

YOUR WEEKLY DELIVERY OF THE TAT NEWSLETTER. WWW.TOTALATHLETICTHERAPY.COM

In the End, It's All Relative

Most solutions to issues in health and fitness these days seem to be on one extreme or the other. They are sold as a 'all or none' proposition and if you don't adhere directly to them then you're never going to get the results that you are looking for. The more we take a look at it the more we think it is all relative and things have to be taken into context. In the long run it will work out best for you.. [HERE](#).

	SPORTS DRINKS			FULL-CALORIE SODA	
Comparison of 12-ounce portions of:					
Calories	75	75	75	150	150
Sugar in grams	21	19	19	37	40



A FOLLOW UP TO LAST WEEKS EPISODE TALKING [HOW TO EAT LIKE AN ATHLETE](#) AND GET WHAT YOU NEED TO PERFORM. [HERE](#) WE TOUCH ON WHAT TO DO ON OFF DAYS AND IF AN INJURY OCCURS. [ATHLETE EATING](#).

In the World of Health

Weight and fat loss can be extremely complicated at times and when you think you in the right direction a curve ball is thrown at you. This article does a great job breaking it all down to help you out. Great read. [ARTICLE](#)

Video of the Week

Straining your adductor or "pulling your groin" can be a very frustrating injury and one that isn't always that easy to rehab. This video gives you a full range of options of what you can do coming back from this injury. [HERE](#)



Study Spotlight

[Ursolic Acid, Muscle & Brown Fat](#)

There are a lot of supplements out there that are meant to help with fat loss. Not all of them are created equal and some can get extreme and almost hurtful. Ursolic Acid is something that has caught some buzz and it seems to be for good reason. This simple compound appears to have beneficial effects not only in helping increase fat reducing ability due to its work on brown fat but also in helping increase skeletal muscle. Find out more about how it all works. [HERE](#)'



#TBT: [Exercise as Medicine](#)

This isn't a new idea but we think it is an important one and wanted to add our thoughts on how exercise can be so beneficial to your health. It's cheap, not always easy but worth it in the end. [HERE](#).

Mobility Monday



One of the most painful and frustrating injuries to deal with. Taking care of it requires an approach from all angles and this video is a place to start. [HERE](#).

Friday Food

[Sweet Potato Nachos](#)

Nachos are a staple at house and this is our attempt to find more health in them. Seems to work. [HERE](#).



Podcast of the Week



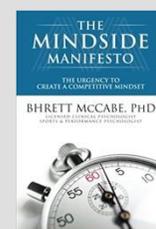
A couple of entities at the top of their game talking performance nutrition. There are so many things to take away from this talk and apply. [HERE](#).

Rec' of the Week

If you're trying to kick a pop drinking habit or just switching up your day to day drink this is a great option. Simple, clean yet great taste to enjoy. Worth a try [HERE](#).



Book of the Month



'[Mindside 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](#).