

Natural Healing Express Weekly

Column Volume 152 Fall Sports and Athletic Mastery

This article is a re-print from last year at this time. However, because we are getting so many requests to work with athletes in the Northwest Illinois/Southern Wisconsin Region, I felt more folks could benefit from this article. If you are interested in working with us regarding athletic mastery for yourself or a family member, please reach out to us to learn more. I trust you all have had a wonderful Labor Day. Come on over to visit our store and have yourself a time at the upcoming Lena Fall Festival. We will be open most of the day Saturday, closing only to watch the Parade. Also, a shout out to Grand Marshall Pete Brown, probably one of the best coaches I have ever seen and a fellow EIU grad. Congrats.

Here we go.

This time of year holds a special place in my heart as it is the beginning of the Volleyball season. Volleyball has been very good to me over the years, but I think I might have been a little before my time for beach doubles. Now- a- days, when those pro beach players spike the last ball down and do a victory dance, there is a big pay check waiting for them. In my day, after we finally won a pro beach event in Chicago, for our "Prizes", we got our entry fee back, was awarded a fruit basket and two drink coupons a piece from the bar who was sponsoring the event. And, we were in tall cotton. But I digress.

Let's not forget this time of year is also the start of FOOTBALL season! WOO HOO. Gotta love football and the fact that many area high schools have represented Illinois/Wisconsin so well at State in recent years! Proud of you guys! And college can be A LOT cheaper when awarded those scholarships! Keep hitting it, the rewards will come!

So right now, many athletes; now ranging from junior high school up to the professional level, are in serious training and looking forward to the great season ahead of them. I for one can't wait to see the results of their hard work and passion. For the best of the best, it doesn't come easy.

At Natural Healing Express, especially in our Indy office, we work with several professional athletes from race car drivers to running backs. How do we aid our athletes to maintain top form? Nutrition, nutrition and nutrition. Did I mention nutrition?

We work first to understand the athlete's unique make up (BIO-Individuality) and the demands of their specific sport. Yes, ballerinas eat differently than defensive ends, but not as much as you might expect. Then we listen clearly to their training programs, and learn the nuances of their particular sport. We do all this so we can support the demands on their body from the nutritional standpoint.

A very condensed version of what we recommend is regulated consumption of phytonutrients, proteins, vegetables and smart carbs according to their bodies demands. These are essential building blocks to those wanting mastery. Also, almost all of our athletes incorporate some type of strength training both in season and during the off season. Strength training is considered any kind of weight bearing activity in which muscles are challenged to work harder each time they are exercised. This can be working with free weights, weight machines, calisthenics, special bands, or as I have seen one time, a man pulling a car. Shout out to Zupe.

I want to take a little time to clue you in here, but this is usually the specific element where the rubber hits the road so to speak. Or maybe better said, this is what separates the men from the boys. Muscle is the

active tissue in your body, so the more muscle you have, the faster your metabolic rate will be. If you don't have much muscle, the metabolic rate runs low and fat can pile on. So, in an effort to keep this column relatively brief, let's look at what strength training is not.

Many women fear strength training will build big, bulky muscles and suddenly they will look like a guy. Yes, if you are a woman and you start strength training your body composition will change, but for the better! You will become better defined and carry less fat – not bulking up like the guys. Why is this true? Because you have “chick” hormones and your body simply doesn't make enough male hormones to produce “male” muscles. And you can help to control the rate of toning by your nutrition. On the other hand, if you are a guy, you can really go for the gusto with proper nutrition and an articulate strength program and bulk up according to your BIO-Individuality.

In addition, many people believe that strength training makes you gain weight. Yes, at first this can be true. So why is that? Because the small amount of weight that you might gain is MUSCLE weight and that is what you want. Toned, solid, lean muscle. Pound for pound, muscle weighs more than fat. And on a scale, it doesn't know the difference, so you need to consider body composition testing. Not my personal favorite, but still a great tool. Statistically, every pound of weight you lose during strength training is 85% fat, so over the long run, you will lose weight and become a lean, mean, fighting machine, eating according to your plan. And you will gain – you guessed it—strength and endurance.

Another myth is that when you stop working out muscle turns to fat. In reality, these are two different types of tissue which cannot magically transform into each other. When you stop working out, muscle shrinks and energy needs decrease. Therefore if you don't want to turn to mush, the diet has to be adjusted accordingly. Did I mention nutrition?

If you are an athlete or have a family member that is an athlete, we offer a nutrient analysis which helps the athletes further understand their body and their nutritional needs. We also offer one on one consulting to help achieve athletic mastery all within ISHA guidelines. Please call today for an appointment if you are interested in helping us help you. Being fit is always a good thing!

If today's topic isn't resonating with you, here's a funny quote by Joan Rivers, “I don't exercise. If God had wanted me to, he would have put diamonds on the floor.” Diamonds sure beats “winning” a crappy fruit basket after getting beat up in the sand all day.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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