

YOUR WEEKLY DELIVERY OF THE TAT NEWSLETTER. [WWW.TOTALATHLETICTHERAPY.COM](http://WWW.TOTALATHLETICTHERAPY.COM)

## Mental Health Series II: Anxiety

Anxiety can present itself in many different ways. It can manifest in your daily life about the things you are going to have to face during that day alone. It can also be brought into the world of your health and fitness. Whether it is due to paralysis by analysis where you can't get enough information to make your decision even if you don't need it or just making a decision at all. We talk about more [HERE](#)



WHEN WE GOT THE WHOLE CREW BACK TOGETHER WE GOT TO SIT DOWN WITH [JORDAN RUDOLPH OF UNITY FITNESS](#) WHERE WE GOT TO DIVE INTO MANY BIG TOPICS AND HOW HE HANDLES THEM WITH HIS TEAM.

### In the World of Health

Herbalife being sued for 1 billion dollars in damages... Now we are not against anyone who is trying to get fit and what route they take. We are against 'wellness coaches' being that just to make a dime of people. Story [HERE](#).

### Video of the Week

There are a lot of ways to recover from running and many that you can do on your own. Sometimes though it isn't enough to get you back to where you want to be and you have to take the next step. Find ideas for that [HERE](#).



No, no, not those abs but these are just as important. We are talking hip abductors which help control your hips and pelvis and how your femur moves through your stance. A must for runners. Find out [HERE](#)

## Study Spotlight

### [App for Body Composition](#)

There is apparently an app for everything these days, including body composition. We discussed on our podcast Clinically Pressed this week that sometimes even the fanciest equipment isn't always the best tool in order to get your body composition. It could be that someone with a trained eye could actually be just as accurate or more accurate than most systems out there. This Study Spotlight takes a look specifically at an app in development to see if it might actually work out. [HERE](#)



### #TBT: ['Abs' of Steel](#)

## Mobility Monday

There is never an excuse to not start on rehab. There are so many things you can do and this one shows simple ideas to fix an ankle sprain [HERE](#).



## Friday Food

### [Zucchini Pasta](#)

We can't give up carbs, they are just too good. So we tried to find the best options, One is [HERE](#).



## Podcast of the Week



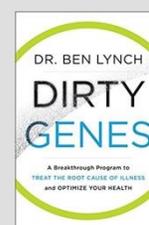
We have another side project and that is 'Barbells 'N' Bourbon' which is a little more uncut look at health and performance. [HERE](#).

## Rec' of the Week

This Rec' goes along with our #tbt when we talk about hip abduction strength. These are great to have for a whole range of exercises to help. [HERE](#)



## Book of the Month



'[Dirty Genes](#)' is a book that is looking to try and find the root cause of why we have so many health problems in the world. They take a deep dive into your genes to try and explain. [HERE](#).