

THE NEWSLETTER OF PROFESSIONAL FITNESS

MAY 2025

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MOVE YOURSELF THROUGH SPACE

Just back off of a vacation to Charleston, SC, the SUMMER FITNESS BUG has bitten! (sorry that this is arriving a week late) We were able to go to Fort Sumter (where the Civil War kicked off), check out a Ghost Tour, and visit Patriot's Point (the home of the USS Yorktown). What do all of these things have in common? We walked our ASSES OFF!

I lost 5 pounds from just putting one foot in front of the other, and you can too! So, get out of your chair or off of that couch and MOVE THROUGH SPACE! You'll thank me for it! Enjoy!!!

Michael Sahno
Owner of Sea & Land Fitness

SPORTS SCIENCE DEFINITIONS

TRANSLATING THE SCIENCE YOUR MONTHLY DOSE OF FITNESS TERMINOLOGY

EXERCISE PHYSIOLOGY

GLYCOLYSIS

The Glycolytic System (Glycolysis) is one of three Metabolic Systems that power the cells and muscles in your body. Also known as Anaerobic Metabolism, Glycolysis is an energy system that is used by the body for quick actions (15 seconds to 3 minutes) at high intensity. Glycolysis does NOT use oxygen during this process. The main purpose of this energy system is to create Adenosine Triphosphate (ATP) and NADH (NADH is used in Aerobic Metabolism which DOES use oxygen) by breaking down glucose (a sugar) into smaller molecules, primarily Pyruvate and ATP. During this process, Pyruvate is chemically converted into another molecule called Acetyl-CoA, which is then used in a multi-step process called the Krebs Cycle (also known as the Citric Acid Cycle) where it is then finally transformed into ATP.

PERFORMANCE PSYCHOLOGY

MASTERY

Mastery is the ability to perfect a skill and perform it well. To do this, a person must focus on the tasks and processes within their chosen sport and repeat these actions, behaviors, and encouraging thought processes until their confidence levels increase and the person's state of competence and proficiency in the specific skill or task is in line with their goal. Mastery is most often achieved through dedicated practice and an individual's focus on personal improvement rather than on winning. This concept is the opposite of "external focus" (pleasing a coach or parent) and "end result" (winning) motivators and instead relies heavily on an "internal" or "self-focused" process, where a person is encouraged to focus on their individual skill development and personal progress.

SPORTS NUTRITION

CAFFEINE

Caffeine is a chemical compound that is found in foods and in drinks, such as coffee, tea, and chocolate. Caffeine in this form is naturally derived from the plants from which these foods and drinks were originally sourced. Caffeine acts as a stimulant for the central nervous system and can aid in maintaining alertness, enhancing focus, as well as a supplemental tool for highly trained athletes to increase their aerobic performance. According to the FDA, Caffeine is Generally Recognized to be Safe (GRAS) and is considered a food additive. The International Society of Sports Nutritionists (ISSN) has also written an extensive position paper on Caffeine and has endorsed it as one of the two supplements that they regard as being well researched, safe and recommended for use.

MONTHLY EXERCISE BREAKDOWN



HEX BAR DEADLIFT

Starting with the HEX-BAR on the ground in front of you, first, step into the HEX-BAR, feet shoulder-width apart and flat on the ground.

Next, SQUAT DOWN, your knees over your toes, your shoulders over your knees and with your rear-end sticking out behind you.

DO NOT SLOUCH OR ARCH YOUR BACK. KEEP YOUR SHOULDERS UPRIGHT.

This is the STARTING POSITION.

Grab the handles of the HEX-BAR with both hands and SLOWLY STAND UP, PUSHING UPWARD WITH YOUR LEGS INTO YOUR HEELS, STRAIGHTENING YOUR KNEES TO FULL EXTENSION, and bring the HEX-BAR up with your ARMS FULLY EXTENDED DOWNWARD.

This is the TOP POSITION.

From here, lower yourself back down into a SQUATTING POSITION BY SLOWLY BENDING YOUR KNEES and allow the weights on the HEX-BAR to slightly touch the ground as if you were going back to the STARTING POSITION.

This is ONE REPETITION of this exercise.

INSIGHTS INTO SPORTS SCIENCE

THE NUMEROUS BENEFITS OF WALKING

BY MICHAEL SAHND,
MS APK, TSAC-F

Sometimes I hate to get up. I love my chair, and the wonders that are spoon-fed to me by my YouTube recommendations generally make me want to stay put. What's weird though is that I also LOVE to be outside. Doesn't matter the weather (even though I'm partial to a sunny day) I like being outside. In nature (I'm NOT a hippy). I just have trouble getting myself there.

As I wrote in the intro for this edition, we just got back from vacation. A vacation that turned out to be a WALKING vacation. There was a ton to see, but in order to actually see and experience it, we had to walk. A lot. About four hours every single day. Needless to say, I lost five pounds.

WHAT!?! I know, your saying that it can't be true, but it is. I also ate like a horse. Burgers. Fried seafood. I even had Philly cheese steak fries! Lost weight. No lie. Why? Because we walked. A lot.

It turns out that walking has an ENORMOUS effect on your metabolism. And if its in the heat (like it was on our vacation), then that bumps it up even more. Just by taking a walk you can improve your mood, burn calories and maintain a healthy weight, improve heart health, reduce risk of chronic diseases, reduce stress, improve sleep, boost brain power, alleviate joint pain, delay the onset of varicose veins, stimulate your digestive system, kick-start your immune system, protect your bones, enhance your creativity, help you to attain your goals, and it can boost your longevity.

I'm not making all of these claims up. They are all laid out in an article called, [15 Major Benefits of Walking, According to Experts](#), written by Madeleine Haase and Jenn Gonick for Prevention Magazine. The research and testimony for this article was incredibly well done and I encourage anyone who reads this to also read that article and its sources.

Because of my breakthrough on vacation and the data I found in this article I have decided to start adding walking to my weekly exercise schedule. We are all made to move through space. It's why we have two legs. It's why the muscles in those legs are designed to engage in long, steady-state, low-impact activities. Like walking.

For me, I put on a backpack and head down the hill outside of my front door and just meander until I reach the river at the bottom. Then I turn around and come back up that hill. Not super-fast, but at a leisurely pace, with my headphones on. It brings me peace and contentment. You should try it. Like, now. Pretend your parents are telling you to "get out of the house". Enjoy!

REMEMBERING GREATNESS



JOHN JAMES POWERS

Rank: *Lieutenant*

Conflict/Era: *World War II*

Unit/Command: *Bombing Squadron 5, U.S.S. Yorktown*

Military Service Branch: *U.S. Navy*

Medal of Honor Action Date: *April 4th-8th, 1942*

Medal of Honor Action Place: *Coral Sea*



MEDAL OF HONOR CITATION

JOHN JAMES POWERS

UNITED STATES MARINE CORPS

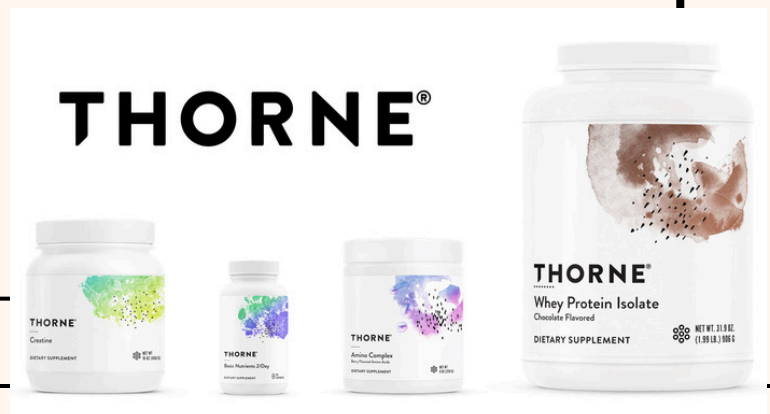
For distinguished and conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty, while pilot of a airplane of Bombing Squadron 5, Lt. Powers participated, with his squadron, in five engagements with Japanese forces in the Coral Sea area and adjacent waters during the period from 4 to 8 May 1942. Three attacks were made on enemy objectives at or near Tulagi on 4 May. In these attacks he scored a direct hit which instantly demolished a large enemy gunboat or destroyer and is credited with two close misses, one of which severely damaged a large aircraft tender, the other damaging a 20,000-ton transport. He fearlessly strafed a gunboat, firing all his ammunition into it amid intense antiaircraft fire. This gunboat was then observed to be leaving a heavy oil slick in its wake and later was seen beached on a nearby island. On 7 May, an attack was launched against an enemy airplane carrier and other units of the enemy's invasion force. He fearlessly led his attack section of three Douglas Dauntless dive bombers, to attack the carrier. On this occasion he dived in the face of heavy antiaircraft fire, to an altitude well below the safety altitude, at the risk of his life and almost certain damage to his own plane, in order that he might positively obtain a hit in a vital part of the ship, which would insure her complete destruction. This bomb hit was noted by many pilots and observers to cause a tremendous explosion engulfing the ship in a mass of flame, smoke, and debris. The ship sank soon after. That evening, in his capacity as squadron gunnery officer, Lt. Powers gave a lecture to the squadron on point-of-aim and diving technique. During this discourse he advocated low release point in order to insure greater accuracy; yet he stressed the danger not only from enemy fire and the resultant low pull-out, but from own bomb blast and bomb fragments. Thus his low dive bombing attacks were deliberate and premeditated, since he well knew and realized the dangers of such tactics, but went far beyond the call of duty in order to further the cause which he knew to be right. The next morning, 8 May, as the pilots of the attack group left the ready room to man planes, his indomitable spirit and leadership were well-expressed in his own words, "Remember the folks back home are counting on us. I am going to get a hit if I have to lay it on their flight deck." He led his section of dive bombers down to the target from an altitude of 18,000 feet, through a wall of bursting antiaircraft shells and into the face of enemy fighter planes. Again, completely disregarding the safety altitude and without fear or concern for his safety, Lt. Powers courageously pressed home his attack, almost to the very deck of an enemy carrier and did not release his bomb until he was sure of a direct hit. He was last seen attempting recovery from his dive at the extremely low altitude of 200 feet, and amid a terrific barrage of shell and bomb fragments, smoke, flame, and debris from the stricken vessel.

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