Mobility Monday

Foot Pressure & Knee Movement

The squat seems like it should be one of the most natural movements that you can do but yet there is endless debate on what the perfect squat should look like. This is a great video that takes a look at what your foot position should look like as well as what your knee movement should be during the squat process. We do think this is a great basis for working on your squat. Check it out HERE.

Friday Food

Parchment Baked Salmon

Salmon can be a fantastic meal and be very healthy for you. It also goes along with about any great vegetable that you want to cook it with. This has been the easiest and also one of the best tasting ways to cook salmon that we have found. That is why we wanted to share it with everyone to give it a try this weekend. Check it out. RECIPE.

Study Spotlight: Are You Better off Cutting Fat or Carbs from Your Diet for Fat

This article goes along with our latest CP Short. Dieting is confusing and the amount of information out there that claims to be “new and different” is enormous and that makes it even worse. This article takes a look at the science behind cutting fat or carbs out of your diet and how that effects your body and if one is better than the other. Even when we look at a scientific study there are always questions and that need to be asked and Dr. jagim takes a look at that in this study and really talks about how it isn’t so simple for just everyone to cut out one or the other and get the same results. With all of these we are trying to enlighten that you have to find what works for you. Check it out in this ARTICLE.
In the World of Health: Elastic Bands Replace an Entire Gym While Traveling?

When you’re traveling it isn’t always easy to find a gym to workout at. Often times the hotels gym has a couple cardio machines and maybe a few weights to do something. It's hard to want to go to a gym and pay for a day pass and fitting it into your schedule just complicates everything. Here might be a solution to your problems. If you can find bands that are the correct resistance you are able to almost completely replace the gym at least for the time being. This article breaks it all down and gives you great ideas. Check out a link to the article HERE.

#TBT: Healthcare Keeping you Healthy?

It sounds like a novel concept doesn’t it? Unfortunately in our world it seems to be that the money is in keeping you healthy enough but not so much that you have to stop taking your medications. Is that idea actually possible though? This TED talk discusses that very idea and what you can start looking into doing in order to keep yourself healthy and and use the system to do so. We truly believe this is the best way to go and that there will be a shift at some point in healthcare towards it (the system can’t just get bigger). Find out more HERE.

Video of the Week

Rowing Cross Training

Cross training is never what people want to do but it can be highly effective if you’re injury or if you’re just looking to up performance. Here Logan Gelbrich of Deuce Gym talks about getting your cross training in with the rowing machine and how to maximize your time on it in order to get back to where you were or up your game HERE.

Podcast of the Week:

Elite Performance Recovery

Recovery is paramount in todays Sports Performance world. Not only do you have to train at the highest level but you have to be able to get yourself to recovery in order to get back for the next training session. This podcast talks to one of the leaders in the field of recovery and they cover all areas of recovery and how they are able to help you get back to peak level. Check this one out HERE.

Book of the Month

Thinking Fast and Slow

Your brain works on many levels and how you can utilize those different levels can make a big difference in how you hand and interpret things. This book gives you a lot of background on how these ‘systems’ work and when they can take over in everyday life. Being aware of how this all works can help optimize it BOOK.

Optimal Performance Rec’ of the Week

Balance Pad ~$24.00

I was at work going through rehab and was thinking what would be a good recommendation for this week and then it hit me watching someone in an exercise. The balance pad. It seems simple enough but these things are highly effective not only for improving balance and stability but also for many other areas of rehabilitation but also performance. You really don’t know how versatile it is until you get one and try it out. Check it out HERE.