



Fred Nicklaus'

Combat Endurance Training

Health and Fitness Newsletter - September 2008

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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- Fitness NOT Fatness
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- Speed Up Your Metabolism

Decide, Believe, and Then Get After It

“I found that I could find the energy...that I could find the determination to keep on going. I learned that your mind can amaze your body, if you just keep telling yourself, I can do it...I can do it...I can do it!”

-Jon Erickson



Just a while back I wrote an email about a woman who called me about beginning the local Combat Endurance Training program. She was very excited and told me that she was looking for something that could make her stronger, help her lose weight, and generally feel good about her choice.

I told her that she was in the right place. I was fully expecting to see her in class that week. I even patted myself on the back for the encouragement that I gave her and for the fine sales job that I did to convince her that she was in the right place. I meant all of what I said to her and knew that if she

came to class she would be happy with her results.

The next day when I thought that I would see her in class she was no where to be found. I have to be honest. It sometimes saddens and confuses me. This may be a bit of oversimplification on my part but here's how I look at it.

“The only thing that stands between a man and what he wants from life is often merely the will to try it and the faith to believe that it is possible.”

-Richard M. DeVos

What separates those who achieve what they set out to do from those who only dream of achieving their goals but never seem to get there? I believe that it's understanding what your real desires are, making a plan to accomplish them, moving forward on the plan and not giving up no matter the obstacle, and believing that you can do it and believing and seeing that you have already accomplished your goal.

Here's an example. I've had many people come to me and ask how can they lose weight. I tell them that exercise and regular movement are important parts of the losing weight and being fit formula but another important component is proper diet. It's important to be committed and it's important to be consistent. The whole idea is to work on developing a healthy life style.

Often times people are very excited to have been given some guidelines as to how they can accomplish their goals. Over the time that one is working on a goal there will be challenges and frustrations. This is where many people fall to the wayside and experience frustration and finally give up altogether.

Making mistakes and not getting to your goal as quickly or even on the path that you envisioned are some things that might happen to you.

Most goals are never accomplished in a straight line without any challenges. It's important to remember the analogy of a heat seeking missile approaching its target. The missile starts out with a destination programmed in but it never goes in a straight line towards it's object. There are always turns and adjustments that have to be made before the missile finally reaches its objective. The same is true for us.

Many of our goals would be accomplished if we just developed the attitude that we will experience frustration and challenge and that those challenges will only strengthen us and make the goal more worthwhile when it is accomplished.



Having a goal of being physically fit, strong, and healthy is certainly something to shoot for. A healthier you makes it easier for you to get through your day with a power and energy that you would find hard to muster otherwise.



Choosing to be healthy and make progress is one of the best decisions that you can make. Choosing to see the end in mind and not stopping until you get there is a practice that will help you achieve your healthy objectives. Believing that you are capable of whatever you set out to do is the final piece of the puzzle. You don't have to know how it's going to happen, you just have to know what you want and then get started.

"Seek not to understand that you may believe, but believe that you may understand." -**Saint Augustine**



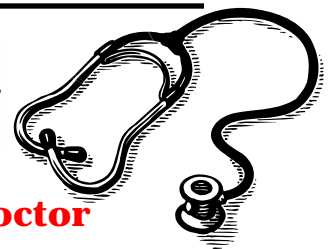
"We shall see but a little way if we require to understand what we see."

-**Henry David Thoreau**

A handwritten signature in black ink that reads "Fred Nicklaus". The signature is fluid and cursive.

Fred Nicklaus

The Core Strength Doctor



I'm Working On It

Over the past few months I've made it a point to seek out those in the world of health and nutrition who could add value to the Combat Endurance program. In my searching I've found two people who I think can bring additional opportunities

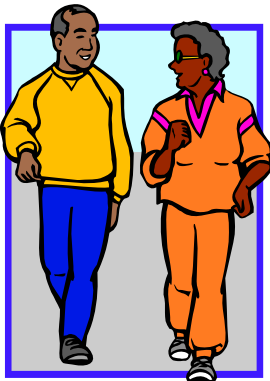
of health and learning to all Combat exercisers.

For now I will only tell you that one of these people is an exercise and nutrition expert while the other is a natural healer. I can tell you that I am currently meeting with both of these individuals for my own health and education and have found them both to be extremely knowledgeable and helpful. I am looking forward to continuing to work with them and very soon telling you more about who they are and how you can also benefit from their expertise.

Fall Registration for Local Combat Classes

As you all know our Fall session of classes started the week of September 8 and will last to the week of December 19. The Combat Endurance Training program continues to grow for three main reasons. Here they are:

1. It works
2. We allow people to try a class or two without committing
3. Class members tell their friends about the results that they have gotten from class



It's really very simple. Give people an opportunity to try something. Tell others how you are doing. Make sure that what you are doing will benefit others and help them achieve their goals. I would ask that

you continue to tell your friends about the gains you've made in class and encourage

them to join you in class. We will still accept new students as long as there is room in the classes.

Note: The Tuesday and Thursday am classes still have space as well as the 7 pm Monday and Wednesday evening classes in La Crosse. Our response has been very slow in Holmen and West Salem and we may need to rethink our position there and try something in the new year.

Keep Telling Your Combat Endurance Training Story!

Combat Endurance Training T-Shirts

I'm planning on taking a Combat Endurance Training t-shirt order during the week of September 22. Mark this week on your calendar and plan to order your Combat Endurance Training T-Shirt during that time. Order forms will be available in class.



From the Desk of the Major

A special note from the creator of
Combat Endurance Training.

Dateline: 0300 local, on an island in the ocean.

We're in a Blackhawk helicopter en route to another island with some bad ju-ju going on. We're in anticipation of the mission but we know no matter what awaits us we have the upper edge both physically and psychologically. Much of this prep for the mission came from **Combat Endurance Training.**

We're flying nap of the earth, yukin and jukin thru the valleys and ravines, hoping that the pilots have it all together. The crew chief tells me we're one minute out. I signal the team and we're ready to go. We flare at the landing zone and the crew chief drops the fast ropes from each door. We unass the chopper about 6 seconds and scramble for cover once on the ground. We get reorganized and make our way to the objective with about 3 hours of darkness left.

We are now about 100 meters from the target and put out 3-2 man teams for close observation. . We watch the bad guys during the day and according to the info provided by the recon teams, assemble my assault force accordingly and prepare for the attack.

The perimeter is breached, the bad guys eliminated and from a visual signal the recon teams assemble on the objective. We call for exfil and a Blackhawk screams in and picks us up.

Long hours, intense physical activity, lack of sleep, lack of food and water. All of this adversity yet we accomplish the mission. How? A large part of our physical prep was **Combat Endurance Training.** Face it, when you work your body to the standard of C.E.T. you can't help but become more fit, alert, and ready for what may happen. It works.

Drive On

De Oppreso Liber,

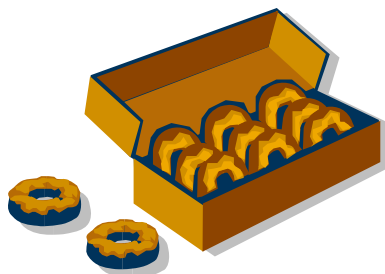
The Major

This Month's Featured Articles

Focus on Fitness, Not Fatness

By Ed Baran

Years ago I was addicted to donuts. Every night after work I'd inhale three or four of them. Part of this was to try to fill up some of the emptiness I was feeling, and I'm not talking about my stomach; and part of it was because donuts just taste good - sugar, fat and dough. It don't get no better than that.



Well, a good two months of this and I had packed on a sizable amount of fat and dough myself. So I cut them out of my life. Of course this was pure misery. It felt like the ultimate sacrifice. This lasted for a while but it was a huge struggle and I was even unhappier this way. Eventually I came back to the donuts and the dough and fat came back to me.

But why did I go back to donuts when I was focused on not going back? All of my energy was against it yet I still returned.

The reason was because that's the way it works.

Focus on something, whether you want it or not, and that's what you'll get. If you focus on giving up donuts, it won't happen, at least not without a lot of discomfort and a fight.

But if you focus on eating a lot of fruits and vegetables, and fill yourself up with those, then eventually the donuts will fall away. Even if you give yourself permission to eat donuts.



That's what I did. I continued to eat donuts without the guilt and at the same time I started eating lots of fruits and vegetables. I figured if I was going to eat garbage, I might as well wash it down with

a ton of good food and hopefully it'll drown it out.

Eventually, I started enjoying the good food so much that I lost interest in the bad food. And I wasn't really trying to. It just happened naturally. What happens is that your values will shift when you aim for the positive and don't try to forcefully change the negative.

So here's the deal:

Don't focus on emptiness, lack, or loss but on fulfillment.

Focus not on what you're leaving behind but on what you're gaining.

Don't focus on guilt but on the peace you're after.

Don't focus on how horrible you are (besides, you ain't as bad as you seem to think) but focus on how good you're going to be.

Focus on fitness not fatness.

Sure, you don't want to be feeding off of donuts all the time. These things will fall away naturally when you're in a better place. Why? because you've aimed for the good instead of away from the bad. You really won't be interested in them as your values will have shifted. It will seem natural and effortless with no feeling of sacrifice or pain.

To this day I still eat donuts once in a while. It's nothing at this point so I can do it. I'm focused on the being in the good instead of being out of the bad.

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

"I have been doing Fred's CET exercises for about 8 months. I am a chiropractor and I have a history of having ruptured a disc in my low back. Consequently, I am careful about starting or recommending any new exercise program that is demanding. I have been pleasantly surprised with the CET program on several levels. It is a simple, inexpensive, and effective program for creating core strength. It is a powerful, full body workout that can easily be done at home. I like the "old school" approach of simply using body weight for resistance. I especially like the fact that this program trains one in "real life" ranges of motion. It trains you to have strength, flexibility, and endurance with exercises that mimic real life activities. As a result, your body is not just toned and fit, but ready for challenges like gardening, physical work, etc. in a way that simple resistance training, like weight lifting for example, can't provide. Fred is careful to remind participants to be aware of their limitations and exercise within them. Again, that is important to me as I watch people come to my office with injuries from improper application of exercise plans. I have recommended Fred's program to many patients and will continue to do so."

Dr. Terry Ziegler, Chiropractor

ITB—Iliotibial Band Tendonitis

By Dr. Bill Stillwell

Last month we discussed pain and snapping at the outside of the thigh, over the hip bone, or greater trochanter, caused by Abductor Tendonitis. The gluteal fascia, a tough broad band of fibrous tissue that is tightened by the Tensor Fascia Lata muscle, courses from the hip down the side of the leg, like a broad tuxedo stripe, on its way to the knee. Today, we look at the other end of that same structure, the iliotibial band.

The ITB is the major lateral (outside) stabilizer of the knee joint, more so than the lateral collateral ligament. As the flat, broad fibrous band passes the lateral

femoral condyle, it condenses into a narrow cord-like structure that then inserts into the front of the upper, outer tibia on a bony bump called Gerde's tubercle (Figure 1).

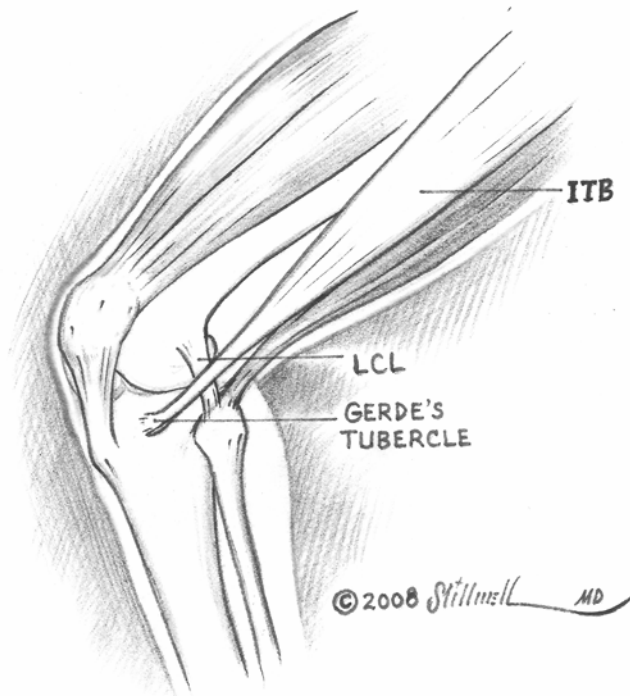


Figure 1. The iliotibial band crosses the lateral femoral condyle and the lateral collateral ligament, on its way to the attachment at Gerde's Tubercle, on the upper outer front of the tibia.

Anywhere that the band traverses a bony prominence is an area that friction may result in inflammation and pain. Common sites of tenderness and pain include over the lateral femoral condyle, the condensed portion of the distal ITB, the posterior/inferior edge of the lower ITB and the ITB attachment directly over Gerde's Tubercle. A bursa may form over the tubercle, as well.

Pain and tenderness in the lateral compartment may be due to a number of different structures that reside there, but ITB tendonitis ranks high as a source of lateral knee pain. This is often caused by repetitive stresses, such as sudden acceleration in running. A direct blow to the ITB attachment can also result in contusion, subsequent inflammation and pain.

COMBAT ENDURANCE WARRIOR

"The replacement DVD did arrive in time and I was able to check it out, wrap it (the whole program) and give it to my son last Christmas. At the end of the day, when everyone else was gone, we watched the 9 minute workout DVD together. He was impressed. He did the workout right along with you and loved it! There is something about you... Steve (my son) says you are 'the real deal'. The fact that you had hip replacement surgery eased his mind about trying the jumping jacks. He has been cautious and protective, understandably. As he walked with me to my car last night, he said he really felt energized after the short workout and was eager to do it again this morning."

Flo Bishop

Are Hill Sprints Aerobic Exercise?

By Tim Kauppinen

Hill sprints are a great aerobic exercise.

Wait a minute, Coach K, I thought your whole premise was that interval sprinting is an anaerobic exercise - and that's what makes it a great form of training. You've said over and over again that traditional aerobic exercise is not the way to go... are you flip-flopping on your opinion?



Not at all.

Truth is that the beauty of interval training - like hill sprinting - is that it works both your anaerobic AND aerobic systems.

During sprints up the hill, your anaerobic system is the key. Like I said yesterday, glycogen in your muscles provides the energy - without oxygen - and produces lactic acid in the process. (the "heavy duty booty" feeling you get at the end of a long sprint)

Principles of treatment are similar to those used to treat the upper portion of the structure. The aim is to relax the tension in the band, so as to reduce the traction on Gerde's Tubercle. So resting with the hip abducted, and the knee somewhat flexed will relax the band from both ends. Lying down with the knee elevated on several pillows, knee pointing away from the midline of the body will accomplish this goal.

Local heat applications, several times a day, the use of natural methods and OTC NSAID medications, as discussed last month, are very useful to reduce inflammation and relieve pain and tenderness. Local massage, with steroid cream (1% hydrocortisone) available from the local pharmacy without prescription and/or DMSO (70%, preferably with aloe vera), twice a day will also help to quell inflammation and reduce pain and tenderness.

Bear in mind that DMSO is NOT approved for this use by the FDA, MUST be applied with clean hands and a clean site of application, and you use it at your own risk.

If these measures fail to improve symptoms, local injection (under sterile conditions) with steroids and local anesthetic may be effective. Obviously, this can only be done by a physician. Once inflammation has been eliminated, then gradual stretching of the ITB by specific stretches can be done to reduce tension in the band, to avoid future episodes.

-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. Check him out at www.CombatEnduranceTraining.com/experts.html**

The 10 Best Strategies to Raise Your Metabolism for Almost Effortless Weight Loss

By Jill Fleming

But, on your trip down the hill - during your recovery - you aerobic system takes over. Your heart and lungs go into overdrive, bringing oxygen into your body to help break down the lactic acid, let your body recover, and get ready for your next sprint.

Just try a few hills and you'll soon see what I mean.

The benefits of this combination during repetitions are many. More capillaries are built and the body becomes more efficient at delivering oxygen to your muscles... your muscles increase their tolerance to lactic acid... your heart muscle is strengthened... Traditional, long, slow aerobic training misses many of these benefits because it only works one of your energy systems. Without the bursts of high intensity, you're missing out on plenty.

This is another reason that hill sprints are such a fast and efficient way to exercise. Not only are you working your cardiovascular system from two angles, but building strength, power, speed, etc. at the same time.

Not to mention beating anxiety, burning phat, and boosting energy.



No, hill sprinting may not be the perfect exercise, but it's the closest thing to "perfect" that I've found yet.

Run Fast Not Hard,
Coach K

PS Better yet, you don't have to be perfect either to get started with hill sprinting - in fact, you can do it no matter what your gender, your age, your physical condition. Go take a peek on my link on Fred's page below –

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:

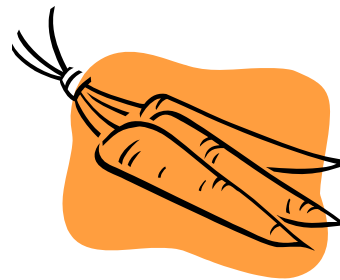
www.CombatEnduranceTraining.com/experts.html

1. Eat something within the first hour of waking up. It can be as little as two crackers. Coffee alone does not count. This will wake up your digestive system and get your body to start burning calories.



2. Eat a mid-morning and mid-afternoon snack. This will help keep the fire of your metabolism stoked and prevent you from getting too hungry before your next meal. Ideally, you should always eat something at your first sign of hunger and stop eating once you are no longer hungry. If you picture your stomach as your body's gas tank, it should always remain between $\frac{1}{4}$ and $\frac{3}{4}$ full.

3. Eat a total of 8-10 fruits and vegetables everyday (one serving = the size of a tennis ball). One blended smoothie and one large salad will easily get you to this goal. Consuming this volume will provide your



RDI for fiber, improve your cholesterol level, reduce your risk of cancer and heart disease and displace many other high-fat foods in your diet. This is the easiest way to easily lose weight and improve your health.

4. Limit your intake of beverages that have more than 100 calories to two per day. This will include soda, beer, wine, lemonade, hot cocoa, etc... Research shows that calories consumed from beverages will not replace other calories in your day. For example, if you drink a mocha cappuccino with 500 calories, you will not automatically cut 500 calories out of your food intake later in the day.

5. Drink two 32-ounce sports bottles filled with water everyday. Ideally, your sports bottle will have a straw, as it will help you drink it faster. You should be finished drinking the water at least 4 hours before going to bed so that you are not waking up to go to the bathroom. Your body requires water to break body fat down into a usable energy source.

6. Stop eating at least three hours before going to bed. Your body is preparing for fasting mode and does not need any extra calories while you sleep. If you always go to bed at 10p.m, your cut off time for eating is 7p.m.



7. Record everything you eat and drink in a Lifestyle Diary. When an individual who has lost weight finds that she is slipping back into poor eating and exercise habits, my first recommendation is to “pull out your lifestyle diary and begin journaling daily”. The client almost instantly identifies the area where she has gotten off-track and can correct the problem before it gets out of control.

8. Move your body for 30 minutes at least 5 days per week. You can walk 10 minutes, three times. You can march in place to your favorite sitcom. You can do pretty much anything other than just “being busy” or working. Adding isometric (squeezing) exercises you can do while sitting at a desk or in a car to tighten flabby areas. You can do leg lifts while brushing your teeth or lunge your way to the bathroom.

9. Get a good night sleep on a regular basis. Research shows that sleep deprivation (as little as two nights with 5 hours or less sleep) will increase the body’s production of the hormone gremlin (appetite-stimulant) and decrease the hormone leptin (satiety hormone). This will cause an increase in your



appetite and you will find that it takes a greater volume of food to be satisfied.

10. Weigh yourself on a regular basis. Monitoring your weight will help you stay on track with your healthy lifestyle habits. We would all rather deal with 5 pounds than 20.

Most people think you need to devote hours each day to preparing meals and exercising, yet you can make these activities a part of your simple daily routine. With the addition of just a few of these daily choices, most will find that they can increase their energy level and lose weight without restrictive dieting. If you have a weight loss question for me, you can email me at Jill@ThinChoices.com.

NOTE FROM FRED

Jill always provides the little changes that will help your nutrition and health. Start practicing them along with your Combat Endurance Training Routine. Check out her link at: www.CombatEnduranceTraining.com/experts.html

FRED’S FINAL THOUGHT

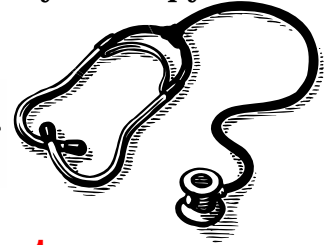
Congratulations on your will to give yourself improved fitness and health. Over the next three months you will experience many gains if you continue to make it a point to come to class. Over this time there will be days when you may not be able to make a class or where you might find the going tough. Expect that there will be times like this.

You are doing what is best for you and do your best not to let distractions get in the way of your coming to class and being healthy and happy.

As adults we have many things in our lives that can become distractions and keep us

away from doing the things that can really add value to our lives. You owe it to yourself to take some time for yourself. Get rid of any guilt that you might experience because you are taking time for yourself. Realize that if you do not take time for yourself you can not be the mother, wife, father, husband, son, daughter, friend, employee, or employer that you are capable of being.

as I get the first shipment within the next few weeks. Be sure to get your copy for a great workout at home.



Fred Nicklaus

The Core Strength Doctor

Add To Your Exercise Routine

Coming to class two times per week is a wonderful step in the right direction. I still believe that it's important to do something everyday. Remember that you have many healthy alternatives. Some of those include walking, bike riding, skiing, deep breathing, powerful thinking. If you're interested in using the Combat Endurance Training workouts on your days off then go to www.combatendurancetraining.com and pick yourself up a copy of either the 7, 9, Intermediate, or Advanced DVDs.

Remember also that I will soon have my all new published book the 9 Minute Combat Endurance Training book available to you. These will be available for Local Combat students for \$14.95 (regularly \$19.95 at Amazon.com) as soon

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Combat Endurance Training

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