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THE SKILL EVERY NATURAL ATHLETE SHOULD DEVELOP

By Rhonda Bradley ME, MQP

The one skill that every natural athlete should take a summer to begin developing is cooking. Why? Because as a natural athlete your body relies on healthy (good tasting) food to provide the fuel required for practices and game day, and to help build muscle during tough off-season workouts. And, by learning to cook, not only will you become *more in tune with your own personal nutritional needs enabling you to perform at a higher level*, you will also be developing a beneficial life skill that will support you in successfully living on your own. Cooking is not hard, and getting started just takes a willingness to learn and a few good tools. The tools you want to help you are:

Blender: Great for making smoothies and easy to keep in a dorm room.

Cast Iron Skillet: Excellent for browning, frying, stewing and baking and can also add necessary iron to your diet.

Crockpot: Very convenient and needs virtually no tending while it cooks—even when cooking meat.

Stainless Steel Pots: Durable, easy to maintain and a whole set can be purchased for a reasonable price.

Steamer: Just add water and set the timer for fresh vegetables that will retain more of their nutritional value versus boiling.

Begin using the blender, crock pot and steamer, first as they are easy to work with, and it's almost impossible for you to mess up using them. To get you started with your blender, try a few of the smoothie recipes that have been compiled at <http://www.smoothieweb.com>. You will find a large variety of good tasting, healthy smoothies.

In addition, the first person to correctly answer our *Question Of The Month* will receive a FREE copy of The Real Food Diet Cookbook by Dr. Josh Axe, a Nashville, TN physician. Dr. Axe's book contains good nutritional information and full color photos for over 130 recipes that are simple, healthy and tasty.

GYMBOSS® INTERVAL TIMER

By Rhonda Bradley ME, MQP

I utilize interval training regularly as a part of my overall exercise program. Interval training incorporates periods of high intensity work alternated with periods of rest or low activity. Basically: Work – Rest – Work - Rest

Boxers use this type of training to help them develop endurance, power and speed. This is why they can fight for long periods of time. The Gymboss® Interval Timer (<http://www.gymboss.com>) is a great tool for any athlete. It keeps you from having to continuously check your sports watch when you are performing any type of timed exercise. This also allows you to bring more intensity to your training by keeping you focused.



Source: fitstream.com

The Gymboss® sells for \$19.95 plus shipping, comes in several colors and is a little smaller than a standard business card. I like it because:

- It's small. I can clip it on without it getting in my way.
- It makes you work. No stopping an interval early or resting because you don't know the time.
- It has multiple beeping options.
- It is simple to use and set up but, if you need help, the Gymboss® website has expanded set up instructions, in an Abode file, that you can download.

The only two downsides that I can mention are:

1. The Gymboss® requires a AAA battery that does not come with the product.
2. If you are training at a public gym, other members may give you a look or two when your "beeper" keeps sounding.

This is a good tool for every athlete to have for a very reasonable price.

SUPPLEMENT SPOTLIGHT: APPLE CIDER VINEGAR

By Rhonda Bradley ME, MQP

Organic and unfiltered apple cider vinegar (ACV) is one supplement that should be in the cabinet of every natural athlete. Why? Here is a partial list of ailments ACV is helpful for:

- Athlete's foot
- Acne
- Body odor
- Bruises
- Cholesterol
- Constipation

- High blood pressure
- Indigestion
- Joint pain
- Weight loss

Apple cider vinegar is made from fresh ripe apples that are fermented and undergo a stringent process to create the final product. It is obtained from the fermentation of apple juice. The fermentation provides alcoholic apple cider that is combined with oxygen to produce acetic acid. The pH of apple cider vinegar is very beneficial for the body and it is a safe supplement, even for children. There are no known side effects resulting from using it.

Apple cider vinegar is quite rich in minerals, vitamins and other substances. It contains vitamin C, vitamin E, vitamins A, P, B1, B2 and B6. ACV also has a lot of beneficial minerals like manganese, iron, calcium, sodium, magnesium, sulfur, copper, phosphorus, silicon, chlorine and fluorine. ACV provides enzymes, amino acids, potash, alcoholic acids, and apple pectin.

The brands that are organic and unfiltered are **Bragg** and **Spectrum** (there are also other brands available at Trader Joe's and Whole Foods). One or both of these brands can be found in any health food store. They can also be purchased in the local grocery (in the Nashville, TN area) at Kroger in the organic food section and at Publix. The cost is approximately \$4.00 a bottle.



Sources: bragg.com / spectrumorganics.com

For more detailed information on ACV, including suggestions on how to consume it, more nutrition facts and testimonials, go to the One 80 Turn web site (<http://www.one80turn.com>) click on the FREE STUFF link and download the Adobe file under the NUTRITION section.

CORE TRAINING

By Rhonda Bradley ME, MQP

Having a strong core is essential for any athlete to maximize their full athletic potential, and reap the benefits of training; **the core is fundamental to all body movement.** Be it running (track), jumping (basketball), bending (tennis) or twisting (baseball), the core provides stability and balance with every move. Having a strong core:

- Improves your posture
- Assists in improving functional movement
- Enhances stability and balance
- Prevents back pain

Bottom line: Strong Core = Strong Athlete

Athletes often make the mistake of thinking that the core is comprised of only the abdominal muscles. In fact, the core also includes the lower back muscles and the muscles attached to your hips. As a result, most core training focuses on the abdominal muscles, with the goal of achieving "six pack abs", with little emphasis on the lower back muscles.

Core training is not hard, or very time consuming, and can be done in the comfort of your home using only your body weight. Three training techniques which can be employed to provide variety are:

- Straight Sets
- Super Sets
- Circuits

Straight Sets are done using one exercise where you perform 3 sets of 10-20 repetitions of that exercise before moving to the next exercise. Example: sit-ups, rest/sit-ups, rest/sit-ups, rest. Move to next exercise.

Super Sets is an advanced technique that combines two exercises in which you perform the first exercise and then immediately begin the second exercise without rest. After you have completed the second exercise, rest before starting the sequence over. Example: crunches, leg raises, rest/crunches, leg raises, rest/crunches, leg raises, rest.

Circuits, another advanced training technique, combines 3 or more exercises in a row with no rest in between. After you have completed all the exercises in the circuit, rest before starting the sequence over. Example: full length sit-ups, plank leg raises, mountain climbers, oblique crunches, rest. Then repeat the sequence from the beginning.

Remember, *strengthen your entire core* to help maximize your full athletic potential.

KRISONA'S KITCHEN: BROCCOLI SALAD

By Krisona Payne

Our recipe this month is a good tasting, healthy, very easy to prepare salad that can be eaten by itself or as a part of a full meal.

For The Salad Ingredients You Will Need

3 cups uncooked broccoli florets
1/4 cup finely chopped red onion
1/3 cup dried cranberries
1/3 cup golden raisins
1/4 cup chopped walnuts (optional)

For The Dressing You Will Need

1/4 cup mayonnaise
3 tablespoons coarse brown mustard
3 tablespoons honey
2 tablespoons red wine vinegar
Dash of both salt & pepper
Approximately 1/4 cup. extra virgin olive oil (enough to make into dressing consistency)

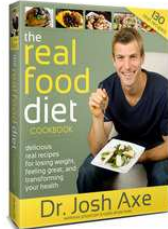
Instructions

1. Mix mayonnaise, brown mustard, honey, vinegar, and salt & pepper first. While stirring, add olive oil to desired consistency.
 2. Put salad ingredients in a bowl, pour dressing mixture over the ingredients and gently toss.
- The salad may be eaten immediately, but is better after being refrigerated for 2 -3 hours.

QUESTION OF THE MONTH

Who was the first woman to dunk in a college basketball game?

Email your answer to one80turn@comcast.net with the words APRIL QUESTION OF THE MONTH in the subject line. First person submitting the correct answer will receive a copy of The Real Food Diet Cookbook by Dr. Josh Axe.



Source: draxe.com

CONGRATULATIONS TO MAUIRON WARREN, of Central Catholic in St. Louis, MO, for being our *March Question Of The Month* winner! Mauiron plays point guard on his 8th grade basketball team.

CONTRIBUTING WRITERS



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Rhonda is the owner of One 80 Turn, LLC. In addition to being a Life Purpose Coach for athletes, she is an engineer, second degree black belt in karate and certified medical qigong practitioner who supports her community as a member of Delta Sigma Theta Sorority, Inc. and the Nashville Sports Council. An avid music lover, Rhonda is an aspiring bass player who believes, "the only volumes for music are loud and louder."



Krisona Payne

"Every obstacle is a stepping stone to your success," that's her motto. Krisona is a graduate of Lipscomb University; and an avid reader, writer, and sports enthusiast. An athlete since the age of seven, she understands the importance of good nutrition and preparedness to perform at optimum levels. Much of her spare time is spent in the kitchen creating recipes; she finds joy in sharing tasty creations with family and friends.



"Life Coaching For Your Individual Greatness"

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