the warrior caste. I wanted to be a soldier and that's why I joined, but as I spent 4 years at West Point the greater purpose of why we fight became clear to me. My sworn oath is to the constitution not to any party or person.

How do you nutritionally fuel for being in the field/operations?

This is a tough one. As the old saying goes an ounce of prevention is worth a pound of cure. So for me, the preparation has to come before hand. If I know I'm going out to the field. I know I will be in a caloric deficit for the next several days so I might bump up my maintenance calories to raise me into somewhat of a surplus before I go. And then while I'm in the field, I might subsidize your typical MRE, (which is quite high in carbs and fat and pretty low and protein) with some other source of protein, whether it be tuna, packets, or beef jerky, or something along those lines. I've also recently started doing a more deliberate hydration plan both before and during field operations, whether it be Propel or Hoist any other sort of electrolytes, just trying to make sure that my urine is running clear and I feel good and am capable of moving long distances without needing to suck down water every couple of seconds. I think that young soldiers and really anybody who's having to go out into the field for long durations of time has to understand that it's not terribly healthy for you and it's not going to be a period when you are going to put on muscle and your body composition might suffer as well. You'll likely lose weight and you really just need to focus on trying to maintain as much strength and energy as possible, and then in the periods of time where you have a lot of time out of the field that's when you need to do the bulk of your training and try to put on some weight and muscle.

What do you do to ensure you are well rested?

Before the field, I try to get at least 7 to 8 hours of sleep every night focusing on having a consistent bedtime. I try to not have too many distractions or blue light before I go to bed. I do use blue light glasses although I can't tell you if it's just been a placebo or if it's actually helped, but I found them helpful.

DO YOU KNOW SOMEONE THAT SHOULD BE FEATURED IN THE HONEYBADGER SPOTLIGHT? SOMEONE YOU SEE AND WHO YOU THINK SHOULD BE SEEN AS AN EXAMPLE TO OTHERS?

IF SO, THEN REACH OUT TO US AT INFO@SANDIFIT.COM

HONEYBADGER SPOTLIGHT



CONNOR CHERPESKI (CONT.)

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While I'm in the field, I think as a leader it's important to recognize that everyone is going to be losing sleep and that I will typically give myself the worst scenario when it comes to sleep patterns so I try to get all my soldiers at least six hours of sleep, and that ideally at least four are uninterrupted then I'll take that middle of the night shift, which gives me about three hours and then a period of time awake and then maybe another two hours or so of sleep.

Depending on security requirements obviously, your time of sleep will change and whenever possible I just try to get everyone as much sleep as possible while keeping someone awake to pull fire guard simply because we're in an environment where a lot of bad things can go wrong. Everyone has weapons on them and it's just better to have somebody awake and alert in case anything bad does happen.

How do you mentally prepare for difficulty or obstacles in life?

I think the easiest answer to this one is just doing hard things and repeatedly doing them. In the Infantry, I think we often think that suffering is a virtue, and I don't think that's true. I don't think suffering for the sake of suffering is a virtue. You might often have a tactical scenario demanding you be a little more uncomfortable than you would like to and as a leader, the most important aspect is that you're not asking your soldiers to suffer unnecessarily. You always give them that task and purpose and then try to limit or eliminate your complaining and your perceived discomfort because it does affect the morale of your soldiers when they see you complaining or acting weak. Then finally, the understanding that things are going to suck and you don't always have to grin and bear them alone. It's OK to reach out for help and rely on a teammate from time to time. Just make sure that you're not always the weak link.

What advice would you give to someone following in your footsteps?

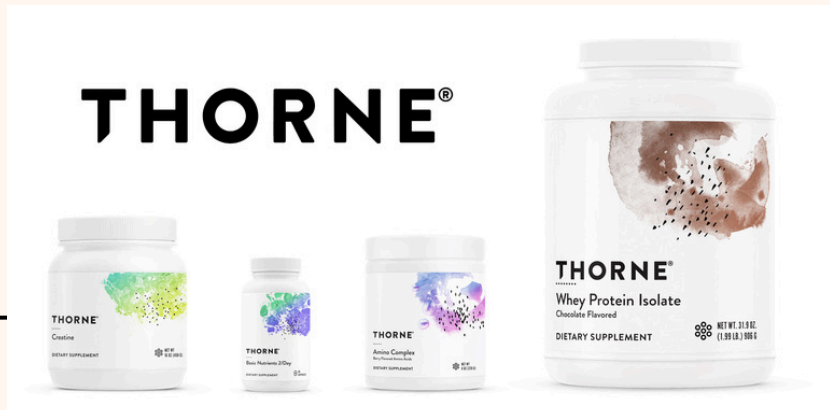
The biggest advice that I could give to someone following in my footsteps is that you're not just following in my footsteps, but you're following in the countless generations of young Infantry officers graduating from West Point, and going through a shared experience of generations of those who came before us that have undoubtedly gone through exceptionally hard things, more so than anything we can even imagine, and that those in the future may also face things that we can't even comprehend in the constantly evolving state of warfare. Things can always get worse, but they typically get better. It's gonna be all right. Take a breath, make a decision, win the fight.

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PAYING THE BILLS

**I ACTUALLY
USE THESE
COMPANIES
&
YOU SHOULD
TOO**



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