



Fred Nicklaus'

Combat Endurance Training

Health and Fitness Newsletter

This Month's Experts

“The Major” – Creator of CET

Fred Nicklaus

Ed Baran

Dr. Bill Stillwell

Tim Kauppinen

Jill Fleming, MS, RD

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- Story from **The Major**
- Lessons from a Chinese Cowboy
- Referred Knee Pain
- Flexible Weight Loss Goals
- Advanced Weight Loss Tips

A Special Congratulations To All In My Local Combat Class

Since our very first class I've asked you to do your best and think only of your progress. You've done well and your results speak for themselves.



“It's simply a matter of doing your best and not worrying about what the other fellow is going to do.”

-John R. Amos

You made a decision to try something new. You wanted to improve your health and fitness. You wanted a challenge and you wanted results. I believe it's safe to say that you've accomplished all of those. You should be proud of your commitment and your progress.

Combat Endurance Training is by no means the easiest workout you've ever done. Quite possibly, it may be the hardest. You've committed two nights, one hour per night, to putting yourself through this exercise program. You've had to block out time, drive to class or walk, and then bust your backside. There is a very good chance that you've never felt this strong and in such good control of your body, especially your core. That says a lot because many of you are a ways past your 20's and 30's. It also says a lot about your will to want to be healthy and about your knowledge and understanding that your health is a gift that should be and needs to be well taken care of.



Now I think it's important for you to spend some time with yourself and give yourself an honest evaluation of the areas that you have improved in and note the progress that you've made. I believe that you will be very happy with your findings. I believe that some of those findings will include

- massive gain in core and upper body strength
- **overall feeling of a tightening and strengthening of your entire body**
- improved cardiovascular fitness and stamina
- **overall improvement in energy levels**
- weight loss

I'm sure that I missed some. All in all, your consistent class attendance and your happy cries of pain tell me that this has definitely worked for you.

Once again, my heartfelt CONGRATULATIONS!

You Deserve It!

Now let's touch on a very important subject. Your continued success depends upon it.

The health industry is a funny business. I can't tell you how many people I've seen who have tried something for a month, two, or three months and liked the results that they've gotten, and then decided to move onto something else.

Here are a few truths for you to consider:

- Combat Endurance Training in all reality can be a beneficial part of any routine that you

can do to continue to improve your health and fitness

- The grass is not always greener on the other side

And finally, and very importantly

- The chance of you doing this on your own or doing it to the same level of effort and intensity is slim and none and slim just left town.



"Reality isn't the way you wish things to be, nor the way they appear to be, but the way they actually are."

-Robert J. Ringer

I'd like to cover my last point and one more important point.

You're learning and developing a healthy life style. Regular Combat Endurance Training exercise can and should be a part of that routine. You know it works. You've seen the results. You've made great progress over these 3 months. It's my hope that you continue on with your involvement in Combat class but even if you decide not to, it's my hope that you've come to realize the value of high intensity, little rest between exercise, and the value of functional body exercises. I also hope that you understand the need to continue doing some form of Combat exercise 3-4 times per week

Over the years the majority of my martial arts and fitness students have commented on how important the energy of a classroom is to keeping them motivated and coming to class. The classroom provides camaraderie, accountability, energy, feedback, challenge, and an atmosphere that is not duplicatable anywhere else.



"Facts do not cease to exist because they are ignored."

-Aldous Huxley

Finally, and I say this in a very non arrogant way, you have the benefit of my knowledge and energy to keep you motivated and learning. I may smile at you and have fun in class but you know that my ultimate goal is to torture you within reason both physically and mentally and make you do things to yourself that you would not do on your own.

No one works themselves as hard as a coach or teacher will work them.

"The sky is not less blue because the blind man does not see it." **-Danish proverb**

In conclusion

- **You've all done a great job, a job you should be proud of**
- I'm thrilled to have had the opportunity to have worked with you to this point. I'm hoping that I can continue to work with you and help you achieve even more of your fitness goals. Rest assured, there's more to come and much more to learn.
- **Think about the importance of a coach to guide and encourage you to reach new heights**

Whatever you decide to do, decide to make working out and moving a life style for yourself.

"Always do your best. What you plant now, you will harvest later." **-Og Mandino**



To your health,

A handwritten signature in black ink that reads "Fred Nicklaus".

Fred Nicklaus
Combat Endurance
Coach

Bring A Friend Combat Day

Many of you have spoken to friends who have wondered about Combat Endurance Training. Here's your chance to workout with a friend and give them a chance to experience Combat Endurance energy first hand.



Saturday April 5- Noon
Blessed Sacramento

Let me know as soon as possible who you plan to bring as there's a limited number of spaces available on the 5th.

If your friend can't make it on the 5th tell him/her to come to one of the two FREE

Combat Introductory Classes

Monday, April 7 – 6 pm

Wednesday, April 9 – 6 pm

Tell your friend to

Call 386-9177 until March 30

Call 792-4006 after March 31

Here's something else to mention to your buddies. Tell them how they can register for their **FREE One Month Trial** of the **Combat Endurance Health and Fitness Newsletter and DVD series**. They can get their FREE month by going to

www.CcombatEnduranceTraining.com

and logging in.

COMBAT ENDURANCE WARRIORS

I'M RIPPED!

"My sides have definition again, my thighs are HARD, my arms are defined, and this is after seven weeks of work. The most important thing, though, is that my core is so, so much stronger."

-Sherry Williams

Take a Look at My Guns

"I went shopping at the Nike store, picked up a tank top, thought, I'll just try it on. I have never been proud of my upper body, never felt very comfortable in a tank top. When I tried it on, I could see the difference all those push ups were beginning to make to my upper body and I said to myself, wow, this is pretty cool! Anyway, I bought the tank"

-Diann Pichotta



Do or Die

After many years of doing and teaching physical fitness exercises and routines I decided that I was going to learn how to be able to teach more people what I knew. I don't mean having larger classes in a building. No, I mean packaging my knowledge so that anyone could take advantage of it.

While sitting in a Dan Kennedy seminar in Chicago I listened to a presentation on Internet marketing. My first thought was to leave the room as fast as my legs could take me because computers were like a four letter word to me. For some reason I decided to stay and when the presentation was over I couldn't believe what my ears had just heard.

I learned that it was possible to share your knowledge with people all over the world. All you needed to do was find an audience that wanted what you had to offer and then find a way to deliver it to them in a believable fashion. I decided that this was for me.

Later in the year I decided to join the mastermind group of another fitness teacher and marketer extraordinaire, Matthew Furey. What a year! For most of the year I didn't understand what the heck people were talking about but I just kept taking notes and listening. It's a stubbornness that has served me well over time and it proved to be useful again. You see, I very seldom listen to what popular opinion is and I find it very challenging when someone tells me that I can't do something.

So I continued to learn things as time went on and at this point in time I'm much further along then when I started. My fitness product, **Combat Endurance Training**, has been selling over the Internet for some time now and my customers have come from the United States and places as far away as Spain, Australia, Norway, and Belgium. The Internet is really quite a remarkable tool.

Things are continuing to happen for **Combat Endurance Training** everyday and one of the highlights of the year will be when I do a presentation about the program at Matthew Furey's Fitness Challenge in Tampa, Florida this May16-18. Check out www.GetTough.com to find out more. I'll keep you posted on progress as the year goes on.

Remember. Developing a strong body is a great way to develop a strong mind, skyrocket feelings of self confidence, persevere when things get tough, and develop a never say die attitude.

– Fred Nicklaus



From the Desk of the Major

A special note from the creator of
Combat Endurance Training.

Dateline- Somewhere in a mountainous area of the world

My A-Team has been training indigenous personnel in combat skills as part of an internal defense mission. Long days, short nights, extreme climatic temperatures and almost a pure high glycemic carbohydrate diet. The indig are dragging and we are too.

We're coming to the end of the mission, and the final event is a 30 mile road clearing mission, neutralizing pockets of resistance along the way. One by one we lose indig due to fatigue and sore feet. My A-Team drives on.

We complete the mission and still have some indig with us. Under the conditions stated, only the most fit could have made it. Why did the A-Team persevere and drive on? In large part because of our daily P.T. of **Combat Endurance Training** among other things physical.

Let Combat Endurance Training take you to new heights of physical fitness with the ability and mindset to drive on despite adverse conditions.

You owe it to yourself.

The Major

U.S. Army Special Forces (Ret.)

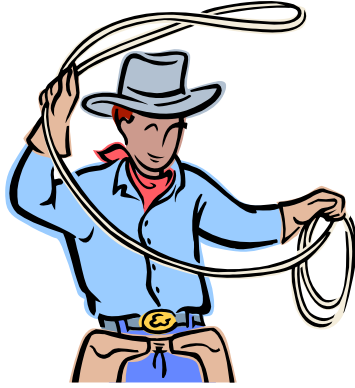
P.S. You don't have to be a warrior to benefit from C.E.T. Whatever your walk of life, C.E.T. will help you establish a level of physical and mental fitness to ensure success, whether it's long hours in the office or testing yourself in the Ultimate Fighting Octagon.

This Month's Featured Articles

Lessons from a Chinese Cowboy By Ed Baran

When I worked at a Silicon Valley dot-com back in the late 90's, I found myself at risk of losing my job.

The boss wanted me to help with the programming a complex software application for the website, something I had no experience in. But I had no choice, unless I wanted to find other means of employment.



So I gave it my best shot although it was incredibly difficult for me. It was so hard, in fact, that I just couldn't do it, no matter how hard I tried. I was completely lost.

And there was no one at the company who would help me.

The other geeks were expert coders and could have easily helped, but they wouldn't. I was all alone to fend for myself.

I bought as many books as I could get on the subject and studied my rear off. But it was all to no avail. After weeks of trying, I could not write a single line of code. I was dead in the water and my job was at risk.

But thankfully a new employee was hired. When I first met him I did a double take: He was Asian and dressed in cowboy boots, a cowboy hat, tight jeans with a world champion belt buckle. He always had a big wad of chew between his cheek and gums. Best of all, though, was his very pronounced

Texas accent which sounded like it should have come from anyone but him.

His name was Jake Chu. He was a Chinese cowboy and an expert programmer who could code anyone under the table.

It took a while for my eyes and ears to adjust to the anomaly that was Jake Chu. But until I got to know him he was just a riddle to me which I couldn't wrap my head around.

However, unlike the other nerd programmers there who ignored (and annoyed) me, Jake befriended (and befuddled) me. Actually, he was more than just nice. He took me under his wing and taught me to write code.

He loved coding. He loved it so much that he wanted me to see its beauty. So he took the time to coach me making sure I got all the fine points and nuances that go into making a solid software program. It wasn't long before I was good at coding myself. What was once something that I couldn't do and detested, I was able to do and began to appreciate and enjoy.

Cowboy Chu had three rules on learning software programming:

1. Start from the beginning - *No matter how good you are (or think you are), start from the start and learn the basics first and foremost. From there, build up on this solid foundation.*

2. Don't overwhelm yourself - *There's no better recipe for failure than trying to do too much too soon right out of the gate, especially if it's too difficult for you.*

3. Take small steps on a big journey - *You can accomplish anything, big goals included, as long as you do a little at a time and progress forward with a definite plan.*

These lessons apply to fitness as much as they do to learning to code software. If I could learn to do something I hated (and felt like it hated me back), then you can get fit and strong. You can even learn to love exercise (if you don't already), if you follow Cowboy Chu's rules. There's no difference at all.

Steps to success, starting from the beginning and getting you to an incredible place. A place you never thought you'd get to.

Wishing you the best,

Eddie Baran

P.S. Just as Chu loved coding, I love exercise. And I love teaching it to others. You'll see what I mean when you check out my gymnastic abs at the link in Fred's Note.

NOTE FROM FRED

Your basic steps to success should be simple and easy to follow. Thanks for the good tips, Ed! He'll be contributing to newsletter every month. Check out his link at my website:

www.CombatEnduranceTraining.com/experts.html



"All you have to do is know where you're going. The answers will come to you of their own accord."

-Earl Nightingale

Referred Knee Pain

by Dr. Bill Stillwell

Let's talk today about the concept of referred knee pain, that is, pain that seems to be coming from the affected knee joint, but in reality is coming from somewhere else. Many times in my practice, I would see a patient that complained of knee pain, only to find, after a thorough workup, that there was no observable knee pathology. These cases were invariably frustrating for both the patient and for me.

If you're the patient, all you know is that your knee hurts and here's this guy telling you that it isn't your knee. What are you supposed to think?

The first principle is that all joint pain, like water, flows "downhill." In other words, the cause of the

referred pain has to come from ABOVE the affected joint. An injured ankle generally doesn't refer pain up to the knee, unless you've also injured that knee. With this principle in mind, let's consider a few other problems that are known to mimic knee pain.

Back problems, especially herniated discs, can refer pain to the knee on the side of the herniation. This is most common at the L3-4 or L4-5 levels in the lumbar spine. That means that the disc that lies between the 3rd and 4th lumbar vertebrae has squished out its jelly-like core (the "nucleus pulposus"), like toothpaste out of a tube, into the spinal canal, or the foramen ("window" in Latin) where the nerve roots emerge. This herniated disc material applies pressure on the spinal cord, or a specific nerve root, on its way to the knee. You would then feel the pain in the knee joint, because the nerves going into the joint are irritated or

compressed, even though there's no pathology in the knee joint.

In the same way, a tendinitis, an inflammation of the long muscle in front of your thigh, the rectus femoris, (Figure 1-E) can present with knee pain. A doctor can often differentiate this from true knee pain by examining the upper attachment of the muscle tendon at the "point" of the hip (the anterior inferior iliac spine). Its next door neighbor, the Sartorius muscle (Figure 1-D), is attached just above it, at the anterior superior



iliac spine, and it, too, can refer pain to the inner (medial) side of the knee joint below.

The hip joint, too, can refer pain to the knee. In fact, one of the most common errors made by Family

Practitioners, Internists, Chiropractors and even some orthopaedists, is to fail to evaluate and x-ray the hip joint, when a patient comes in for a knee problem. It was always a favorite Orthopaedic Board Exam question, too.

I can't tell you how many times I found unsuspected arthritis of the hip, when a patient came in complaining of knee pain. They were always skeptical when I recommended x-rays of the hip joint in addition to those of the knee (probably figured I was "padding" their bill), but they were always amazed when I solved their problem, by identifying and then treating hip disease that everyone else had missed.

The most common reason that it had been missed is "Tunnel Vision." It's very common for everyone, including the doctor, to focus on the apparent site of pain, and fail to consider the other possible sources of those symptoms. So, if you are ever in to see the doctor for your painful knee, be sure he or she at least considers, and preferably examines, your hip and your back, especially if your knee exam and x-rays don't readily disclose the reason for your pain. If they don't, you haven't had a complete evaluation of your knee. If they don't look, they won't find the cause in those few cases where the pain is referred.

- Dr, Bill

NOTE FROM FRED

Dr. Bill is the online handle for William Stillwell. Dr. Stillwell is widely respected by his peers and patients as being an expert source in helping people eliminate knee pain. He is the author of *Dr. Bill's Little Green Book For Eliminating Knee Pain* & *Dr. Bill's Pain-Free Program: Exercise to Prevent or Eliminate Knee Pain*
www.CombatEnduranceTraining.com/experts.html



"The soul attracts that which it secretly harbors; that which it loves, and also that which it fears."

-James Allen

COMBAT ENDURANCE WARRIORS

Combat for the Ultimate Fighter

"I work out hard. This workout kicks my butt. I thought my stomach was strong before, but Combat Training has made it much stronger."

Matt Hirsch

"The Renaissance Hessian"

Professional Ultimate Fighter

Get Rid of that GUT

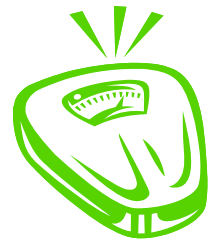
"I've experienced weight loss and gut loss. My body is in the best shape I can remember since being in the service."

-Ed Neuman

Why Weight Loss Resolutions Don't Work

By Tim Kauppinen

If you're like many people out there, you've promised yourself to do something different this year. Probably to drop a few pounds by eating better, exercising more and living a healthier lifestyle.



And if you're like a good number of people who made themselves a promise, you may have already broken it - you may not have made it a week or through the month of January.

Even if you have stayed faithful to your promise so far, chances are all your good intentions will go out the window before you live up to your resolution...

That's why I don't make resolutions any more. I set goals instead.

Here's the difference:

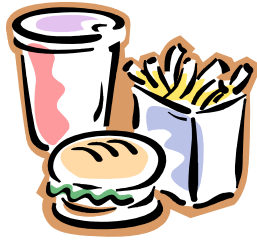
**Resolutions usually don't work.
Goals do.**

Here's why:

Resolutions aren't specific enough. They also tend to be absolute and rigid.

Resolutions tend to sound like this: "I will eat better this year."

Sounds like a great idea, doesn't it? But, what does "better" mean? If you eat one less Cheeto or French fry over 365 days, have you stuck to your resolution? I don't think so. And, if you count that as success, you're just cheating yourself.



So, you've failed. Because "eating better in 2008" means to be perfect for the whole year. Hey, the first time a slice of pizza or piece of candy passes your lips - your resolution is a goner - better luck next year.

Goals, on the other hand, when written (note that term!) the right way are specific and have a specific time attached to them. That's what makes them powerful.

A goal might look like this: "I will weigh 175 by March 1, 2008."

Now you have a measurable goal and a time frame in which to do it.

But, here's the real magic in goals. If you don't reach that weight by that date... no problem. Simply extend the date (and you don't have to wait all the way until the next January one).

Will you have failed if you get down to your goal weight by April 1st instead? Or May? Or June? I think not.

And what if you only make 176 by the first of March? Is that so bad? I'll bet you made a lot more progress than you would have without goals...

Most times, resolutions set you up to fail because they require you to be perfect.

Goals set you up for success because they are fluid and flexible - they allow you to be human while still moving forward - as long as you keep the target in your sights.

If you've set resolutions already - change them to

goals. If you haven't set anything yet... well, you get the picture.

Heed this advice and have your best year ever. Ignore it and you'll watch another year pass you by without getting where you want to go.

NOTE FROM FRED

Make sure you check out Coach K's free daily fitness email which will help you get into the best shape of your life. Look at Coach K's link at my website at: www.CombatEnduranceTraining.com/experts.html

COMBAT ENDURANCE WARRIOR

Hey Fred , this stuff is Great! I've always been fairly fit and athletic. But eleven years ago I was involved in a incident in which I was electrocuted while working on power lines...Over 7200 volts...It put me on the couch for five months with the doctors telling me I would most likely be arthritic the rest of my life...Then more recently an accident which left me with a broken back , cracked hip , and a goofed up neck...with all this compounding, and my age, it was getting harder for me to just get out of bed...Time to do something about it...I saw your ad and decided to give it a try...I'm getting more flexible again, and stronger...a lot of the aches and pains are disappearing and I'm feeling a lot better...I would recommend Combat Endurance Training to everyone.

-Dave Hogan



**"If you do not conquer self, you will be conquered by self."
—Napoleon Hill**

Beyond the Basics, Advanced Weight Loss Tips

By Jill Fleming, MS, RD

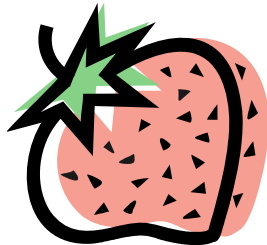
Most weight loss programs talk about getting started. While this is fine for those just starting, but what about those of you who have been making healthier lifestyle choices for several months? Where do you turn for continued motivation and accountability?

Depending on how consistent you have been with your goals, you could weigh up to 20-40 pounds less by the 6-month mark. The more excess weight you initially had to lose, the faster you will have started losing it. If your only goal was to tone up your soft areas, you may have already have reached your goal.



You should definitely be feeling more energy and healthier. Increasing your water intake alone can give you this benefit. Adding additional fruit and vegetables to your diet provides you with plenty of vitamins and minerals, giving you extra energy, especially if you were previously deficient. The extra fiber plus fluid has helped speed the movement of

food through your bowels, meaning that you are now much more “regular” than before starting to live healthier. You should also be sleeping better since you have lost some weight and are now exercising regularly.



If you had high cholesterol, high blood pressure or diabetes, you have probably experienced an improvement in all of these numbers. If you have a history of depression, you may notice that you are feeling better and may be working with your doctor to decrease prescription medication doses. This is a direct result of the exercise you have added (30-minutes most days of the week) to your life. Exercising releases the same chemicals and hormones as your medication. You have increased the release of epinephrine, nor-epinephrine, catecholamines (feel good hormones) pumping through your body because of your regular activity.

To keep your motivation strong after a stretch of time, you will want to add a lifestyle diary, a partner and a scale to your life. All three of these items will help you increase your accountability and see continued results. You can add one, two or all three of these to stay motivated.

Keep track in a daily lifestyle diary (free at www.ThinChoices.com). It is easy to eat more than you plan to. Using a daily food diary can make you more aware of exactly how much you are eating. Include everything, no matter how small or insignificant it seems. A handful of nuts or an extra beverage may seem innocent, but can add up to a substantial number of extra calories. An excellent predictor of who will be successful at losing weight permanently is record keeping. Choose a diary that allows space for tracking each of your lifestyle choices, including exercise and sleep. Record keeping keeps you honest and accountable to yourself.



Find a weight loss partner who has similar goals to you. Research has shown that those who make behavior changes with accountability to another person are statistically more successful. Once your new choices become habits and you are seeing results, you will have sufficient accountability to yourself. Make walking-dates with this person and call each other daily or weekly to check each other’s progress. Having two or three daily goals to be working toward is ideal. For example, ask your partner “How many servings of fruit or vegetables did you eat today?” or “How many steps did your pedometer register this week?”



Weigh yourself daily. Do not fixate on the number, but be aware of daily and monthly changes. Weighing daily will help you catch 5-pounds before it becomes 10 or 20. When University of Minnesota researchers monitored the use of a scale by 1,800 adults who were

dieting, they found that those who weighed themselves daily lost an average of 12 pounds over two years; weekly scale watchers lost only 6 pounds. The group who weighed once a day was also less likely to regain lost weight.

Weigh yourself in the morning, before eating breakfast and then don't step on the scale again until tomorrow morning. You can have up to 5-pound fluctuations in your weight from morning to evening. If you are feeling bloated or puffy, you may want to avoid the scale and focus on drinking more water that day. Water-retention always weighs heavy on the scale.

Congratulations on the new and improved lifestyle choices you have added to your life. Take heart in knowing that after just two or three months of making these new choices daily, you have turned them into habits. You can add a diary (free at www.ThinChoices.com), weight loss partner or scale to your current routine to help increase your motivation. Remember that accountability to yourself and others will greatly increase the likelihood of keeping your excess weight off.

For anyone who has not yet mastered the "getting started" initial healthy lifestyle choices, keep working at it. You couldn't ride a bike the first time you tried either. Forming new habits is work and takes time. You will be more successful with each attempt. You have too much information to go completely back to your old lifestyle. Focus on how much you have improved and keep getting better everyday.

NOTE FROM FRED

Wow. Every time, Jill shares some great tips to think about health in a different way. Excellent material. Check out her latest products by clicking on the link on my website at:

www.CombatEnduranceTraining.com/experts.html

FRED'S FINAL THOUGHT

One-Yard Line Push

"Visualize being on the 1 yard line and running one more play and then crashing into the end zone."

– Matt Furey



In a recent email, I talked about how often people stop short of reaching their goals not because they don't want to achieve them but because they don't realize it's just around the corner.

One of the hardest things to deal with is uncertainty. When you work out, you may pick a certain amount of time or a certain number of repetitions to do. What happens when you don't know how long to do something or how many to reps to do?

You end up having to deal real seriously with your will power.

We had a gentleman come in and teach a seminar at my karate schools who put it perfectly when he said, "We have to test your metal and see how strong it is."

During the toughest of times and darkest of hours, you have trust that your "metal" is strong enough to withstand the pressure and not bend or break when other people would have easily done so.

Keep faith in your ability to succeed and come out on top.

Fred Nicklaus

Combat Endurance Coach

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Combat Endurance Training

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