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SUPPLEMENT SPOTLIGHT: PROTEIN

By Rhonda Bradley ME, MQP and Chad Kelly

I am sure you have heard it before: protein is the building block of muscle. What is a protein? A protein is a long train of amino acids linked together forming the structural material of bodily tissues. Proteins have different functions: they can provide structure (ligaments, fingernails, hair), aid in digestion (stomach enzymes), and movement (muscles), and play a part in our ability to see (the lens of our eyes is pure crystalline protein). Even some of your hormones are made of mostly protein.

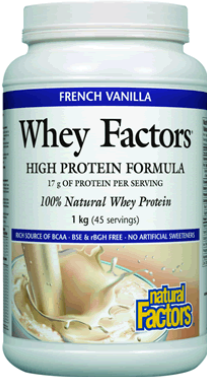
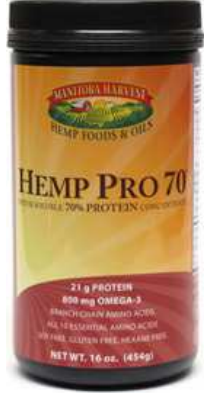

The human body is able to produce 14 of the 20 naturally occurring amino acids. We have to get the remaining amino acids from the foods we eat. Because athletes consistently train harder than the average individual, they need more protein. Besides making muscle, protein helps athletes keep their hormones functioning at optimum levels to fight off disease by enriching the immune system. When glycogen stores get low during exercise, the body breaks down some fat, and a little muscle, along with amino acids. During post exercise recovery, rebuilding with protein is necessary.

Consuming protein is a balancing act; just how much should be consumed is often debated. Athletes who get too little protein may find that their hair falls out easily, and females may develop amenorrhea (the absence of a menstrual period). Consuming too much protein can also create problems. Extra calories, no matter the source, can be converted to stored body fat. Protein beyond the suggested recommended limits is processed by the kidneys and liver to rid the body of unwanted nitrogen byproducts; athletes getting an excess of protein could risk dehydration.

Most athletes tend to consume protein by eating meat, fish, eggs and dairy products, as well as nuts and whole grains. If you feel the need to supplement your diet with additional protein, supplements may be an option. They are particularly helpful after training sessions in the gym to assist with muscle building and recovery. There are *many* forms of protein powders on the market, and some of them include:

- **Cow's Milk (Casein & Whey)**
- **Egg**
- **Hemp**
- **Rice**
- **Soy**

If you are looking for a protein powder, a few brands for your consideration are shown below (keep in mind that larger sizes are available). For additional brand suggestions, a method to assist in calculating how much daily protein you need and a link to protein food charts, go to the One 80 Turn web site (<http://www.one80turn.com>) and on the FREE STUFF page download the Adobe file.

WHEY PROTEIN Natural Factors	HEMP PROTEIN Hemp Pro 70 by Manitoba Harvest	SOY PROTEIN Jarrow Formulas® Fermented Soy Essence
 <p>Source: naturalfactors.com Suggested Retail \$15 / 12oz</p>	 <p>Source: veganessentials.com Suggested Retail \$22 / 16oz</p>	 <p>Source: jarrow.com Suggested Retail \$20 / 14oz</p>
<p>The whey in this product comes from farms that refuse to use growth hormones and unnecessary antibiotics. It is the "whole" whey and not just the isolated protein fraction. There are naturally occurring minerals which reduce the acidity of the protein, as well as immunoglobulins which pack a powerful punch for the immune system.</p>	<p>This product is the world's first water-soluble hemp protein concentrate, not clumpy and difficult to blend as most other hemp proteins tend to be. It is rich in essential amino acids as well as Omega-3 and Omega-6 EFAs as well.</p>	<p>This product utilizes organic soy milk that is fermented (predigested) using the best of the probiotic bacteria, including L-acidophilus, L-bulgaricus, L-casei, L-plantarum and S-thermophilus. It is also a rich source of enzymes, calcium, folic acid, and selenium.</p>

THE FREE HOME GYM

By Rhonda Bradley ME, MQP

You can count on one thing being consistent for the true natural athlete—they are always working to improve themselves physically. This often includes spending countless hours in the gym pumping iron: all of an athlete's time (and money) does not have to be spent in the gym. One of the best gyms a natural athlete has happens to be absolutely free and produces great results: her/his own body. The world's strongest athletes (martial artists, gymnasts and rock climbers) primarily use body weight exercises to achieve the pure, raw strength that they exhibit. Some of the advantages of body weight exercises include:

- Being portable, allowing you to train anywhere
- Assisting you, if the desire is to build bulk muscle
- Helping you to build functional strength that can be used in everyday movements
- Variations that keep you from getting bored and quitting
- Reduced likelihood of injuring yourself compared to using weights

Additionally, body weight exercises are good for athletes without access to a gym, young athletes (youth) who are not quite ready to begin lifting weights, and people who desire a shorter work out that delivers results.

Understandably, many athletes may shy away from body weight exercises, thinking that they really don't produce much strength or muscle mass. Let me pose this question—do you think a gymnast who is able to correctly perform a full planche, obtained that level of strength and development by just doing regular push ups? Of course not! They reached that level of achievement by progressively performing more difficult bodyweight exercises in a specified manner.



Source: gymchat.com

Yes, there are some disadvantages to using only body weight exercises, such as not being able to target the posterior chain (which is any lifting action such as dead-lifts, cleans and snatches). You may also reach a sticking point with body weight exercises, but you can work through these by increasing the load in an exercise, such as elevating one foot when doing push ups. Some of the best body weight exercises for you to consider incorporating into your training are:

- Chin-Ups (progressing to one armed chin-ups)
- Handstand Pushups (progressing to one armed)
- Hill Sprints
- Plyometric Jumping
- One Armed Pushups
- One Legged Squats (also known as pistol squats)
- V-Ups For Abs

To help you get started, the first person to correctly answer the *Question Of The Month* will receive a copy of the book [You Are Your Own Gym](#), by Mark Lauren. This book has a ton of good illustrated exercises to give you variety in your workout. And for you iPhone users, I recently learned there is an app for this. Just search YOU ARE YOUR OWN GYM.

ARE YOU A LEADER?

By Rhonda Bradley ME, MQP

In April, the National Football League (NFL) conducted its most scrutinized draft to date. Scrutinized, in part, due to the player lockout by the team owners that included prohibiting trade talks among teams concerning current players. Thus, for the first time in probably forever, *all* the focus was on the college draft class—particularly the quarterbacks. For weeks on end, the “expert talking heads” continuously spoke about such things as **respect, skill and work ethic** in reference to the leadership ability an NFL quarterback must have. I agree—in part. I believe that **those qualities, and a few others, are necessary for any athlete who chooses to be a leader on her/his team.** Whether you are a born leader or are working to develop leadership traits, you should possess these six qualities:

1. Morale

I am not talking about the person who leads the team in cheers in the locker room. I am talking about the type of morale that you can see in posture and actions. An attitude that is exhibited in each game and each practice that says “must win” while practicing good sportsmanship.

2. Respect

It is often said that you earn respect by giving it first. Respect your coaches by being courteous (i.e. saying yes sir instead of yeah) and being attentive to their instruction. Earn their respect by working hard and showing up to practice early. Show respect to your teammates with simple complements and words of encouragement. Earn the respect of your teammates by offering to help when you see them struggling to execute a technique properly or having difficulty with a

class assignment.

3. Responsibility

Leaders have a high sense of responsibility for their team both on the playing field and off. As such, they make good informed decisions, take charge when necessary, associate with other positive people, and help their team mates resist negative influences.

4. Skill

Yes, you can be born with great skills and abilities; a leader will focus like a laser on improving their skills. A leader will increase her/his knowledge about the game that will allow them to turn an opponent's mistake into an opportunity. This is what it means to become a student of the game and become smarter by engaging in activities such as watching videos and reading. A leader will also focus equally on their physical aspects by training for their sport, attending camps and giving 100% in practice.

5. Work Ethic

The work ethic of a team leader is contagious and should be beyond reproach. Leaders ask for guidance from their coaches on how to improve, are the first to practice and the last to leave, push themselves (and their team mates) to do more and develop a plan for work in the off season.

Having these qualities makes an athlete invaluable, not only to her/his team, but to college recruiters looking for the right personality to help them win championships and to employers searching for top talent. Are you a leader?

IN THE KITCHEN: LOW FAT POUND CAKE

By Tamika Houston

If you just have to cheat and step outside the boundaries of your nutritional plan (like we all do from time to time) the recipe this month, for a low fat pound cake, will surely satisfy your sweet tooth.

What You Will Need

3 cups Splenda
3 cups baking flour
1 8 ounce package of Fat Free Philadelphia Cream Cheese
1½ cups Smart Balance Butter or I Can't Believe It's Not Butter
¼ teaspoon baking powder
⅛ teaspoon baking soda
1 tablespoon vanilla extract
1 teaspoon almond extract
1 toothpick
6 egg whites (optional – one yellow)
Coconut oil to grease your tube pan
10 inch tube pan

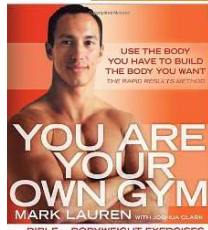
Instructions

1. Preheat your oven to 325°.
2. Lightly grease the tube pan with coconut oil.
3. Mix together the splenda, cream cheese and butter until light in color.
4. Stir in the vanilla extract and the almond extract.
5. Add the egg whites and stir in the flour. Mix the batter well.
6. Pour the batter into your greased pan and insert a toothpick in the center of the batter, leaving half of the toothpick showing.
7. Bake for 1 hour 15 minutes or until the toothpick has come out.

QUESTION OF THE MONTH

This native of Baltimore, MD was known as the “Old Master”. He was the first African-American to win a world boxing title and has been called the greatest lightweight boxer of all time. Some even say he was the greatest boxer to ever live. What is name?

Email your answer to one80turn@comcast.net with the words JUNE QUESTION OF THE MONTH in the subject line. First person submitting the correct answer will win a copy of the book You Are Your Own Gym by Mark Lauren!



Source: Amazon.com

CONGRATULATIONS TO WILL JARVIS of Tempe, AZ for being the *May Question Of The Month Winner!* Will and I will be working together to establish his football S.M.A.R.T. Goal for the upcoming season.

DO YOU WANT TO GET RECRUITED BY COLLEGES & UNIVERSITIES?



Source: necollegeprospects.com

If you are a student-athlete who answered, **YES** and you:

- Have a good head on your shoulders
- Possess the ability and desire to play college sports
- Perform on the field and in the classroom

Be proactive concerning your future, and contact me now (one80turn@comcast.net) to learn how I can help you get exposed to over 14,000 coaches and 3,500 colleges and universities and give you choices for your athletic aspirations through a program that is **sanctioned and monitored by the NCAA** and has a **success rate of over 90% of program participants continuing to play at the college level!**

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.”



Chad Kelly

Chad is an herbalist who spends a lot of his time learning about ancient systems of herbal medicine and the natural healing traditions of our ancestors. He has attended numerous workshops and classes learning about the various facets of maintaining a healthy lifestyle, using natural methods such as organic farming, fermentation and detoxification. He loves to share his knowledge with those who share his fascination with nature and the nourishing gifts that nature provides. Currently, Chad manages the supplement department at The Turnip Truck Urban Fare in downtown Nashville. In his spare time you'll find Chad out in nature with his dog soaking in the healing rays of the sun.



Tamika Houston

Tamika is a sports enthusiast who likes experimenting in the kitchen by taking her grandmothers southern recipes and creating healthier alternatives. This mother of two boys plans to get back in the groove by using the Insanity® program this fall after the birth of her daughter.



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