



Fred Nicklaus'

Combat Endurance Training

Health and Fitness Newsletter

This Month's Experts

“The Major” – Creator of CET

Fred Nicklaus

Jill Fleming, MS, RD

Ed Baran

Dr. Bill Stillwell

Tim Kauppinen

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- Adv. Weight Loss Tips
- “I like complaining, I like being the victim.”
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Desire



“This force, which is the best thing in you, your highest self, will never respond to any ordinary half-hearted call, or any milk and water endeavor. It can only be reached by your supremest call, your supremest effort. It will

respond only to the call that is backed up by the whole of you, not part of you; you must be all there in what you are trying to do. You must bring every particle of your energy, unswervable resolution, your best efforts, your persistent industry to your task or the best will not come out of you. You must back up your ambition by your whole nature, by unbounded enthusiasm and a determination to win which knows no failure.... Only a masterly call, a masterly will, a supreme effort, intense and persistent application, can unlock the door to your inner treasure and release your highest powers”.

-Orison Swett Marden

How badly do you desire to be healthy and fit? As we begin a new Combat Endurance Training session this fall all of you must make a decision and find an answer to that question. All of you have had a moment or more in your life where you accomplished something that gave you a true sense of achievement along with tremendous joy and happiness. It’s those special achievements that stir our souls onto bigger and better things.

Making a decision to be strong and healthy and then committing to its achievement is a worthwhile goal for a lifetime. Many times I’ve seen people begin a journey with the best of intentions. As time passes they encounter bumps in the road which take away their drive to succeed. Some of these obstacles may include :

- It’s harder than I thought it would be
- I have to get out of bed in the morning
- I have to arrange my schedule to make it to class

- It was a nice thought, but it's really not that important that I do this
- It's too cold/hot outside. I'll just stay home tonight

These are not obstacles at all, they're just a person chickening out. **Weak!**

"You are never given a wish without also being given the power to make it true."

-Richard Bach



Let me tell you about two people who made a commitment, stuck to the commitment and now are reaping the rewards of their self- discipline and drive.

William Cornell is the 25 year old chief instructor at my Karate school. Over the past 4 years William has decided that he is going to become the #1 rated Martial Artist in the country in his particular discipline. In order to do that he has committed to a rigorous workout schedule, much of which he does after finishing with an evening of teaching classes.

He has committed time, energy, travel, and dollars to achieve his dream. A big part of William achieving his goal requires that he travel around the country to the different venues where these tournaments are held. He must travel as far as California, Boston, and Florida to name only a few of the locations.

His efforts to this time have been very rewarding. In 2004 he won a World Championship in Chicago and since then has won national titles in Minnesota,

Rhode Island, Virginia, and Kentucky. There will be more to come. He is currently the #2 rated person in the U.S. and I have little doubt that his effort and determination will very soon make him #1.

Even though he has been pursuing the #1 ranking for the past two years in his current martial arts association, and has not yet achieved it, he continues to do the things necessary to achieve his lofty goal. He looks upon the fact that he has not yet reached his goal as a learning experience and not as failure. When he looks back on all of the work, knowledge, travel, time, and dollars that he has put into this endeavor, he realizes that all of it has shaped him into a stronger competitor and more effective teacher and person.

Melody Arquillo started Combat classes early in 2008. She wanted to get fit and lose weight. The difference with Melody and many others who fall just short of their goals was that **she really wanted to achieve her goals**. It wasn't just talk with her and giving up or changing plans at the slightest obstacle. **She was going for it.**

4 months later and 56 lbs. and 54 inches later Melody was happy with her results. It certainly wasn't an easy challenge. She decided that she was going to make a decision that would not only affect her but also her entire family.

Along with her commitment to the Combat program and other fitness alternatives, she decided that she would make a drastic change to eating healthy. She found a food plan that she knew that

she could stick to and decided to follow it religiously.

I'm sure that she encountered many challenges along the way. Along with changing her own eating routine she also made the decision to have her husband and kids join her on this journey to better health. It's working. Everyone in her family is healthier and happier because of Melody's commitment to improve her health. At latest check Melody has lost 60 pounds and is proud of her "killer abs." What a great story!



"Nothing stops the man who desires to achieve. Every obstacle is simply a course to develop his achievement muscle. It's a strengthening of his power of accomplishment."

-Eric Butterworth

Desire is not a part time thing. It's a total focus and full speed ahead trip. That thought alone scares many people off. It's why so many people lead lives of quiet desperation always wanting something better but never willing to make the commitment to making it happen.

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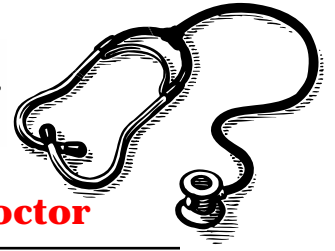
This fall can mark an important time in your life. Congratulations for your choice to be in class and make yourself healthier. Now it's important to ask yourself what more do you want and what changes are you willing to make to make it happen? Rest assured, there is more that you can do to



become even healthier, stronger, fitter, and happier with your willingness to become your best. You're in the right place with the right program to achieve your health and fitness goals. **Go for it!**

Fred Nicklaus

The Core Strength Doctor



*"Through some strange and powerful principle of **mental chemistry** which she has never divulged, Nature wraps up in the impulse of strong desire, **that something** which recognizes no such word as **impossible**, and accepts no such reality as failure."* -**Napoleon Hill**

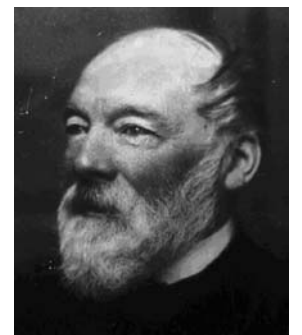


Something Special This Fall

I'm currently talking to a person who is very knowledgeable about diet and nutrition. It is my plan to make his expertise available to all members of our Combat program. Diet and nutrition are important components to any healthy lifestyle plan and I'm excited about the knowledge that you can gain from this person. Watch for more details.

"Where there is a will there is a way, is an old and true saying. He who resolves upon doing a thing, by that very resolution often scales the barriers to it, and secures its achievement. To think we are able, is almost to be so- to determine upon attainment is frequently attainment itself."

-Samuel Smiles





From the Desk of the Major

A special note from the creator of
Combat Endurance Training.

Dateline: 0600 in a forward deployed battalion overseas.

The first workout of the day, during Pre-scuba training. The Pre-Scuba Training course that I took was actually a Combat Diver course on steroids. It's nothing more than an intense death camp of aquatic activities and P.T.

It may sound unusual but the Pre-scuba training is the more difficult course and is actually done before the Combat Diver course which is held in Key West, Florida. The idea is to run us through the mill and be sure that we can make it through the Combat Diver course which comes after. The Combat Diver course was actually meant to help us recover and regroup

Even though the Combat Diver course is not as demanding as the Pre-Scuba course it is still a constant gut check. It is by no means a cakewalk. It seemed that no matter how much we ate, we still lost weight. It may have also had something to do with training in the Florida sun.

A typical breakfast meal would consist of the following: 2 sausage patties, 3 pancakes, 3 egg ham-cheese-veggie omelette, cereal with milk, fried potatoes with chipped beef and gravy, 4 slices of whole wheat toast with peanut butter, juice, 2 bananas, 1 apple. Lunch and dinner consisted of the same volumes. That's a lot of grub.

The **Combat Endurance Training** program that you are familiar with started decades ago when I used Combat Diver P.T. as a base and developed Combat Endurance Training with the help of my A-Team. It worked for my guys & me, and I'm sure that it's working for you.

You may have noticed a weight loss since you started your Combat Endurance Training. I would venture to guess that you sleep more soundly as well. You may even be more alert during the day. I would also encourage you to work out 1-2 days more per week. Choose an activity that you enjoy, walking or biking are great choices, and add it to your workout routine. This cross training will give your workouts even more boost. You will also be well served to do the Combat Endurance workout for 7-15 minutes two days per week on the days that you are not in class. Every little bit helps. Your extra effort will help in keeping your metabolic rate high and sustaining it longer.

This is Kilo 4 November, standby-standby,

De Oppreso Liber,

The Major

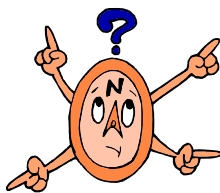
This Month's Featured Articles

Advanced Weight Loss Tips For Continued Motivation And Accountability By Jill Fleming

Most weight loss programs are all 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. 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, 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

Thanks, Jill. Check out her latest by clicking on the link on my website at:
www.CombatEnduranceTraining.com/experts.html

COMBAT ENDURANCE WARRIOR

"The workouts are amazing and I am getting great results. These workouts are great if you are 6 or 60, they are designed for whatever your goals and time limits are. I mean, come on, who doesn't have 9 minutes to get in the best shape of your life ! I own all the dvds and the cds and about to get the latest advanced dvd. All I can say is buy this"

-Jack Clark, Lake Placid, FL

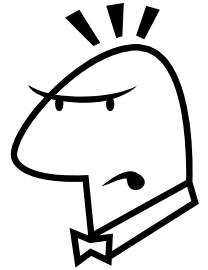
"I like complaining. I like being the victim"

By Ed Baran

Yesterday I was speaking with a friend who just turned 60. She was bemoaning the fact that she's going to be losing more and more muscle, getting older and older. She said there was nothing she could do about it.

After I picked my jaw off the floor, I told her if she'd just exercise she wouldn't lose that muscle and will fight age.

But she didn't like hearing the truth. She'd rather be upset and stew about it. I know the type. She'd rather complain and play victim instead of take her life into her own hands and make a change.



Look, age is great when it comes to certain things: experience, wisdom, having a lighter attitude, not taking yourself too seriously. For people who work on themselves these things do improve as we get older.

However for most people, their bodies, on the other hand, rapidly deteriorate and wither away into a blob of skin and bones (and fat). That's because they let it happen. As you age your body loses muscles mass leaving you weak and flabby. That is, if you don't use your muscles.

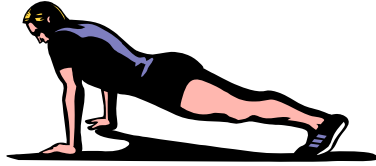
Use it or lose it.

If you don't use your muscles you are going to lose them. Muscle makes you strong, healthy and young. They also give your body a nice shape and solid tone. Without muscle you are fat, whether you weigh a little or a lot.

The only way to get more muscle is to use the ones you have. This means you must exercise! And the better the exercises the better and faster your muscles will grow. The exercises in my programs & Fred's are the best for fighting age because they build the strongest muscles in record time. You do have the power to change.

You can start an exercise program by walking. Then you can add bodyweight exercises. These will build lean muscle and decrease body fat. Start slowly and continue building your strength, fitness and health.

By doing the multi-tasking movements of bodyweight exercises, you are ensured of getting muscle fast, no matter what your age. There are many people over 60 using my programs & Fred's with great results. They're not accepting something they don't have to: **age**.



Wishing you the best,

Eddie Baran

NOTE FROM FRED

Check out Ed's Gymnastic Abs program linked on my website. Ed! He'll be contributing to newsletter every month. Check out his link at my website:

www.CombatEnduranceTraining.com/experts.html

COMBAT ENDURANCE WARRIOR

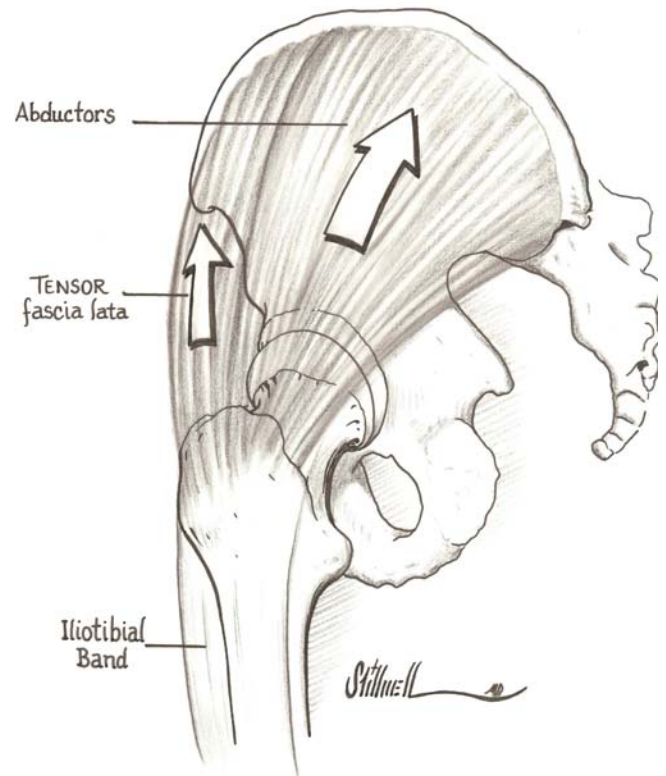
"After six weeks of Combat Endurance Training, I had my annual physical. My lipid panel had changed dramatically. Total cholesterol well below 200 with LDL <110 and HDL >50. Blood pressure 120/70. I had not seen these numbers since my 30s and I am now in my latter 50s. I lost 12 pounds and my physician said "what ever you are doing, keep doing it." I can only point to Combat Endurance Training as the reason why these measures have changed. Since then, I have continued to lose weigh and my inner core strength has grown"

-Steve Kunes

SNAPPING HIP OR TROCHANTERIC TENDONITIS

By Dr. Bill Stillwell

Some of you may notice a painful snapping or popping sensation over the outer prominence of the greater trochanter, that bony bump on the outside of the upper thigh that lay people usually refer to as the "hip bone." Most often, this occurs when the thigh is flexed, as when the knee is brought toward the chest, often with a little twist, or rotation. Unlike the deeper, internal and central snapping of the iliopsoas that we discussed last month, this snapping or popping is definitely on the outside or lateral, under the seam of the pants, and much more superficial.



The greater trochanter, as you can see in Figure 1, lies lateral, or to the outside of the true hip joint, which is located about in the center of the groin crease. The trochanter is a site of attachment of some very powerful muscles, tensor fascia lata, gluteus minimus and gluteus medius, from front to back, collectively referred to as the ABDUCTORS, because they abduct the limb, that is, move it away from the midline of the body. The foremost of these abductors, the Tensor Fascia Lata may be alternatively called the Tensor Fascia Femoris.

In normal walking, these abductor muscles function to stabilize the pelvis whenever you take a step with the opposite leg. In other words, when your body loses the support of the leg that is moving forward, the abductor muscles pull down on the brim of the pelvic bone to keep it level and prevent you from falling. This requires that your bodyweight shift over the opposite hip joint. This shift of weight is responsible for the back and forth motion of normal walking, most pronounced in women, who have broader, wider pelvises.

In addition, the tensor fascia lata pulls on and tenses a wide, thick band of fibrous tissue, called the gluteal fascia up by the hip and the iliotibial band further down, toward the knee. There is a large bursa, a fluid-filled sac which functions as a gliding mechanism, to allow the underlying bony trochanter to smoothly move beneath the tight fascial band, as the hip is moved.

Problems arise when the fascial band becomes inflamed and subsequently thickens. Then, a portion of this fibrous band becomes more cord-like and is "plucked" by the trochanter moving beneath it. This is the source of the snapping or popping sound and sensation. It also sets up a vicious cycle—each time the band is "plucked" it increases the inflammation, which in turn causes the band to thicken, worsening the problem. At times, the bursa also becomes inflamed, causing a bursitis.

To treat this problem, it is necessary to 1.) reduce the inflammation and 2.) relax the fibrous band so it is less likely to impinge on the moving trochanter beneath it.

To reduce inflammation, minimize the movement of the hip, especially rotation, and decrease weight bearing forces across the joint, by using a cane in the hand OPPOSITE the affected hip. A cane cuts joint reaction force by about 50% and also reduces the muscle forces generated by the abductor muscles, and therefore the pull on and the tension in the band.

Local heat a few times a day for about 20 minutes each time is also helpful. Fish oil, 4000-6000mg/day and avoiding red meat in the diet are helpful in chemically reducing inflammation. OTC medications,

like Aleve 2 tabs, twice a day (with FOOD) will further reduce inflammation.

To relax the band, rest with the hips spread apart. Sleeping with a pillow or two between your legs will do this. Place the pillows cross-wise between your knees, like riding a horse; this way, even if you roll from side-to-side, the hips will be kept in an abducted (spread) position. Don't lie on the affected side.

Stretching exercises to gradually lengthen the entire fascial band will eventually relax the tension in the band and reduce friction with the underlying trochanter.

As with all types of tendonitis, recovery is slow, because of the relatively poor blood supply of these tissues. But persistence with these recommended measures will ultimately provide relief in most cases.

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

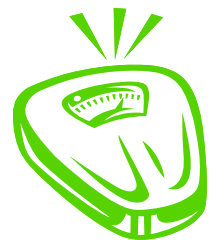
Is this Holding You Back? By Tim Kauppinen

Getting this right will make your body follow you mind - and virtually guarantee killer results...

Tuned in to part of a show last night...the biggest something or other...guess it was the season finale.

Saw four finalists who were in a contest to lose the most excess baggage if you know what I mean).

Before the final weigh-in, there were of course montages showing the contestants training since they were sent home to get in shape "on their own".



As I watched the little video snippets, I noticed something. Something so important that it allowed me to easily predict who the winner would be.

I heard 3 of the final four saying things like this:

"It's hard..."

"It's a struggle..."

"It's not easy..."



But, one of the four sang a different tune. He spoke like this:



"I'm excited..."

"I can't wait until the weigh-in..."

"I'm going to do everything in my power to win..."

Guess what... he did and he walked away with two hundred and fifty grand for his trouble.

What's your mindset on health and fitness. Do you look at it as a chore? Are you always thinking and talking about how hard it is to get in shape... how difficult it is to find the time and energy to work out...how much of a struggle it is get results?

Or, do you think in more positive terms. Thinking about how exciting it is to be making strides in the right direction. Talking about how much fun it is to exercise, stay healthy, feel great.

If you're in the first group - change your mind and your body will follow.

If you're in the second, congrats and give yourself a pat on the back. You've discovered a secret to take you as far as you want to go.

Run Fast Not Hard, Coach K

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

FRED'S FINAL THOUGHT

Fall is a great time to really crank up your fitness wagon. Summer is drawing to a close, kids are back in school, and the cold weather is just around the corner. It's a good idea to take good care of yourself and have the energy and attitude to deal with the long, cold months.

Take advantage of the beautiful Indian summer days and the changing of the leaves by getting outside and enjoying the beautiful area that we live in. Going outside for a cool, refreshing walk is a great way to get your day started or to get you ready for a good nights sleep. The fresh air and the activity is a sure way to keep you healthy and moving in the right direction. Continue to think about the food choices that you are making and remember that the fuel that you put into your body has a lot to do with your overall health and energy levels.

Take time to make this a fall that's full of new expectations, new levels of achievement, and a pride and happiness that comes from good choices made and work well done.

Fred Nicklaus
The Core Strength Doctor



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Combat Endurance Training

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