

7 POWERFUL WAYS TO GET BACK TO PEAK FITNESS

SAY ALPHA MIKE FOXTROT TO PAIN

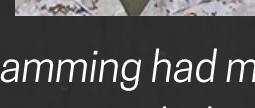
BY ANTHONY CRUZ, BS, MS (EXERCISE SCIENCE)
CSCS, TSAC-F, USAW, CES

You're not in peak condition anymore. But you're not over the hill, either. It's time to get back to being physically fit.

You're out of the service -- and into pain. Or at least not feeling as fit as you were back in the day. Maybe you're now working as a police officer or firefighter. Or maybe you find yourself sitting at a desk all day.

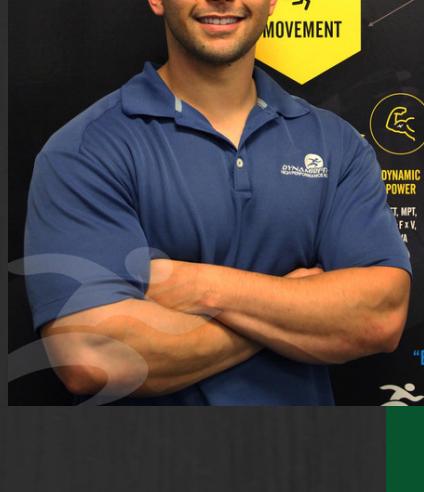
Whoever you are, you want to be in better shape. But with your family and work responsibilities, it isn't easy.

Maybe your old injuries are flaring up again. Former Marine Recon Chris May wanted to get out of chronic pain and back in shape. He writes:



"The progressive programming had me feeling better in weeks. Anthony's knowledge far exceeded my expectations beyond my initial goals. My quality of movement is better than it ever was and I am able to train again without pain. Anthony's ability to customize a program is nothing like I have seen in my 20+ year military career."

How I Helped Chris And How I Can Help You



I'm Anthony Cruz, a former Officer In Charge of the Army Master Fitness Trainer Course and a current Medical Operations and Intelligence Officer. I not only know what it's like to serve but I also know the science of feeling and moving better, thanks to my academic training and thousands of hours of practical experience with...

...people just like you.

Among my credentials are bachelors and masters degrees in exercise science. I'm a Certified Strength and Conditioning Specialist (CSCS) and Tactical Strength and Conditioning Facilitator (TSAC-F) through the National Strength and Conditioning Association (NSCA). I'm also a Certified Sports Performance Coach through USA Weightlifting (USAW) and a Corrective Exercise Specialist (CES) through the National Academy of Sports Medicine (NASM)

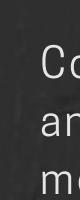
Take it from me. It's time to stop going to the doctor, taking an anti-inflammatory, resting for two weeks, and repeating this process hoping to get a different result.

It's time to take action.

It's time to get off your butt and back in the game.

It's time to realize there is no magic pill or miracle surgery that will produce lasting results without putting in the work.

It's time to get out of pain and start actually "training" again. You can do it by overcoming these seven critical chokepoints.



Chokepoint #1: Not Moving Enough

Constant sitting is a recipe to exacerbate current pain and "shut off" the much needed muscles that keep daily movement efficient.

Sitting at a desk for hours each day isn't exactly the transition you had in mind after leaving the service, is it? But that's exactly what happens to many. Before you know it, you are in more pain and put on some extra pounds.

Solution: Make it a point to not sit for extended periods of time. Get up and walk around. Better yet, get a stand-up desk and cut your sitting in half. It will pay dividends in the years to come.



Chokepoint #2: Confusing "Lifting" With Training

Don't go to the gym and lift like a bodybuilder. Always lifting in one plane of motion using the same reps, same sets, and same exercises will not get you out of pain and produce the lasting results you deserve. Your training should use multi-directional movement for stabilization, strength, and power.

Solution: Start resistance training in multiple patterns with periodized progressive variables. Resistance training improves the musculoskeletal system by increasing the ability of the muscles to function properly and in the correct sequence. The lean muscle will come. But first you have to fix the weak links.



Chokepoint #3: Poor Sleep

Your body recovers during sleep. It's crucial to getting out of pain and being more physically active. Lack of sleep can result in decreased ability to recover between training sessions and delay getting out of pain quicker.

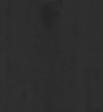
Solution: Be more physically active and watch what you eat and drink before bed. Develop a nighttime routine where you shut down the electronics and calm the mind. You'll get better quality zzzzz's and improve physically and mentally.



Chokepoint #4: Poor Nutrition

A less active lifestyle plus eating whatever you want increases inflammation and pain. You can also get fat. Skipping breakfast, snacking on doughnuts someone brought into the office, fast food for lunch, carbohydrate loaded dinner...sound familiar?

Solution: Start small by eliminating or substituting foods and drinks you already know are not doing you any favors. Don't try to do too much too soon. You can worry later about balancing out carbohydrates, protein, and fats. Small changes here will lead to success over time.



Chokepoint #5: Poor Posture

Poor posture can be a direct result from sitting many hours a day, but let's not just blame this office lifestyle.



Remember that heavy gear you used to wear, on top of carrying that ruck or some other object on your back? How about heavy back squats? Do you remember foam rolling and stretching after every session? Neither do I.

For years, spinal compression was just part of the job. That caused irregular spinal curvature and disrupted normal resting length of muscles. And this increased stress to the human movement system as a whole.

Make sure your head isn't jolted forward. Keep the shoulders from rounding. Brace the abdominals to support the mid and low back. Stretch out those tight muscles.



person in front of you. Those days may be over, but you still need a sensible cardiovascular program that fits your needs and abilities. You'll improve cardiovascular health, reduce the risk of metabolic diseases, lose fat, and feel better.

shorter more intense sprint bouts of exercise.

s sound familiar? You are training hard
ort on a lift or run, ignore it, and repeat

Solution: Recognize that recovery is an integral part of your training. And that means more than including rest days. It means actively promoting recovery through foam

Start incorporating these into your routine and you will be amazed how much better you feel and how much more quickly you will be able to recover between workouts.

Get Expert Coaching To Get

Out of Pain And Back to Peak Fitness

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