



*Fred Nicklaus'*

## Combat Endurance Training

Health and Fitness Newsletter - November 2008

### This Month's Experts

"The Major" – Creator of CET

Tim Kauppinen

Jill Fleming, MS, RD

Ed Baran

Dr. Bill Stillwell

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- Story from **The Major**
- Would You Freeze for This?
- Weight Loss Motivation
- 7 Habits of Highly Blubbered People
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## The Cable Channels of Your Mind



Bombarded everyday. Thousands of media messages try to enter the forefront of our minds everyday. It's important that we monitor those that are allowed to pass.

Television is a media that continues to grow in number and in the power that it has over its viewing public.

I remember growing up and having a black and white TV. No one had a color TV because they weren't on the market. We only had 3 or 4 channels and if we wanted to change the channel we had to get off the couch and do it manually.

Things are quite different today. Everyone has a color TV. More than likely there may be 3 or 4 in many houses. All of the color TV's can get almost 1000 different channels. I'm not sure why we need so many channels, but with each of these TV's you can change the channel without getting off of the couch.

Other than watching sporting programs and a few nature and travel shows I don't watch much TV. I've found over time that laying around and watching TV makes me lethargic both mentally and physically.

Now that I've introduced the ideas of TV, media, and the impact that all of these can have on our thinking and our daily lives, I'd like to introduce the television stations that you should spend most of your time watching.

These particular stations do not appear on the television set in your living room but they appear on the television stations of your mind. Let's get started by naming a few of them. Here they are:

- **Get it done channel**
- Don't worry about it channel
- **I'm in control of my life channel**
- No problem channel
- **I'll take the risk channel**
- My thoughts control my world channel

I think we all can understand the value of watching these channels as opposed to

watching the Real Housewives of Atlanta or some other worthless media garbage that melts us into the couch and melts our minds and bodies into sluggishness and inactivity.

Our attitudes and our choices truly determine our altitudes. That's why it's so important that we keep close watch over the messages that are allowed to come into our minds.

We've just finished electing our next president. During the time before the election we listened to numerous promises and an equal number of negative comments. It seems that the negativity gets turned up during these election times.

I'm told that negative campaigning is the best way to win. That's too bad. In my mind negativity only turns me away. It's a sad statement to say that the majority of people in our country are swayed in a positive direction by negative thoughts and statements.

## **Don't let it happen to you**

Continue to be in charge of the messages and the energy that you allow to come into your body and mind. You are the gatekeeper and your decisions affect the quality of the life you live.

Positive thoughts, regular movement and exercise, deep effective breathing, and believing in your ability are the things that you should be playing on your own TV screen. The fact that you can create the life that you choose is an exciting sound bite that you should be running on your mind's screen on a regular basis.

Make it a point to plug into your own personal power channels.

*Fred Nicklaus*

**Fred Nicklaus**  
**Combat Endurance Coach**

### **COMBAT ENDURANCE WARRIOR**

*"Since taking Combat Endurance Training, I can feel muscles I haven't felt in years. I have worked out my entire adult life, but this workout is different because I am feeling stronger and more fit, due to the core strength training, and upper body work. An hour of walking or running is great, but it doesn't work a lot of upper body muscle. And the best part is, it's all me, my own strength, no machines or weights to lift. The hour workout flies by, every time.*

*And my daughter tells me I have a nice hourglass shape now!!!"*

**-Sandy Munson**

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"Like the waves of the sea are the ways of fate as we voyage thru life. Tis the set of the soul which decides its goal and not the calm or the strife."

**-Ella Wheeler Wilcox**

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## From the Desk of the Major

A special note from the creator of  
Combat Endurance Training.

You're all familiar with the cute radio tune about a kid's bath tub toy, the rubber ducky. You know, "rubber ducky, you're the one." In Special Forces parlance, we have a Combat Rubber Raiding Craft more affectionately known as the "Rubber Duck"

This rubber duck is a fifteen man inflatable boat with a large horsepower engine. You rig the craft on a pallet and stow and secure your rucksacks, weapons, equipment, and gas. Next you affix a cargo parachute and you get the boat to the C-130 aircraft from which it will be pushed out of, followed by the A-Team jumpers behind it, once over the ocean drop zone.

After the jump commands are given, the pilot lowers the ramp and the jumpmaster identifies the D.Z. He snaps the chem lights rigged on the boat in order that the boat can be seen during descent and also once the boat and jumpers are all in the water. The pilot starts climbing, almost straight up, the loadmaster cuts the rope holding the pallet and boat in the plane.

The boat then rolls down and off of the ramp and the jumpers follow. The jumpers hold into the wind and look over their shoulders at the boat and try to land as close to it as possible. Once the team assembles on the boat, it's derigged and put into action to get to the beach landing site.

Once approximately 300 meters from the beach, two operators slip over the side and swim to the beach to clear the danger area. Once secure, the scouts signal the team in the boat with directional red lense flash lights.

The boat and team move to the beach slowly. Once on shore the team hides the boat, dons their rucksacks, checks their weapons, and moves out to the objective. The objective happens to be up a mountain and is an enemy navigational site. The slope going up the mountain reminds us of the dreaded Tennessee Valley Divide (TVD) in Ranger school.

Now, utterly exhausted, we reach the perimeter of the NAV site. Only one sentry on guard and he falls to a crossbow arrow. We quietly breach the perimeter, place the radio controlled charges on all four corners of the objective, and start to exfil down the mountain to our boat.

Halfway down the mountain we activate the firing system and demolish the structure. We're not sure what the results are, but there's no way we're sticking around to conduct a damage assessment. We radio in a situation report, embark and rendezvous with a Navy LCM to get picked up and return to base.

Another successful mission requiring great strength and stamina. Keep training in order that you can become your own special operator.

*De Oppreso Liber,*

*The Major*

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

# This Month's Featured Articles

## Would You Freeze for This?

By Tim Kauppinen (Coach K)

Think about how fun it would be to sit outside overnight in sub-freezing temperatures... and end up with nothing to show for it.

My wife told me a story that I just had to share with you. Frankly, it boggled my mind.



Let me tell you first that Tammi is a dedicated, day-after-Thanksgiving Day shopper. A tried and true Black Friday veteran.

Last year she left home at 3 am to make it to the first store opening by 4. She enjoys the craziness and shares the experience with her sister and mother.

To make a long story short, many hours and multiple stores later, she ran into one of our old neighbors, who told her this story:

"We waited overnight at (a certain blue and yellow themed electronics store) to get in on the early bird deals. We got there at midnight, stood in line and froze (low of 15 degrees F) - all to be one of the first people in the door. But, we didn't go early enough - we waited all that time but, once we got in, everything we wanted was already gone..."

(You may be wondering why I'm telling you a shopping story. I promise you there's a good reason, and here it is)...

It always amazes me what people will go through to get something they really, REALLY want. They'll stand in line, fight through crowds, be uncomfortable, withstand the cold, the rain, the snow - anything to get what they desire.

Unfortunately those things they want are usually just material goods. A new computer, a bigger TV, the latest gaming system...and, hey, I'm all for having those things too.

But, when it comes to more important aspects of life - like your health and fitness - many people have a more difficult time.

Either:

**They don't know what they want.**

**OR**

**They aren't willing to do ANYTHING necessary to get it.**

In the first case, many people don't know what their goals are in fitness and wellness. They have no problems envisioning that new LCD TV hanging on their wall, but can't (or won't) picture themselves as stronger or healthier or faster or fitter or leaner...

In the second, even if they can see where they want to be, they are unwilling to go to any lengths to get there. Some of these same people will camp outside for 7 days and nights to get season sports tickets for their favorite team, but won't take one single action towards reaching their fitness goals.

Anyway, ask yourself this about your fitness:

***What do I want?***

Then ask yourself this:

**What do I REALLY want?**

Define it. Turn it into your burning desire. Doing so will help you go to any lengths - to do whatever it takes - to get it.

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



**"Things turn out best for the people who make the best of the way things turn out."**

**-John Wooden**

## Weight Loss Tips for Continued Motivation & Accountability

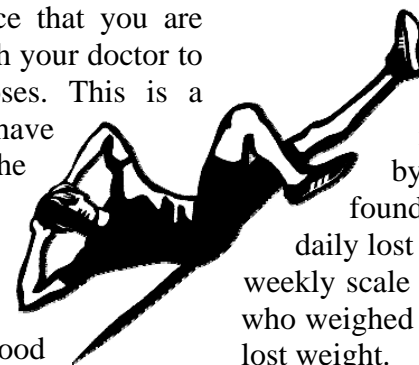
By Jill Fleming, MS, RD

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**

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 wanted to let you know I love Combat Endurance Training, have given up my chiropractor, losing weight, feeling stronger, look forward to class each night and to burning the extra calories than my normal walking doesn't do".*

**- Stefani Lounsbrough**

**The 7 Habits of Highly Blubbered People**

**By Ed Baran**

If you are interested in the best way to get fat, then this is your lucky day.

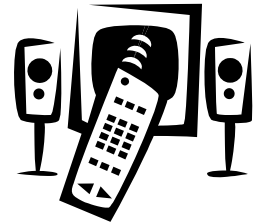
I'm going to reveal some world class tips, some of which are worth their weight in gold.

These are the

**7 Habits of Highly Blubbered People:**

**1. Avoid exercise at all costs:** Make excuses that you are too busy or too tired to work out, but be certain to make time to watch TV. Any excuse is a good excuse.

**2. Avoid moving your body at all if possible:** Take the elevator; drive whenever you can even if it's to go across the street; use the drive-thru when going to Krispy Kreme or Burger King. Heaven forbid you burn any calories walking from your car to the counter at KFC. And always, without exception, use the remote when changing the channel on the TV. Don't even think about getting up to change it.



**3. Have a bad attitude about yourself and life in general.** Fatalistic feelings of doom and gloom are great for stress, and stress is a wonderful way to get fat. If you feel down about yourself, don't think about the Truth that you're worthy; instead deny anything good about yourself and invent bad things.



**4. Eat all the wrong foods.** And eat lots of them. Stuff your self so you feel sick to your stomach. Compulsive eating should be mastered if you are at all serious. Moderation is no way to gain blubberage. You gotta commit to pounding the crap, not dabbling in it. That's for amateurs.

**5. Spend your leisure time in front of the idiot box.** Passively sitting on your rear watching TV is a wonderful way to turn into a big blob of blubber. It's also a fantastic way to avoid life and your thoughts.

**6. Don't breathe too deeply because you might activate some muscles, or relax and get oxygen into your system.** This is a big no-no. Only shallow wheezing is allowed.

**7. Persistence and practice are key.** Just like getting a fit body requires some action, so does getting gargantuan. It's not about letting yourself go but rather making the effort to do the things that hefty people do. This takes time and work to get massive but you can do it.

If you're interested in packing on the blubber, follow these 7 Habits to a T and you'll have no problem reaching your goal. Believe you me, it actually takes more work to get blubbery than fit.

Do what's easier and better.

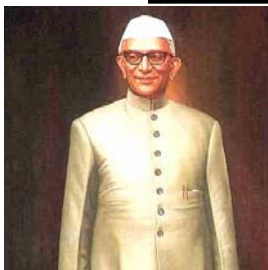
Wishing you the best,

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



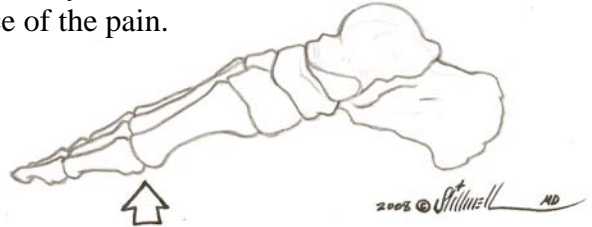
**“Life at any time can become difficult: life at any time can become easy. It all depends upon how one adjusts oneself to life.”**  
**-Morarji Desai**

## **A Pain in the Balls (of the feet)**

**By Dr. Bill Stillwell**

One of the most annoying pains that can interfere with your workout, not to mention running, jumping, or even walking is metatarsalgia. This is a pain, of mild or intense degree, that affects the balls of the feet, technically the metatarsal-phalangeal joints, which join the toes with the supporting bones that give the foot its length.

Often, the pain is localized to the second or third metatarsal head, which may have “dropped” a bit lower than the others, thereby becoming a single point on which the body weight is focused. This concentrated force, is essentially a repetitive trauma, which may stimulate a localized inflammation, the source of the pain.



Naturally, anything that increases the force on this inflamed metatarsal head will increase the pain; anything that disperses that force, thereby reducing pressure on that metatarsal head, tends to reduce or relieve the pain.

Women who like to wear high-heeled shoes, and cowboy boots are examples of the former. These shoes or boots are actually examples of an inclined plane, which drives all the pressure of body weight right onto the metatarsal heads. The steeper the angle of the shoe, ie., the higher the heel, the worse the effect.

This is a surprisingly painful malady. It can make the simple act of walking, much less attempting to run or jump, a real trial. Obviously, this can also interfere with your Combat Endurance workout. So the trick is to relieve the pain, while still allowing all desired activities.

Fortunately, there are a number of things you can do. First, check your shoes, or sneakers. Based on what we just discussed, flat shoes, without much of a heel are preferred, or sport shoes or sneakers, with good padding and a stiff sole. These minimize the weight bearing on the sore spot and the shoes cushion the shock of walking.

Next, look inside your shoe. Chances are, you have a worn spot on the insole, where your prominent metatarsal head is rubbing. About one inch proximal (closer to the ankle) to this spot, place a pad. You can make one from a folded up tissue, taped into place.

There is also a preformed pad you can get at a drug store or foot specialty store. The idea is to bear the

weight on a different spot on the metatarsal, giving the head a chance to rest and avoid further pressure. Initially, you feel like a walnut is in your shoe, but rather quickly, your body accommodates and the pain dissipates. I've used this myself and it really works—it becomes quite comfortable.

Alternatively, you can place an adhesive gel pad (also from a pharmacy or foot store) on the insole, over the entire ball of the foot (ie., all the MT heads). The principle here is slightly different—the weight is dispersed over a much broader area, so the unit force on the sore MT head is reduced. This is the way snowshoes work.

Soaking the foot several times a day in hot water (for about 10-20 minutes each time) may be difficult, but ideally this helps to bring healing blood to the region and reduce inflammation.

The anti-inflammatory regimen I've written about before is applicable to metatarsalgia, as to other inflammatory conditions. In brief, it consists of OTC NSAID's, like Aleve (WITH FOOD, please, to protect your stomach from acidity, ulcers, bleeding, etc.), fish oil, avoidance of red meat, local applications of DMSO, local steroids (1% hydrocortisone cream), and as above, hot soaks. For more detailed instructions, refer to the link below. In nearly all cases, some combination of these elements will provide rapid pain relief and restore your function to normal.

**NOTE FROM FRED**

Dr. Bill is the online handle for William Stillwell. Dr. Stillwell is 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)

**FRED'S FINAL THOUGHT**

In case you missed my email, some things are just hard to understand. Sometimes the best thing to do is trust our gut and believe that something is real even if we don't fully understand what it is or what it can do.

There's more to this world than what we can touch and see. Just because we can't feel or see it doesn't mean that it doesn't exist.

Such is the case with pure energy. It's all around us and the more we learn how to plug into it the more exciting and fulfilling our lives become.

Today you'll have the opportunity to meet and listen to a person who is very familiar with energy and the power that it has to change lives.

Coming in contact with the power of energy helps people conquer illness, helps them lead lives of meaning and purpose, and helps people fulfill their potential.

Listen closely as this amazing healer tells you about the value of finding energy in your life and how she has used it to change many lives for the better.

[CombatEnduranceTraining.com/interview\\_suchi](http://CombatEnduranceTraining.com/interview_suchi)

*Fred Nicklaus*

**Fred Nicklaus**  
**Combat Endurance Coach**

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**Combat Endurance Training**

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