

THE MILITARY / ENDURANCE FITNESS NEWSLETTER

JANUARY 2025

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NEW YEAR, NEW YOU

Here we are again, folks! January is here and we are all thinking of New Year Resolutions! You know what they say, “New Year, New You!” Because of this, some of us are going to commit to working out, some of us are going to try a new diet, and some of us are going to swear to stop drinking. Hopefully we will all be successful, but chances are some of us might fall short.

That’s okay and this is why I think that we might need to pace ourselves. You know, sort of dip our toes into the pond a little bit. Do I want more healthy activity from all of you this year? ABSOLUTELY! But, what good does it make for all of us to burn out and wind up back where we are a month, a week, or even a day later?

I support all of your New Year’s Resolutions. All of them! But, why don’t we start out by going to the gym a day or two every week, or get outside for a walk at least once a week and try and enjoy the process. You’ll thank me by sticking to what you started. By pacing yourself. Enjoy!

Michael Sahn
Owner of Sea & Land Fitness

SPORTS SCIENCE DEFINITIONS

TRANSLATING THE SCIENCE

YOUR MONTHLY DOSE OF FITNESS TERMINOLOGY

EXERCISE PHYSIOLOGY

HORMONES

Hormones are tiny Chemical Messengers that are produced in your Glands and Organs. These Messengers travel through the bloodstream to regulate bodily functions in other parts of your body. This system of Hormones and the signals that they send and receive is referred to as your Endocrine System.

Responsible for just about every function, reaction, and action that occurs within the human body the Endocrine System takes in information from our senses, as well as from biological sensors within our bodies, sees what the need is, and then sends a signal (Hormone) to the Organ or Tissue in our body with a message to start or stop a biological process. Nothing occurs in our bodies without a Hormone being involved. Everything from being hungry to sweating involves some sort of Hormonal Process.

PERFORMANCE PSYCHOLOGY

EXPERTISE

Expertise is having the skills, the knowledge of facts, data, and information, and the knowledge of how to perform a specific Skill or Task at a level where you perform it correctly and without error a majority of the time.

To become an Expert you need to repeatedly have the experience of performing the specific Skill or Task over a period of time. This is known as Practice.

While Practice is important in achieving Expertise, Motivation, Commitment and Enjoyment play important roles in ensuring that you put in the time required to master a Skill or Task.

The Type, Quality, and Effort you put into Practice also influences your ability to become an Expert. “Practice for Practice sake” will not lead to Expertise. Only focused and meaningful practice that aligns with your “End Goal” can lead to Expertise.

SPORTS NUTRITION

VITAMINS

Vitamins are essential nutrients found in small amounts that your body needs in order for it to function properly. Made up of Organic Compounds, these nutrients play important roles and are vital to a number of processes that take place within your body.

Some of these processes include Cellular Metabolism (for Energy), Cellular Repair, Fortifying your Immune System, Bone Health, Skin Health, and when you are young, Healthy Growth and Development.

There are 13 Essential Vitamins (meaning that we need them to survive). They are labeled as either Water-Soluble (B, C, and Choline) and dissolve in water and are easily transported in your blood or Fat-Soluble (A, D, E, and K) meaning that they need dietary fat in order to be digested.

MONTHLY EXERCISE BREAKDOWN



PUSH-UP PYRAMID

The **PUSH-UP PYRAMID** is a simple variation of the **PUSH-UP** exercise that consists of doing the **PUSH-UP** in **INCREMENTALLY HIGHER REPETITIONS**.

This is done by adding **ONE EXTRA PUSH-UP TO EACH ADDITIONAL SET OF PUSH-UPS**.

To begin this exercise, you will start with **ONE PUSH-UP** and then rest for **FIFTEEN SECONDS**.

Then, on your next attempt you will do **TWO PUSH-UPS** with **FIFTEEN SECONDS OF REST**.

After that you will do **THREE PUSH-UPS** followed by **FIFTEEN SECONDS OF REST** and so on and so on until you cannot successfully complete the number of required **PUSH-UPS** for that set.

PLEASE BE AWARE, this exercise consists of a **HIGH VOLUME OF PUSH-UPS**. **SO**, if you are strong enough to make it all the way to **TEN**, then **YOU WILL HAVE DONE FIFTY-FIVE PUSH-UPS**.

INSIGHTS INTO SPORTS SCIENCE

OVERCOMING THE WINTER BLUES

BY MICHAEL SAHND,
MS APK, TSAC-F

As the winter months set in Seasonal Affective Disorder or SAD comes about for millions of us every year. It causes us to become more sluggish, more cranky, and to need a little bit more sleep. But, what if it wasn't as bad as we are all making it out to be? What if it was just a normal part of the human behavioral process as we progress throughout the seasons?

First brought into the social consciousness in the early 1980's by South African doctor Norman E. Rosenthal, M.D. in his book *Winter Blues*, published in 1983 and in a following research paper in 1984, it has been diagnosed and "treated" since its inclusion in the fourth edition of *The Diagnostic and Statistical Manual of Mental Disorders*. This book is routinely used for diagnosis by psychiatrists and psychologists since this version (IV) was published in 1994. But, was its addition as a disorder valid. Meaning, is there any evidence that feeling down, blue, or sluggish when the world outside is frozen a Mental Disorder?

In 2016 Megan K. Traffanstedt, Sheila Mehta, and Steven G. LoBello sought to answer this question and did a deep dive into the subject and released a paper called, *Major Depression With Seasonal Variation: Is It a Valid Construct?*. In their research they found that, "Depression was unrelated to latitude, season, or sunlight. Results do not support the validity of a seasonal modifier in major depression. And that, "The idea of seasonal depression may be strongly rooted in folk psychology, but it is not supported by objective data."

For me, what this means is that Seasonal Depression is not a Mental Disorder. Am I saying that it isn't harder in the winter to keep your motivation levels high? Or that I personally feel as energetic and joyous during the winter months as I do during the spring or the summer? Absolutely not. I personally HATE the cold! Because of this I know that I have to use certain psychological tools to ensure that I am working out or eating right. I do this by regimenting myself in the winter, just like I do when it is warmer outside and I am actively on a workout program.

I like to think of the winter months as my "Off-Season". I do a lot more cardio and I reduce my amount of weight training. Why, because I know that if I lift weights, I am going to eat. Also, in the winter it is TOO easy to talk yourself out of a workout because it's cold outside. That is why I recommend you hop onto a treadmill or an Echo-Bike and "Cardio" those *Winter Blues* away.

HONEYBADGER SPOTLIGHT



CHIEF MATT STELTZ

Chief Matt Steltz is a life-long resident of the Village of Cold Spring, New York in the Hudson River Valley, which is located directly across the Hudson River from the United States Military Academy (West Point). For the past 25 years he has protected this district and the families in a place that he calls home. In 1999 he volunteered and joined the department as a junior member. 25 years later he has served as the Chief of the Department twice and is currently serving in this role. In the past, he has also served as the Cold Spring Fire Department's President, overseeing the administrative duties of the department. He has done all of this while maintaining a career as a High School Social Studies teacher, helping to develop and shape the minds of our future generations. Lastly, but most importantly, Matt is the father and active parent of two young children, both of whom he has coached in both basketball and baseball.

WHAT MADE YOU DECIDE TO BECOME A VOLUNTEER FIREFIGHTER?

I never made a conscious decision that I would ever become a volunteer firefighter as a child. Growing up down the street from the firehouse and having family members involved, it was always a part of my life. I think inherently I just assumed that when you reached the age of 16, you just joined. Everyone I was affiliated with joined the fire company and I never gave it a thought. Children stop by the firehouse constantly and are always interested in being a firefighter. Safe to say I never grew out of that fascination. Today, it's more of an altruistic civic minded mentality, but it takes maturity to fully understand the impact one can have.

WHAT ARE THE EXPECTATIONS OF VOLUNTEER FIREFIGHTERS IN TERMS OF FITNESS?

Heart attacks are the number one killer of volunteer firefighters. We're also at a higher risk of particular cancers compared to the general population. So fitness plays an important component to us being able to help ourselves and save others. We are required to pass yearly health physicals and be mentally competent to perform at the level needed to support the community. We have a functioning gym, albeit small, but it does provide members an opportunity to stay in shape for the arduous performance tasks that take place in daily firefighting operations. The company has supported yoga, push-up challenges, bar classes, etc. in an attempt to keep members physically ready for the "next" call.

HOW DID YOU PREPARE YOURSELF FOR THE FITNESS REQUIREMENTS NEEDED TO BECOME A VOLUNTEER FIREFIGHTER? DO THEY DIFFER FROM HOW THOSE COMING IN NOW PREPARE FOR THE JOB?

At 16, I was probably in the necessary shape needed to be an effective firefighter. I was younger, played multiple sports, and could eat anything I wanted without gaining a pound. Over the years and as my volunteer career progressed, you realize specific muscle groups are used more than others and perhaps middle-age is starting to catch up with me.

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@SANDLIFIT.COM

HONEYBADGER SPOTLIGHT



CHIEF MATT STELTZ (CONT.)

(continued)

Pulling hose into a burning building vs carrying an injured hiker off Breakneck Mountain will take a toll on different muscles. Endurance and stamina are always important as well. Individuals entering the department today are subject to the same fitness requirements. Firefighting hasn't changed much over the course of my career in the department. Regardless of the member, we need to water on the fire via a hoseline, same as in the past and in the foreseeable future.

WHEN YOU BECAME A VOLUNTEER FIREFIGHTER DID THE FITNESS REQUIREMENTS OF THAT SPECIFIC JOB CHANGE, AS COMPARED TO THOSE OF A FIRE CHIEF? IF THERE WERE, WHAT WERE THE MAIN CHALLENGES TO THIS CHANGE?

As Chief, you're definitely less hands-on than a firefighter or line-officer. However, there are term limits for chief officers, so eventually I will be required to perform each and every firematic task I've done since I was a 16 year old kid. I just tend to be a little more sore and perhaps it takes a little longer to recover. Chief officer can be more mental fitness than physical at times. Hence the importance of our yoga class or even meditation. The high stresses put on our minds, impacts our bodies directly. The mental drain is real, often referred to as "burned out". Keeping the mind and body fit in tandem makes for better chief officers, and ultimately better firefighters.

HOW HAS NUTRITION BEEN A FACTOR IN MEETING THE FITNESS DEMANDS THROUGHOUT YOUR CAREER?

The fire company has made a conscious effort to improve nutrition over the years. It's another area that I've seen positive change over the course of my career. We went from cheap processed snacks and unhealthy nutrition to more energy producing food. There's still the occasional bag of chips in the kitchen, but the options for mixed nuts, protein bars, and less sugar based drinks are readily available. An absolute change in dietary education since 1999, which is more of a cultural trend throughout the environment we live in. It's just took a few decades to makes its into our fire department kitchen.

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?

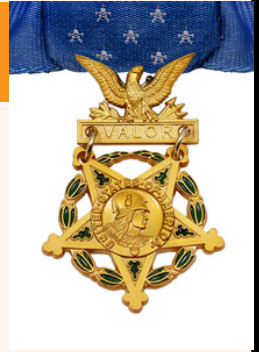
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REMEMBERING GREATNESS



BENJAMIN LOUIS SALOMON

Rank: *Captain*
Conflict/Era: *World War II*
Unit/Command: *2nd Battalion, 105th Infantry Regiment,
27th Infantry Division*
Military Service Branch: *U.S. Army*
Medal of Honor Action Date: *July 7, 1944*
Medal of Honor Action Place: *Saipan, Saipan, Marianas Islands*



MEDAL OF HONOR CITATION

CAPTAIN BEN L. SALOMON

UNITED STATES ARMY

For conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty:

Captain Ben L. Salomon was serving at Saipan, in the Marianas Islands on July 7, 1944, as the Surgeon for the 2nd Battalion, 105th Infantry Regiment, 27th Infantry Division. The Regiment's 1st and 2d Battalions were attacked by an overwhelming force estimated between 3,000 and 5,000 Japanese soldiers. It was one of the largest attacks attempted in the Pacific Theater during World War II. Although both units fought furiously, the enemy soon penetrated the Battalions' combined perimeter and inflicted overwhelming casualties. In the first minutes of the attack, approximately 30 wounded soldiers walked, crawled, or were carried into Captain Salomon's aid station, and the small tent soon filled with wounded men. As the perimeter began to be overrun, it became increasingly difficult for Captain Salomon to work on the wounded. He then saw a Japanese soldier bayoneting one of the wounded soldiers lying near the tent. Firing from a squatting position, Captain Salomon quickly killed the enemy soldier. Then, as he turned his attention back to the wounded, two more Japanese soldiers appeared in the front entrance of the tent. As these enemy soldiers were killed, four more crawled under the tent walls. Rushing them, Captain Salomon kicked the knife out of the hand of one, shot another, and bayoneted a third. Captain Salomon butted the fourth enemy soldier in the stomach and a wounded comrade then shot and killed the enemy soldier. Realizing the gravity of the situation, Captain Salomon ordered the wounded to make their way as best they could back to the regimental aid station, while he attempted to hold off the enemy until they were clear. Captain Salomon then grabbed a rifle from one of the wounded and rushed out of the tent. After four men were killed while manning a machine gun, Captain Salomon took control of it. When his body was later found, 98 dead enemy soldiers were piled in front of his position. Captain Salomon's extraordinary heroism and devotion to duty are in keeping with the highest traditions of military service and reflect great credit upon himself, his unit, and the United States Army.

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