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S.M.A.R.T. GOALS FOR ATHLETES

By Rhonda Bradley ME, MQP

A goal is any object of ambition or desire. It can be a **short-term goal** (buy a new dress), which can be achieved in two hours, tomorrow, next week, this month or in three to four months; a **long-term goal**, which may take six months (save for a new computer), two years (save for a new car), five years (save for a house down payment) or even longer, (save for college tuition), or an **on-going goal**, which has no definite end point (commitment, lifestyle improvement, etc.) and is sustained over time, managed and tracked. The goal of, "improving my self-confidence" would fall into this category. Goals can give you direction in any chosen area of your life, while giving you drive and passion. Goals keep us focused on a purpose, allowing us to be in control of our lives and in control of the direction we are headed, in our realm of influence.

Athletes are always setting goals in pursuit of improved performance in their sport of choice and in the classroom. However, achieving goals can be challenging if you have not done a good job of clearly describing what you want, and outlined your plan to get you there. Using the S.M.A.R.T. goals process to define your desired outcome greatly improves your chances of making your goal a reality. S.M.A.R.T. is an acronym that describes goals that are:

- Specific
- Measurable
- Attainable
- Realistic
- Time bound

Specific

A goal that is specific has a far greater chance of being achieved than a general or broad goal.

Measurable

If you can not measure it, you can not manage it, and you will not know when (or if) you have achieved success.

Attainable

Once you identify the goal that is meaningful to you, you begin to envision ways you can make it a reality by looking at every thing in your environment that can bring you closer to accomplishment.

Realistic

Is your goal really “do-able?” Do you really believe it can be accomplished?

Time bound

Establish an end point (completion date) for your goal that gives you a clear target to work toward.

Have you evaluated your athletic performance over the past year and identified where you need to improve before next season? Go to the One 80 Turn web site (<http://www.one80turn.com>), on the FREE STUFF page download the Adobe file under the LIFE SKILLS section to help you. In addition, the first person to answer the *May Question Of The Month* correctly will win a FREE 30 minute consultation with me to help you establish your plan.

CHAD'S SUPPLEMENT SPOTLIGHT: CREATINE MONOHYDRATE

By Chad Kelly

Creatine monohydrate has been a very popular supplement with athletes and body builders for over two decades. In fact, **one study estimates that as many as 16% of teenage athletes and 57% of health club members have used creatine in an attempt to gain a competitive advantage and boost the effectiveness of their workouts.** Many have either used creatine or have considered using it at some point. How much is actually known about this compound? Are there documented advantages? Most importantly...is it safe?

The compound creatine monohydrate was first discovered by a French scientist in 1832. However, it wasn't until 1923 that scientists learned that 95% of creatine is stored in muscle tissues. This discovery laid the groundwork for many future studies that would prove how important creatine is to the proper functioning of our muscles and the complex energy management of our bodies.

Creatine is naturally occurring in the human body. It is manufactured mainly by the liver; the kidneys and pancreas also assist in this process. Creatine is the high energy substrate for adenosine triphosphate (ATP), the main source of energy for every cell in the body. As a substrate, creatine nourishes and recycles ATP so that it may be utilized to its fullest energy potential. Simply put, maintaining adequate levels of creatine allows higher levels of ATP to be achieved within the cell; this equates to more stamina and less fatigue when exercising. Creatine assists in the contraction of muscle fibers known as myofibrils and helps keep the muscle hydrated. Hydration is achieved and fatigue is lessened when creatine absorbs the excess lactic acid that is produced in the muscles during intense anaerobic exercise; **those involved in intense weight lifting or sprinting report great results when supplementing with creatine.**

The first documented use of creatine to improve physical performance was in the 1992 Olympic games held in Barcelona, Spain. Since then, the popularity of creatine has skyrocketed. **Athletes commonly report benefits such as increased energy, improved performance, quicker recovery time, and increased lean muscle mass.** During the last decade, there have been over twenty double-blind placebo-controlled studies that have confirmed many of these benefits. Since creatine is a naturally occurring compound that our bodies recognize and use effectively for optimal wellbeing, there are no known negative side-effects when used properly. As with any supplement, there are people that will choose to abuse creatine by taking extravagant doses in an effort to achieve faster results. It comes as no surprise that reckless and excessive use of creatine will put extra stress on the kidneys. Knowing this, many creatine manufacturers ask consumers that have kidney or liver disorders to check with their doctors before beginning use of this supplement. In light of this, and in an effort to maintain internal balance, “loading” with creatine is not recommended. “Loading” is the process many athletes choose to completely saturate their tissues with creatine by consuming large doses of creatine during the first week of use. “Loading” is not necessary and could cause unnecessary harm to the body. The same benefits can be achieved over a more structured 30 day period.

If you choose to add creatine monohydrate to your diet, the recommended brand is **Jarrow Formulas**.



Source: jarrow.com
Suggested Retail \$23.99

One scoop of this brand of creatine monohydrate yields the equivalent of creatine found in 2.2 pounds of uncooked red meat; it is economical and easily absorbed by the body. The product is manufactured in a good manufacturing process (GMP) certified facility in Germany, and the purity of the product is assured through High Pressure Liquid Chromatography (HPLC).

To Use: Simply stir 1 scoop (6 grams) of creatine monohydrate into 20 ounces of water or fruit juice and consume 30 minutes before intense exercise. The simple sugars found in fruit juice, like glucose, have been found to be synergistic with creatine and enhance cellular uptake.

GET RECRUITED BY COLLEGES & UNIVERSITIES

By Rhonda Bradley ME, MQP

As a high school student-athlete, do the following three statements describe you:

- Good head on your shoulders
- Possess the ability and desire to play college sports
- Perform on the field as well as in the classroom

If so, I can help you get exposed to colleges and universities as a recruiter for National Elite College Prospects (NECP) of Syracuse, NY.



Source: necollegeprospects.com

Every true student-athlete dreams of being able to play the sport they love, while pursuing their education. Through NECP every student-athlete enrolled in the program will have an opportunity to be contacted by college coaches and receive the exposure needed to continue playing at the college level. NECP has been in business since 1994, works with more than 14,000 college coaches, 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.**

Be proactive, go to my web site (<http://www.one80turn.com>), open the GET RECRUITED page and learn how I can assist you by giving you choices for college.

KRISONA'S KITCHEN: GREEN TEA BERRY SHAKE

By Krisona Payne

This month's recipe is a good alternative to the fat-laden milkshakes of fast food restaurants. Green tea helps increase your metabolism and your choice of berry will give it a nice flavor. Blueberries are rich in antioxidants and vitamins, strawberries help your heart, memory and offer cancer prevention and raspberries assist with inflammation.

What You Will Need

½ cup plain low fat yogurt

½ banana

¼ cup skim milk or 1% milk (or rice milk)

1 cup green tea, steeped

1 ½ cups fresh or frozen berries of your choice

Combine all the ingredients in a blender and blend until smooth.

FEEDBACK FORUM

Thank you to our readers for your feedback. We appreciate your honesty and look forward to more of your results and insights. Keep it coming!

"I tried the cordyceps mushroom supplement taking two pills a day. Within one week I could tell a huge difference in my energy level even going late into the evening. This almost works too well."

M. Scruggs

Nashville, TN

Cordyceps Mushroom Supplement

"My daughter reads your newsletter and I just happened to take a look at it. I had never heard of qigong before but, after reading the article, I decided to try the exercise to see if it would help my stiff back. It really did! It also helped my shoulders and neck loosen up. I have also shared it with a couple of people in my office."

S. Austin

Newport News, VA

Qigong: Spinal Stretch

"I gave my mom the Turkey Mac recipe and asked her to cook it for dinner. Our whole family enjoyed it."

K. Strickland

Atlanta, GA

Turkey Mac Recipe

QUESTION OF THE MONTH

Who was the first wide receiver to earn Super Bowl MVP Honors?

Email your answer to one80turn@comcast.net with the words MAY QUESTION OF THE MONTH in the subject line.

First person submitting the correct answer will win a FREE 30 minute consultation with me to help you establish your S.M.A.R.T. goal for improvement in your sport!

CONGRATULATIONS TO TIFFANY WRIGHT for being the *April Question Of The Month* winner! Tiffany said she has recently kicked up her workouts and streamlined her diet.

CONTRIBUTING WRITERS



Rhonda Bradley, ME, MQP

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.



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.



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