



*Fred Nicklaus'*

# Combat Endurance Training

Health and Fitness Newsletter - October 2008

## This Month's Experts

“The Major” – Creator of CET

Dr. Bill Stillwell

Tim Kauppinen

Jill Fleming, MS, RD

Ed Baran

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- Barfly's Elbow
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- 4 Common Mistakes of Overweight People
- Are You Getting Old & Deceit?

## Creating Your Masterpiece

How do you start each project? What is the final result that you desire? When you first started this exercise program what was it that you were looking for? How did you prepare to make sure that you would attain your goals?



Many times when I talk to people about their exercise goals I find that they could use some help in creating the plan so that they can get the end result.

Here are some

important things to commit to even before the plan is created. Without a willingness to exercise these skills there is no possible way that a favorable end result can be attained.

Those skills are:

- Patience
- Ability to accept small victories
- Persistence
- Ability to overcome frustration
- Ability to not compare yourself to others

- Willingness to learn how to make mistakes
- Willingness to have a sense of humor

Now that the framework is in place it's now possible to create the product. So roll up your sleeves and let's get to work...but wait. Creating the finished product starts before you roll up your sleeves. Creating the final product should start in your mind with your imagination long before the project begins.

Hold on a second. We're talking about fitness and getting into better shape. What does that have to do with using your imagination? EVERYTHING

*“Visualize this thing that you want. See it, feel it, believe in it. Make your mental blue print, and begin to build!”*

-Robert Collier



It doesn't matter the goal. Physical, business, social, family, or otherwise, what matters for the successful completion of any goal is the mental preparation that goes into it.

Here's a fitness example. Over the years I find that many people have chosen to not continue on with a fit lifestyle. This choice has led to lack of movement and exercise and also some troubling eating habits. That decision has been made, but it doesn't mean that another, better decision can not be made now in its place.

So let's say that the goal of this individual is to lose weight, become physically fit and active, eat better, and feel great about the decision. Where do you start? You start in your mind. You recall times in your life when you may have had these things. You recall how it felt, how you looked, and you allow your mind to wrap itself around the feeling of good times from your past. If you had not had success with your fitness in the past it's ok.

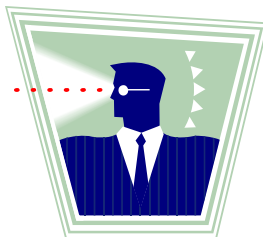
Start seeing the "you" that you want to become and allow yourself to feel the emotion connected with that accomplishment.



*"See the things you want as already yours...Think of them as yours, as belonging to you, as already in your possession."*

-Earl Nightingale

*"I noticed an almost universal trait among Super Achievers, and it was what I call **Sensory Goal Vision**. These people knew what they wanted out of life, and they could sense it multidimensionally before they ever had it. They could not only see it, but also taste it, smell it, and imagine the*



*sounds and emotions associated with it. They pre-lived it before they had it. And that sharp, sensory vision became a powerful driving force in their lives."*

-Steven DeVore

Our imagination is the most powerful tool that we have. It's within our possibilities to live an incredible life if we only take the time to practice the skills necessary to make it happen. It's important to remember that all the actions that we may take will only be their effective best if we help out by conditioning our mind and preparing it for the final goal that we are looking to accomplish.

"Surely there is grandeur in knowing that in the realm of thought, at least, you are without a chain; that you have the right to explore all heights and all depths; that there are no walls nor fences; nor prohibited places; nor sacred corners in all the vast expanse of thought..."

-Robert G. Ingersoll



So what do you want for yourself? If it's important enough for you to have a desire to achieve then go to a place in your mind and help it become your reality.

To a pleasant journey,

*Fred Nicklaus*

**Fred Nicklaus**

**The Core Strength Doctor**





## From the Desk of the Major

A special note from the creator of  
Combat Endurance Training.

Dateline: 0100 over an ocean

My executive officer and I are in an HH-3 Pararescue helo in route to our water infiltration zone. The infil zone is 1.5 miles from our objective which is an island surrounded by all sorts of craggy rocks, wonderful to smash yourself on. My XO and I both are on closed circuit scuba gear with our rucksacks and weapons on the back. The mission is to establish a landing zone for fixed wing aircraft.

The helo crew chief gives us the 1 minute warning so we both start pre-breathing on our apparatus and wait to unass the helo. We're at the target and we both jump into the sea, surface and give each other the o.k. sign which we then give to the helo crew chief, who is on night vision goggles hovering overhead. He acknowledges our hand signals and the helo books off.

We now have a long underwater infil to conduct. We check our compasses, submerge and start our way to the island. On the way I marvel that this is one of the best night dives I've ever been on. All sorts of marine life and beautiful coral structures. On reaching the island, we both get pierced by sea urchins and are buffeted against the rocks by the surge waves.

We drive on and finally get to the landing zone where we put the lights and markers out and await the assault force in C-130 aircraft to shortfield land and spew out the troops. The planes land and the troops go into their best "M.O.U.T."- Military Operations On Urban Terrain mode and reduce the situation. Casualties are carried to the hospital plane and then are in the air back to home base.

The effects of no sleep, little food, and tremendous physical exertion are ominous. Combat Endurance Training made it all attainable.

*De Oppresso Liber,*

*The Major*

*U.S. Army Special Forces (Ret.)*

# This Month's Featured Articles

## **“Barfly’s Elbow”** **or Olecranon Bursitis**

**By Dr. Bill Stillwell**

One of the more colorfully named problems that can affect your training efforts is “Barfly’s Elbow,” also called olecranon bursitis. This is basically a sore and extremely tender elbow. It most often occurs as a result of delayed inflammation after repetitive friction on the tip of the elbow. The colorful nick-name is from the number of chronic tipplers who presented with this, since this bursitis may occur from resting the elbow on a bar, as when drinking for long periods.

A bursa is Latin for a sac or bag, a membranous potential space that produces a tiny bit of viscous fluid that serves as a gliding mechanism, which allows skin or other soft tissues to slide over bony prominences without much friction. They act sort of like ball bearings in a machine—they permit smooth frictionless motion between adjacent parts. Bursitis is simply a term for inflammation of a bursa.

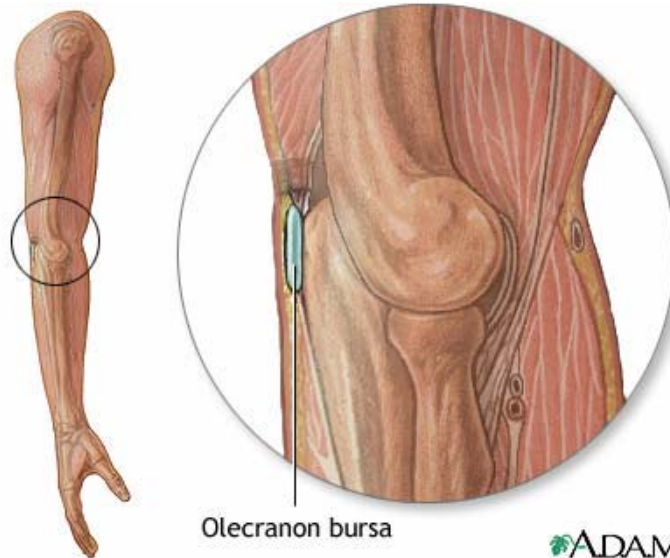
Olecranon bursitis presents as a tender, painful and often hot swelling, directly over the point of the bent elbow. The swelling is often striking in appearance, with a pronounced bulge exaggerating the tip of the bent elbow. It is usually tense, inflated with inflammatory fluid.

Where this condition affects your training is in the execution of many of the upper body and even core exercises that require elbow flexion. For example, because the bursitis manifests as a tense swelling, it physically limits flexion of the elbow, in addition to severe pain, that directly increases with the increasing angle at the joint.

It therefore frustrates many movements that involve flexion of the elbow. That would include common exercises like biceps curls, chins or pull-ups, pressing motions, like dips, bench presses, pushups and Hindu pushups, and even crunches or other core movements that place the hands behind the neck or head, to isolate the abdominal muscles.

And because the fluid within the bursal sac is a distillate of blood, it is NOT just “water,” but is full of protein and glucose, which can serve as a nutrient broth for any inoculation of skin bacteria. In other words, it’s a rich culture medium for germs.

While bacteria can enter the bursa through a frank wound, like a laceration (cut), it can also enter the body through mere cracks in the skin, or a shallow abrasion. When this happens, the bursa can become infected and filled with pus, with a hot red, almost incandescent appearance, exquisite tenderness and at times, it may be accompanied by systemic symptoms, like fever and a feeling of illness.



So, what to do? As with most problems, prevention is better than cure. If you notice your elbow becoming sore, avoid direct pressure on it, whenever possible.

This is a condition that always results from some activity you’re doing—it doesn’t just emerge spontaneously. A foam pressure pad, held in place with Velcro, can prevent point pressure over the bony tip of the elbow. If you MUST do something that would put pressure on your sore elbow, use a pad just above the elbow, so pressure is borne on the lower end of the upper arm, rather than on the joint.

If the bursitis has already evolved, the standard anti-inflammatory regimen is helpful: OTC Aleve or Advil (WITH FOOD, please, to minimize the risks of side effects, ie., ulcers, gastritis, bleeding, etc.); avoid red

meat; take fish oil, or Lyprinol, ginger, turmeric or Devil's Claw, all natural anti-inflammatories.

Local heat for 20 minutes, 4-6 times a day also helps to resolve the process. This is best done by soaking the bent elbow in hot water, which will bring healing blood to the area and if there is any pus, will draw it to a head and eventually cause the abscess to "point" and drain.

If these initial measures fail to improve the bursitis, it may need drainage by aspiration, through a needle inserted through sterilized skin. This is usually combined with subsequent injection of steroids (cortisone-like medication) into the bursa, which are the most potent available anti-inflammatory drugs. Obviously, this is done by a physician.

If there are any signs of infection, you MUST see a physician, preferably an orthopaedist, right away. If there is any infection, you want to abort it early, before the infection penetrates the deeper tissues and invades the bone—that's REAL trouble and must be avoided. He or she will usually cover you with oral antibiotics, to prevent or treat potential infection.

During treatment for this condition, it should be obvious that the affected elbow needs to be rested and excessive motion avoided. A sling is helpful for this. And of course, you should also avoid direct pressure on the elbow, until it is fully healed.

Sometimes, surgical drainage (incision and drainage) is required to control a severe infection and permit healing. This can be avoided if the condition is recognized and treated early.

### ***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](http://www.CombatEnduranceTraining.com/experts.html)**

## **COMBAT ENDURANCE WARRIOR**

*"I'm a first-time CET participant, but lifelong fitness enthusiast. I change my activities & routines a lot. For a couple years I was very into Pilates, and I loved it. I felt great improvement in my core strength that carried into every movement I made throughout the day, it seemed. Then I got into weight-lifting, yoga, etc., & drifted away from Pilates. I never noticed my Pilates core strength leaving me--but once I started CET, I could really tell how much I'd lost. I have noticed a lot of improvement mainly in my core strength over the past 5 weeks. Once again I feel my abs when I'm walking, climbing hills, getting up from my desk chair, you name it. I love that feeling.."*

**Andrea Parr**

## **Sneak Preview of My Ageless Athlete Doctrine By Tim Kauppinen (Coach K)**

For the past couple months, I've spent some time each week locked away in my private sanctum – far from distractions and interruptions... stealing every spare moment I could to work on my latest creation.

Sounds a bit like Dr. Frankenstein, doesn't it – fitting with Halloween approaching.

But, what I'm in the process of creating is no monster – although it could have a monster impact on your health and fitness for the rest of your life.

Over the years, many people have asked me about my philosophy of training – and I've been able to give them bits and pieces of my beliefs. Not only of my beliefs, but also the tactics I put into practice for myself and those that I train.

So, I've finally decided to put it all down in one place. To write my manifesto, my doctrine, my dogma, my full philosophy of becoming an athlete – no matter what your age.

Now, this doctrine is still in progress, but, I've decided to start revealing it to you piece by piece and see what you think. Eventually, this will become

available to everyone I can get it in front of – but you’ll have the first crack at reading it – and incorporating it into your own life.

So, without further ado – installment one of my **Ageless Athlete Doctrine**:

## **Ageless Athlete Doctrine**

### ***How To Transform Yourself From Mediocrity – Leave the Fat and Lazy Masses Behind – and Reach the Pinnacle of Ageless Fitness From Now Until the End of Your Days***

A no-BS look at what’s really wrong with the health, fitness and diet industry today – and how YOU can catapult yourself above all of the hype and join the few, the proud who will stay ageless athletes.

Plus- why some people like you remain fit, lean and trim into their 40’s, 50’s, 60’s, 70’s and beyond – and the secrets to move rapidly into their ranks.

#### ***A Quick Note From Coach...***

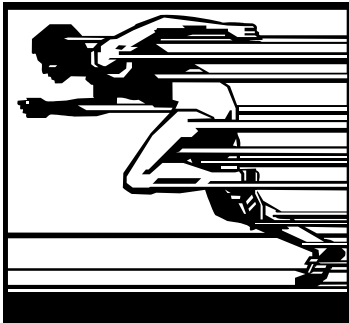
Ageless Athletes are not Greek Gods. They are not superhuman beings or supernatural forces – but when you become one, you’ll be surprised at the power and respect that you command.

Because, Ageless Athletes are ordinary people – just like you. Only they choose to become extraordinary.

Truth is that you are an athlete. In the immortal words of Bill Bowerman:

**“If you can move, you are an athlete...”**

Ageless Athletes are people who learn to take themselves from the dull, couch potato, hopeless, depressing reality that most of the masses choose to suffer through as their existence. When you make the choice to move to Ageless Athlete status, you can enjoy being liberated, fulfilled and enlightened – happy and content with the knowledge that you are using and protecting your body the way it was intended to be.



Sound like horse puckey? Well, it’s not anything of the sort. If you’re reading this doctrine, it tells me that you are ready to receive the information in it.

Remember: “When the student is ready, the teacher (and the correct information) will come.”

The fact that you found this information and are taking it in tells me that you are open-minded and ambitious, that you desire the most out of life and are willing to seek knowledge to get you where you want to go. You are ready to take the first step towards becoming an Ageless Athlete.

This document tells you how simply, quickly and painlessly you can actually do it.

So, no matter where you are now. No matter how old you are or what fitness level you’re at, I’ve got good news for you.

Because, by the time you finish reading this doctrine, you’ll be well on your way to achieving your status as an Ageless Athlete. You’ll be beginning on a lifelong journey of being healthy, fit and happy. It’s the most important path that you’ll ever take.

I’m truly interested and excited to see just what you can do with the information I’m about to share with you – so be sure to let me know.

Welcome to the rest of your athletic life.

Coach K

(Hope that wet your appetite – stay tuned next month for the next installment...)

#### ***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](http://www.CombatEnduranceTraining.com/experts.html)

#### **COMBAT ENDURANCE WARRIOR**

*“Since starting this class in September, I have gone down 2 sizes and have a lot more energy. My back, arms and legs are more toned and I will definitely be taking this program again.”*

**Sue Peterson**

## Four Common Mistakes that Overweight People Make

By Jill Fleming

I am a Registered Dietitian who has spent over 10,000 hours researching the lifestyle habits of thin people for my book Thin People Don't Clean Their Plates. In this research, I discovered striking differences between the choices that thin people make versus those of overweight people. The common dieting mistakes that overweight people typically make are those that tend to lump them into the 'overweight' instead of 'thin people' category for habits. Here is the list of the top four habits of overweight people, which will prevent them from losing weight:



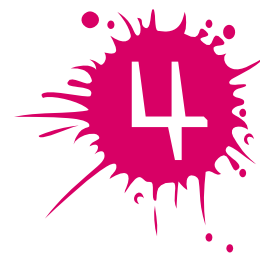
Skipping breakfast to save calories. Almost all thin people do eat something for breakfast. The majority of overweight people skip breakfast. Breakfast will **break the fast** from the night before and wake up your metabolism. Your body will burn more calories all day long because you ate something shortly after waking up.

Not eating when you are hungry. This will cause the body to release lipogenic, or fat-storing hormones that prevent weight loss. Thin people tend to eat at the first sign of hunger. Carrying snacks will help you be prepared for unplanned hunger attacks and prevent a binge later.



Having the "all-or-nothing" way of thinking. Following a diet/binge or feast/famine cycle will cause your body to become more efficient at storing calories and fat. Diets do not work. If you want to lose weight, stop dieting and start listening to what your body is telling you.

Combining sugar with fat. The sugar-fat combination is the best formula for weight gain. The sugar causes a release of insulin, to lower your blood sugar and practically opens the door to your fat cells. By combining fat with sugar in a certain food (i.e. a donut), it will be very easy for your body to store it as fat. I do recommend that you allow yourself treats during your weight loss process, but keep the sugar away from the fat. If your treat is a slice of cheesecake, alter the recipe to make it low fat since it does contain a lot of sugar. If you are eating tortilla chips as a treat, do not drink lemonade with them.



### **NOTE FROM FRED**

The health tips you can collect, the healthier and fitter you will be. Take a look at Jill's website by clicking on her link at:

[www.CombatEnduranceTraining.com/experts.html](http://www.CombatEnduranceTraining.com/experts.html)

### **COMBAT ENDURANCE WARRIOR**

*"I LOVE THIS! I was doing yoga, which is a good exercise for stretching muscles, but I have to admit I was getting really, really, bored. Not the case with this Combat Endurance Training. And, unlike yoga, it also aids in weight loss.*

*I have noticed I have a lot more energy & confidence. My jeans have been easier to button. I have definitely noticed more definition in my legs, and even some in my stomach. No pictures yet until I get rid of the layer of fat it took me 5 years to accumulate. I enjoy pushing myself each week and I also enjoy the new exercises [Fred] throws in"*

**Shar Nickelatti**

## Are You Getting Old and Decrepit?

By Ed Baran

Somewhere along the way to adulthood, we stop being childlike and we get old and decrepit. We stop playing as much, stop laughing as much, stop moving our bodies.



Either we're told to do so or we just follow the rest of society like sheep. Lemmings would be more accurate, actually, because at this point we start taking the steep plunge to our deaths.

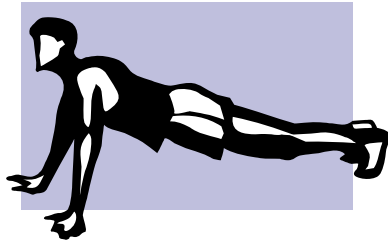
I guess as adults we don't think it's dignified to be childlike. Instead we are mature, serious, age 'gracefully.' What a crock.

What we need to be doing are the same things we did as kids. We should be running fast as we can, jumping high, playing lots of games, moving around on the floor, climbing, rolling, doing calisthenics.

Challenging our bodies.

Sure, we have more responsibilities than an 8-year-old has, but since when does that mean we have to be sad about our lives and act like living is a chore. And that we're not supposed to move our bodies anymore.

When most people start bodyweight exercises, they never realize before how old they had become. All that neglect will ruin your body. But when



you do these wonderful exercises for just a short while, you find you never realized how young and childlike you could become. The human body was meant to move, be it strenuous exercise or simple walking. You'll feel better about yourself and make life much more enjoyable.

If you haven't moved your body in a while, the thought of exercising can be very unappealing. Many people think they have to make up for a lifetime of inactivity in one 8-hour workout marathon.

This is the worst thing you can do. Not only will you injure yourself, but you'll be so turned off by exercise that, more than likely, you'll never return to it again.

Start off slowly, maybe 5 minutes for your first few workouts. Then build up slowly from there. Soon, you'll be doing more and your body will change for the better. You'll go from being old and decrepit to young and vital.

Wishing you the best,

Eddie Baran

P.S. Bodyweight exercises will open your eyes to become a child again in every sense of the word. Whether you're 7 or 70.

### **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](http://www.CombatEnduranceTraining.com/experts.html)

### **COMBAT ENDURANCE WARRIOR**

*"I knew doing [Combat Endurance Training] would be good for me but I really didn't know how good. I can see results and so can my husband.*

*My biggest accomplishment so far from taking the CET classes is that I now have the strength to bike all the way up the hill to my house which is 1 mile gradual incline up the bluff. In my younger years I could never make it all the way up. At best, I would bike 3/4 of the way and then get off and walk. Because of the CET classes, I was able, for the first time ever at age 46, bike all the way to the top. The core strength I have gained in just 4 weeks is amazing! Thank you, thank you, thank you!*

*I would encourage everyone to try it. Start at your own pace but just START! You will never regret it."*

**Karen Lyga**

## **FRED'S FINAL THOUGHT**



You've made a decision to use Combat Endurance Training to help achieve your goals. I'm sure that you are feeling that your decision was a good one as far as feeling how this program can really take you to new and exciting levels of fitness and health. I'm excited for you.

Having said these things, it's important for you to remember that there are always pitfalls for you to be aware of. A few of the biggest pitfalls that I see are **being impatient** and not giving yourself enough credit for what you have accomplished and **letting yourself slip out of the routine** of coming to class regularly. Let's take a look at both.

### **“Being impatient and not giving yourself enough credit for your accomplishments.”**

All of you deserve a pat on the back. You're making a decision to become stronger, healthier, and fitter. It's certainly not always easy and you know by now that there are much easier programs that you could use to live healthier. Fact is, you're here and as long as you are here I believe that it's important that you give it your all. By doing so your results will continue to come to you and you will reinforce your decision that you are doing what is best for you.

Be happy with your little improvements and seek them out. Are you more comfortable in your clothes, do you have more energy, are you stronger, can you do more of the exercises with better form?

**Remember, big gains happen over time and all big gains are a series of little accomplishments.** Give yourself credit for what you do and keep your goals in

### **“Letting yourself slip out of the routine of coming to class regularly.”**

Some days you just want to sit down and take a load off. It's been a hard day and you don't want to get into the car to come to class. Those of you who come to



morning classes may find it a bit harder to get out of your warm bed as the weather gets colder. Bottom line- **you can always find a reason to not do what you know you should do.**

This is good for you. Coming to class regularly puts you in an environment with others who are striving to give it their all. It's good to be involved in this type of an atmosphere. It makes you want to get better and it's fun to have the support and camaraderie of others in the group. **The class is your support system.** Isn't it true that whether you felt like coming to class or not on any particular day, you always feel better when you leave? It's a good decision. It's in your best interest.

**Keep pumpin'.** Rome wasn't built in a day and if you ever have a desire to eat an elephant, you better take it one bite at a time. The same holds true for your fitness and health journey. Be patient, be happy with your effort.

**Watch for a Suki update- coming soon!**

*Fred Nicklaus*

**Fred Nicklaus**  
**The Core Strength Doctor**



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