

# ATP

What's your Absolute Training Potential?

# ATP Athletics Newsletter

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## Who's "ON" This Year?



### (A Different kind of A Team)

This month we have decided to Recap some of our Athletes' Triumphs over this past year.

This year has seen some of the most amazing transformations in ATP Athletics history. Our diverse family of dedicated Athletes, range in age from 7-65; in careers of students, entrepreneurs, professional athletes, moms, dads, and doctors.

Our common goals of constant progress, striving for health and fitness, and taking the individual into account as their own person with their own specific goals and needs, has allowed us to bust through plateaus and break more personal records as a group than in any year previous.

This year we have seen people drop double digit body fat percentages, taken lifting milestones to a new high, beaten cancer, defeated diabetes, conquered chin ups, dips, a couple 2 x's body weight Deadlifts and Squats, broken records in every energy system, and scored 3 NHL goals - and that's just to name a few.

For all of our current and past Athletes congratulations to you all, you should be as proud as we are of you for all you have accomplished this year. Thanks to you all for an amazing 2010!

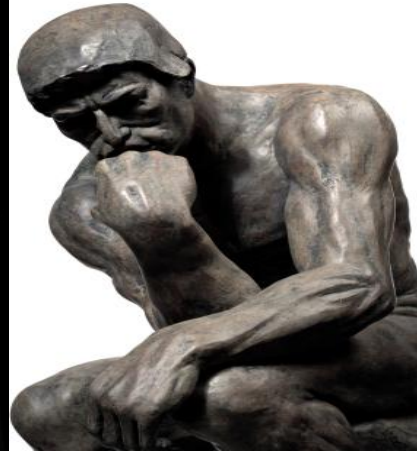
For all future ATP Athletes, you are all welcome into the ATP Family anytime.

We will be here when you are ready.

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## What Have I Learned This Year?!

This year, like many in the past has been bombardment of new information. Here is a snippet of the best of 2010's learnings for you to peruse.



**A Simple Difference** – Knowing VS Believing. It's one thing to know something. For instance you can know that smoking is bad, or gluten can make you sick. It's quite another thing to believe it. Mentally switching from knowing to actually believing makes all the difference in the world to adherence and lifestyle.

**Ask Your Team For Help** – When you are trying to change your life for the better, having your own network of supporters is extremely important. It's often the times that we are out in social situations where we find it the hardest to adhere. Friends love nothing better than to have the opportunity to help one another. However, they can't help if they don't know you need help. When you decide to make important changes for your own health and fitness, make sure you take the time to tell the important people in your lives what you are doing, and ask them for their help in sticking to it. Once you put it all out there, when you get into one of those sticky situations, you will have the help and support you need.

**Breathing** – A very simple concept, easy to implement yet underutilized. As often as possible try to use nose breathing, and more importantly breathing in and out through your stomach. If you need to relax and de-stress just sit down and focus on breathing in and out, with no movement in your chest. Chest breathing causes the beginning of the fight or flight response of the sympathetic nervous system.

**Sleeping** – Making the shift from knowing sleep is important to *believing* and living it will pay off 10 fold in your 2011 goals. If your sleep is not dialled in, it doesn't matter how good your nutrition and workout program are, you won't see the results you want. Period.

**Nutrition** – A broad topic. Some take home points:

- Quality of food is more important than quantities, at first.
- Sit and *chew* your food; relax and breathe through your nose. If you are eating so fast that you have to open your mouth for air, you are not chewing or digesting properly.
- Fructose can be as, or more, dangerous to your liver as alcohol. Consistency is huge.
- Figuring out how to stop and listen to your body. Your body will often tell you after what it likes and what it does not, take the time to pay attention.
- Set your day up right with a good portion of protein in the first 2 meals of the day to help curb afternoon energy slumps.
- Plain grains tend to taste awful. Isn't it what we put on the pasta or bread that we really want? So have them, but without the pastas and breads and keep all the gluten-containing, insulin-spiking, nutrient deficient food out of the picture.

**Programming** – No 2 people respond the same to any given program. If you can't recover from what you are doing, then what is the point? Every body is different, finding what works for you, and how much you can realistically recover from can make all the difference in fast gains. Work hard, sometimes less is actually more, set realistic challenging specific goals, take the time to stop, smile, and have fun with life.

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## Supplement Talk: “Water”

The 70% of the world is covered by water. Our body is composed of 75% water.



To say water is important to human beings is an understatement. We have together, as a society, done a good job of polluting almost all of the earth's water supply. We have gone so far that there are rivers and waterways that can no longer sustain fish.

It's scary to think of how much water we have, and how much we rely

on it, and how little of it is fit to drink anymore.

Take home points:

- If every cell in the body needs water, and we use it to replenish, create, and sustain our life we had better find a good clean source of water and keep hydrated.
- If you wait until you are really thirsty you are already dehydrated.
- How Much? Take half of your body weight in pounds, that's how many ounce of water you need each day. Remember if you exercise you need more, and/or if you live in a dryer climate you need more.
- If you urinate too frequently add a pinch of sea salt to every liter of water to reduce the frequency. This will also help with electrolyte balance.