

## AutoMOBILITY: Ideas for the Commute

Depending on your job and where you live you may spend way more time in the car than you want to. That can wreak havoc on your body and your ability to move. In this post, Trent Napp breaks down some ideas to help you get the mobility you might lose back. These are simple applications that you can implement as you need to when you get to work or get home. In pain? Try these, [HERE](#).



MAKING THE [SQUAT](#) EVEN MORE FUNCTIONAL IN THIS VIDEO. WE THROW BACK TO KYLE'S INTERVIEW WITH [LOGAN GELBRICH](#) OF DEUCE GYM. SO MUCH MORE THAN JUST TRAINING TO APPLY TO LIFE AND HEALTH, [HERE](#).

### In the World of Health

How far is too far when it comes to winning? Where does lying fit into the equation? This article takes a look at using the placebo effect in sports science and training and how that fits in ethically. Very interesting read. [ARTICLE](#)

### Video of the Week

This is by no means a shot at physical therapy as most of the professions deal with this in some capacity. We just thought it was pretty funny as most of us can relate to one of these types of situations. Worth the watch [HERE](#)



## Study Spotlight

### [Can a Beer Rehydrate You?](#)

Race season is coming up quick (even if winter doesn't agree) and with that comes recovering from those races. That can take many forms and sometimes you can't always find what you want when you are done. So, what happens if they have beer? Could that work for a form of recovery? Seems like it wouldn't make sense at all but before you start making any judgements wait to hear the science behind it. Here we take a closer look at that very idea. [HERE](#)



### #TBT: [Just Breathe Part 2](#)

Last week we shared part I of this series on proper breathing mechanics. Here we share the second part that dives in a little bit more on why it is so important to do this right. Find out [HERE](#).

## Mobility Monday

Your shoulders allow you to do so much in your life and your training. You have to make sure they are a priority to keep healthy. Exercises to start. [HERE](#).



## Friday Food

### Roman Chicken

Chicken is a great lean source of protein but can get old if that's all you eat. Find new [HERE](#).



## Podcast of the Week



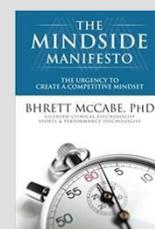
The immune system is very powerful and is a major part of how the body operates. If things go wrong it can be hard on you. Ideas to fix it [HERE](#).

## Rec' of the Week

More shoveling this week and it leads to a sore and tight low back. This tool has been the gift that keeps on giving. Give it a try to help your back [HERE](#).



## Book of the Month



'[Mindsight Manifesto](#)' is written by a high level athlete and therapist and it brings out great information on how to step up your mental game when it comes to competing. [HERE](#).