



ENJOYING THE HOLIDAY SEASON

We are all going to eat too much this Holiday Season and I say **GO GET SOME!** Why? Because it is important to “let loose” and not always bind yourself to a rigid diet or a training program and understand that there are times in your life when you should rest and allow yourself to enjoy how food actually tastes.

Once the New Year comes, whether we like it or not, we are all going to inevitably do some “resolution soul-searching” that causes us to tell ourselves, “I think this is the year that I’m going to be at the weight that I want to be”. Some of us will be successful at it, but all of us will attempt to begin the journey.

Because of this, I think that it is more than healthy to indulge before we undertake these “trials” that face us in the future. So, without guilt and without fear, enjoy your Holiday Season and all of the “goodies” that come with it! Enjoy!

Michael Sahn
Owner of Sea & Land Fitness

SPORTS SCIENCE DEFINITIONS

TRANSLATING THE SCIENCE

YOUR MONTHLY DOSE OF FITNESS TERMINOLOGY

EXERCISE PHYSIOLOGY

METABOLISM

Metabolism is all of the Chemical Reactions that take place within each and every cell of a living person or animal. These reactions Provide Energy for your body to do what it needs to do throughout the day. These processes are everything from your heart pumping blood through your body, the digestion of your food, to the energy that your muscles and lungs use to sprint across a field.

The Chemical Reactions that Provide Energy for your cells comes from the Breaking Down of Nutrients From the Food That You Eat. Once all of the things that you eat are broken down into smaller pieces (Molecules) they are shuttled throughout your body to the places that require it the most and become building blocks to be used in a number of different processes that Give Your Cells the Energy That They Need.

PERFORMANCE PSYCHOLOGY

CONSCIOUS ATTENTION

Conscious Attention is the active process of “Attending” or putting Specific Focus on a Person, Place, Thing, or Action. Conscious Attention is a Choice-Based Action. Meaning that you must make a conscious decision to place your focus onto whatever it is that you intend to give your Conscious Attention.

On the other side, Unconscious Attention is the automatic processing of information that occurs when the brain becomes aware of Stimuli (sudden sights, noises, or thoughts) or things that you might react to in the world around you.

Conscious Attention is made difficult by your brain having to compete against your Unconscious Attention and the Environment. The ability to use Conscious Attention effectively becomes easier the more that it is practiced.

SPORTS NUTRITION

FATS

Fats are one of the three Macronutrients in the human diet, along with Carbohydrates and Protein.

Fats are also called Lipids due to them having two specific properties. They are Hydrophobic (they DO NOT mix with water) and Lipophilic (they are attracted to and mix well with other Fats).

Fats, or Lipids, are important to your health. They surround the lining of your Cells by acting as a barrier protecting them from unwanted visitors. Your Neurons (the cells of your Nervous System) have a fatty lining called Myelin that insulates them, so that signals from your Brain can travel where they need to go.

Fats can be found in Meats (including Beef, Pork, Poultry and Fish), Dairy and Eggs, and in some Fruits & Vegetables (Avocados, Olives, etc.).

MONTHLY EXERCISE BREAKDOWN



SANDBAG SIT-UPS

SANDBAG SIT-UPS are a **TWO POSITION** exercise. For this exercise, sit on a cushioned mat, so that you **DO NOT** injure your tailbone. Once seated, bend your knees up so that your legs are at a **45 ° UPWARD ANGLE** with your **KNEES TOGETHER**.

CAREFULLY, place the **50 lb. SANDBAG** across your ankles to keep your feet anchored to the ground. Place your fingertips on the top/front of each opposite shoulder, crossing your forearms in front of you. Sitting upright, with your knees bent and together and your elbows touching your knees is the **STARTING POSITION**.

From here, using your abdominal and hip muscles, lower your back onto the mat in a controlled manner. Your back, flat on the mat, with your shoulder blades touching the mat, is the **DOWN POSITION**.

From here, again, using your abdominal and hip muscles, raise yourself back to the **STARTING POSITION** and touch your elbows to your knees.

IMPORTANT: the **STARTING POSITION** is the **REST POSITION**. If, because you are tired, you need to rest, you should **ONLY** rest and pause the exercise in the **STARTING POSITION**.

INSIGHTS INTO SPORTS SCIENCE

DOES EATING FATS MAKE YOU FAT?

BY MICHAEL SAHND,
MS APK, TSAC-F

For years doctors and nutritionists have told us not to eat Fatty cuts of beef or to eat skin on your chicken due to the idea that if we eat these types of foods, the Fat from them would go straight to our waist line and would also increase our cholesterol levels. This is how “skim” and “low-fat” entered into our world and got onto our grocery shelves. This idea is based on a misunderstanding of how the body uses and processes the things that we eat and an inability to understand the effects of different types of Fats on different people. In other words, there isn't a “one-size-fits-all” solution to eating Fats.

A study in 2018 by Ghada A Soliman showed that eating, “dietary cholesterol increases the risk of heart disease in healthy individuals. However, there is ample evidence that saturated fatty acids and trans-fats increase cardiovascular disease risk”. So, based on this, eating Fats can have a negative impact on your heart health, but does it actually **MAKE** you fat? That depends. It is important to understand that Fats are what is called “Calorie Dense”. What this means is that they have more energy, or Calories, packed inside of them than Carbohydrates or Protein. Over double. Carbs and Protein each have four (4) Calories per gram. Fats have a whopping nine (9).

This can be concerning when a lot of fad diets call for removing Carbs from what you eat and preach the wonders of increasing the amount of Fats in your daily diet. If you were to follow a diet like this, it would be **VERY** easy to over do it and inadvertently add double the calories that you normally would have eaten in a day. Add to this the potential risk of increasing cardiovascular disease by not making good choices on the Fats that you eat and now Fats don't actually seem like a good choice to add to your daily diet.

There is a solution. Fats are not going to make you balloon in weight if you take a moderate approach and enjoy them with a little bit of restraint. Twenty (20) to thirty-five (35) percent of your diet can come from Fats, just try to make sure they come from Unsaturated Fats (fish and olive oil) and limit your intake of Saturated Fats (cheese and butter) and Trans-Fats (vegetable oils) (all of this information is on the food labels or it can be found on the internet). So, you don't need to worry and trim that steak, just try to enjoy it a few less times a week.

HONEYBADGER SPOTLIGHT



LT. COL. JOE CRUZ

Lt. Col. Joe "Coach" Cruz is the 226 Military Police Battalion Commander and State Holistic Health and Fitness (H2F) Program Coordinator for the New Mexico Army National Guard. Before this assignment, Coach Cruz served as the H2F Program Director for the 165th IN BDE at the US Army Training Center in Fort Jackson, SC. Coach Cruz has over 20 years of coaching and leadership experience in the civilian and military sectors. Additionally, Coach Cruz is an Infantry Officer serving in the New Mexico Army National Guard and has 30 years of combined officer and enlisted service. He served two tours in the CENTCOM AOR on an Embedded Transition Team and Military Engagement Team, performing advise and assist missions with Afghan National Army Soldiers and Jordanian Armed Forces in support of Operation Enduring Freedom and Operation Spartan Shield. Prior to taking the position with the 165th IN BDE in Fort Jackson, he led the Ready First H2F Team in Fort Bliss, TX. Additionally, he served as the Human Performance Program Manager for Naval Special Warfare Group Four-Special Boat Team Twenty, working with Navy SEAL and SWCC operators. He holds an MS in Exercise Science from California University of Pennsylvania and an MS in Organizational Leadership from Regent University, among other strength and conditioning certifications. Coach Cruz loves Jesus, cooking, and is a competitive triathlete. His life mantra is straightforward and to the point, "Be a man of character, driven by principle, and strengthened by love."

HOW DID YOU WIND UP WORKING IN THE MILITARY PHYSICAL FITNESS READINESS WORLD AND WHERE DID YOU BEGIN THIS JOURNEY?

From a very young age, I have been involved in sports or some type of physical activity. I joined the military at 18 as an Infantry Soldier and excelled physically. I realized that I wanted to make a career in the military, but I needed to get my education, so I transitioned into the National Guard and began my academic journey. This journey began in New York City at the City University of New York-Hunter College. To make ends meet, I got a job as a personal trainer with New York Sports Club and fell in love with helping people achieve their fitness goals.

Upon graduation in 2004, I started as a performance coach with Velocity Sports Performance, a performance training company for youth, high school, collegiate, and professional athletes. There, I built the foundation that led me to where I am today as a Program Director. I continued serving in the military as a commissioned officer while growing in the performance training arena. In 2010, I landed what most would consider their dream job working with Naval Special Warfare as the Human Performance Program Manager. I served in this position for nearly ten years while continuing to serve as an Army Officer. This period was critical in my growth and development as a Coach.

COULD YOU DESCRIBE WHAT THE ARMY IS DOING TO HELP ITS SOLDIERS MAINTAIN THEIR PHYSICAL FITNESS READINESS, AND WHAT IS YOUR ROLE IN THESE PROGRAMS?

The Army realized that the nature of warfare was changing, and in the same manner that it modernizes its equipment and technology, it must also change how it approaches the overall development of the Soldier. This thought process inspired a program called Holistic Health and Fitness (H2F). H2F is a system that focuses on developing a Soldier not just from a physical perspective but also from a non-physical one. The H2F system consists of five pillars: sleep readiness, spiritual readiness, mental readiness, nutritional readiness, and physical readiness. The system is delivered by a team of subject matter experts who work for and with the unit leadership to optimize the operational readiness of the Soldier.

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



LT. COL. JOE CRUZ [CONT.]

WHAT FAILURES AND SUCCESSES HAS THE MILITARY HAD IN MAINTAINING PHYSICAL FITNESS READINESS AND PRE-SERVICE LEVELS FOR SOLDIERS AND RECRUITS?

That's a complex question, and there isn't a simple answer. However, the success is realizing the need to change our approach to Soldier development by funding and implementing programs like the H2F, which help Soldiers maintain and optimize their performance.

Another success is the Future Soldier Preparatory Course (FSPC) at Fort Jackson, SC, which provides aspiring candidates that don't quite meet the academic, physical, or both standards the training needed to meet the standard and then ship to Initial Entry Training to become a Soldier.

I believe the challenge of pre-service fitness levels requires personal responsibility. The Army is an organization with clearly identified standards, and if anyone desires to serve, it is their responsibility to meet the basic standards for entry. Once you are in the organization, you have several resources to help you excel and become the best version of yourself.

FROM YOUR PERSPECTIVE, WHAT INFORMATION AND BEHAVIORS REGARDING FITNESS AND NUTRITION WOULD HELP THOSE COMING INTO THE MILITARY SO THAT THEY MIGHT HAVE A SUCCESSFUL TERM OF SERVICE OR CAREER?

First, the Army is a profession, and if you want to be a professional at anything, you must put in the work. It is important to understand what the Army does and then ask yourself, is that something I want to do and can do? If the answer is yes, then you must put in the work to meet both the physical and mental challenges that come with trying to be a part of an A team.

Being a Soldier is about being a warrior. A warrior wears multiple hats, but at the end of the day, when the call comes, we must deploy, fight, and win the nation's wars. It is critical to have the right mindset: Live Ready and Win...Never Quit!!!

Challenging yourself to do hard things is a must, but doing it smartly is even more important. Developing routines that bring out your best is critical to success. "We are what we repeatedly do," observe the routines of successful people, and you will see that everything they do is intentional and serves a greater purpose.

If your goal is to be the best, you must be willing to do what no one else does: be disciplined, consistent, and strategic. Eat right, sleep well, train hard, learn resilience, and recover intentionally.

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