

Health and Fitness Newsletter

Fort Bragg's FMWR Sports and Fitness **New** Monthly Newsletter

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By: Ft. Bragg FMWR Fitness Staff

8-10 August—Summer Basketball Tournament

16-17 August—Sand Volleyball Tournament

19-20 August—Post Swimming Meet

23 August - Scion 3 on 3 Basketball Tournament



For any questions or comments on the information provided please call 907-5242

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Motivational Quote

"Citius, Altius, Fortius (Faster, Higher, Stronger)" - Henri Martin Didon, The Olympic Motto

The Ideal Performance State

During the Olympics months, it's amazing to watch the caliber of athletes competing and wonder how they are mentally able to handle the pressure of competition, yet still perform at a world class level. The training and physical preparation is just one piece of the puzzle. In order to compete well enough to win the gold, the athlete has to perform in his or her Ideal Performance State. However, the Ideal Performance State does not apply to just Olympians; any athlete, regular person, or soldier can get the most out of their workouts by training themselves to place their minds in their Ideal Performance State (IPS). So what is the Ideal Performance State? This is the state of mind in which there is a quieting of the brain allowing the person to have a focus that promotes his/her ideal performance. When you are in your IPS there are certain feelings you may experience:

- An absence of fear-no fear of failure
- Not thinking about or analysis of performance
- A narrow focus of attention concentrated on the activity itself
- A sense of effortlessness
- A sense of personal control
- A distortion of time and space, in which time seems to slow.
- A sense of challenge
- Energized with positive emotion
- Ready for fun
- Focused and alert
- Relaxed and Calm
- Maintaining Confidence

There is also a physiological response to performing in this state in which the analytical portion of the brain has a decreased amount of activity. The visual-spatial portion of the brain has more activity at this point, allowing a higher level of processing, and giving you a sense of being able to perform without thinking. The IPS is a state of mind that is hugely beneficial to your everyday performance, and becomes much easier to achieve, and produces greater results as your level of skill increases. So whatever activity you choose to work in whether it be soccer, shooting, lifting weights, or running, be consistent, and work hard at what you do.

Working in your IPS will bring you satisfaction as you break personal records and become a better performer.

Simple Fitness Solution: Jump Rope

If you don't have a lot of time or space to workout do not give up on your workout completely., just change it. It's always better to do something than nothing. Jumping rope is something that people of all fitness levels can do and is a great way to get in shape or improve your fitness for performance in everything from running to sports such as volleyball and basketball. Jump roping also has the great benefits of helping to increase bone density, improve coordination, agility, and balance. Jumping rope has less joint impact than running but can really help build your endurance because it can be sustained for long periods of time. If you are just getting started jump roping choose a plastic speed rope that is adjustable or already fit to your height. When you are jumping keep your elbows into your ribs and wrists at hip height as you turn the rope. When you are jumping keep your jump height to about 1.5 inches so you can turn the rope fairly quickly.

Jump Rope Move:

Box Jump: Works to improve foot speed, agility, coordination, and anaerobic fitness

Imagine you are standing in a box while jump roping. For sixty seconds jump from the bottom right corner forward to the front right corner. Jump left to the front left corner, back to the back left corner, and then back to the start. After 60 seconds, rest for 20 seconds and begin again only work your jumps in the opposite direction.

Trainer's Tip

Train your balance: In any standing movement your foot and ankle are the first to feel the impact. Any instabilities in that motion will travel up the leg and effect the movement of the entire body. To help improve your balance and stability start with tandem standing. Pretend that your standing on a rope with one foot in front of the other and balance with your eyes closed. Progress to standing on one leg. Don't forget to add single leg movements into your workouts as well. Exercises such as lunges and single leg squats not only provide great exercise but will help you greatly improve your balance.

August Delicious Recipe –

Mediterranean Citrus Tilapia

(makes 2 servings)

Ingredients:

- 2 6 oz tilapia filets
- 1 peeled orange, cut horizontally
- 1 thin sliced red onion, cut into pieces
- 1 tbsp capers
- 1 tbsp lemon juice or juice of 1/2 lemon

Instructions:

In a glass dish, lay filets flat and top with oranges. Add onions, capers and lemon juice. For quick and easy preparation, cook in microwave for 5 to 6 minutes on high. If using an oven, preheat to 450 degrees. Place aluminum foil in dish and add ingredients as stated above. Cook for 12-15 minutes. Pieces should be white and flake when fully cooked.

Nutritional Value per serving:

Calories: 179, Fat: 2 g, Cholesterol: 83 mg, Protein: 32 g, Carbs: 10 g, Sugars: 6 g

FREE aerobics classes now at Funk PFC Monday-Saturdays 6:45am-6:30 pm-Hammond Hills Rec Center on Monday, Wednesday, and Fridays at 9:30 am

FREE Personal Training now available at Tucker, Ritz-Epps, and Iron Mike. To sign-up visit one of our fitness centers, register online at fortbraggmwr.com, or Call 907-5242.

Fitness Equipment Orientations now at Callahan PFC at 9:30 am and 1:30 pm. Call 907-5242 to sign-up.