Mobility Monday

Navicular Bone Drop

This video gets into a little bit of why we might be seeing more ACLs tearing and a potential mechanism behind it. That reason is navicular drop or the loss of being able to maintain an arch in your foot. While that can play a role in knee pain and potential injury it also applies to many other areas of performance and how you feel in your daily life. Address this and help a lot of areas. HERE.

Friday Food

Pumpkin Spice Waffles

I’m not sure we need to make much of a statement about this recipe. So many good things put into one recipe and overall it is really good for you. We highly recommend this one to try out over the next weekend or two and really trying to impress someone. We highly recommend looking into it. Check it out. RECIPE.

Study Spotlight: Effects of Cold Tub Ratings on Well Being and HRV

The use of cold can be a very hot topic (see what we did there?). Is it right to use and can it help? We take somewhat of a hard line on ice and don’t know that it actually makes that big of a difference when it comes to helping heal injury and also reducing soreness. That being said we also think there are uses for cryotherapy out there that can be highly effective and we take a look at one option in this article. We look at how utilizing the cold tub can help you potentially recover due to helping your body down regulate and it gets you back to an area of readiness for the next day or your next workout. This makes things really interesting and also highly effective. Check it out in this ARTICLE.
In the World of Health: Why Football Players are Eating 6000 Calories a Day

You read that right, 6000 calories a day. That seems like a lot but it isn’t as crazy as you might think. We have found with our own athletes that there is a big trend of chronic under eating, especially in athletes that are trying to put on much and make sure they get bigger. This article outlines how the UW Badger quarterback was burning enough energy each day that he needed to put in such a high number of calories and was actually able to put on muscle and also lose fat at the same time (everyone’s dream) Check out a link to the article HERE.

#TBT: What Really is Organic?
We highly recommend that you combining reading this article with listening to the Podcast of the Week. A lot of things are getting labeled as ‘organic’ these days but that doesn’t promise it is as clean as one would hope it to be. In this article we outline what the organic process looks like from start to finish. We also take a look at foods that even though they are labeled organic that does not mean they are going to be exactly what you are looking for. If organic is something you’re looking into doing this is a great short reference. Find out HERE.

Video of the Week
Vitamin D Sweet Spot
Vitamin D is one of those vitamins that you want to make sure you pay attention to. As with most things how much is too much or not enough. This is a great short video that gives you a great place to start when looking at getting vitamin D into your daily life and routine. We recommend you take a look at this one. Watch HERE.

Optimal Performance Rec’ of the Week
Fruit and Greens Powder ~$16
If you’re anything like me you may struggle to get your fruits and vegetables in everyday. That might be an understatement but I know it is a struggle for me and so this is an option I’ve been trying to help make sure I get more of what I need from these areas. As with any supplement it is never a replacement for real food but it can be helpful and the more you an supplement things close to solid food the better off you usually are. One serving a day in the afternoon works for me. Check it out HERE.

Podcast of the Week:

The Fat Burning Man
Sounds kind of cliché doesn’t it? Don’t let it fool you with this episode. It was a great one with a lot of information that you can implement into your lifestyle and diet immediately. Author of the ‘Wild Diet’ Abel James has come full circle with his view on health and nutrition and now the only goal is to get that information out to everyone. Very unique insight. 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.