



*Fred Nicklaus'*

# Combat Endurance Training

Health and Fitness Newsletter - January 2009

## This Month's Experts

Ed Baran  
Dr. Bill Stillwell  
Tim Kauppinen  
Jill Fleming, MS, RD

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- New Year's Evolution
- Water on the Knee
- Is This Holding You Back?
- Good Snacking Tips

## What Do You Expect For 2009

2009 is going to be a great year. That's only my opinion, but in my world that's a very important opinion. It's especially important because I know that what I believe and what I consistently choose to think and picture in my mind will often become my reality.

Let's take a quick look at the other side of the coin. I'll be sure to make it a very quick look because it's a place that you certainly don't want to spend much time in. That place is the doomy, gloomy forecast that our media is sending us for



2009. Give it a rest. Even if things may be tough, it does absolutely no good to believe that things will not change for the better. **Enough said.** No more doom and gloom talk

Wait, you want to hear more. You'll have to go somewhere else because I choose not to talk about it anymore. I'd much rather talk about what we all need to talk about and then do to make 2009 spectacular.

Here's a few simple things that will guarantee that your 2009 will be an adventure worth taking. **Decide to do the thing, whatever it is that you want to do, and get moving today.** There is one more thing. **Do the thing with passion. Practice how you want to become.**

Years back during one of my cardio kickboxing classes I had one of the women stop me and say that she wasn't getting the same results that she heard others getting. She had heard stories about weight loss, loss of inches, more energy and numerous other good things happening to people in class. I told her that she should do her workout and I would watch her.



She went about her business for about 5 minutes and I stopped her and politely told her that she was going to have to pick it up if she was going to experience the benefits that she was looking for. This was quite a few years back and if I remember correctly, I didn't see her in class after that. **Do you want the truth or not?**

**There's the rub. Everyone wants the results, but are you willing to do the work?**

It's good to picture the results that you want, but pictures without action is a sure path leading to frustration.

**If you truly want results than tell yourself to get out of your way.** What you had done in the past may not be good enough for what you're wanting in the future. Can you deal with that reality and take yourself to a whole new level of excitement and excellence or will you wilt away into the background and feed yourself a line of

B.S. about how you really didn't think that was such a good idea anyway.

Excuses are a dime a dozen and an easy fall back plan for us to get off of the fast track to success. **In most cases, it is your fault if you don't get the results that you are looking for.** Be honest with yourself and give credit where credit is due and a kick in the pants where a kick in the pants is due.

Back to 2009 being a phenomenal year. **Decide that it will be and decide to stick to a plan of action.** For those of you in my local classes that plan of action calls for 4 months of commitment. For those of you using the Combat Endurance Training DVDs, audios, and books that plan should also call for you to decide to give this a real go for at least the next 3-4 months.

As we continue to move forward in the next 4 months it's important that you always look to make progress in some way. It might be in the number of reps that you do. It might be in doing better form. It might be in monitoring your deep breathing throughout your routine. Be sure that you are looking for improvement and getting it. It

doesn't have to be big jumps but it does have to be some type of jump.



Use **Combat Endurance Training** to give yourself the energy, attitude, and belief in a remarkable you that you need to make 2009 a truly spectacular year.

*Fred Nicklaus*

**Fred Nicklaus**

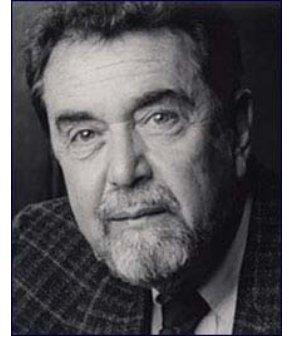
**Combat Endurance Coach**

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"There are two big forces at work, external and internal. We have very little control over external forces such as tornadoes, earthquakes, floods, disasters, illness, and pain. What really matters is the internal force. How do I respond to those disasters? Over that I have complete control."

**-Leo Buscaglia**

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### **COMBAT ENDURANCE WARRIOR**

*"Unfortunately, I caught the winter bug. I went for a chest x-ray to make sure I didn't have pneumonia. Before I give you the punch line, you need to know that my physician knows I have been participating in Combat Endurance Training, so when the technician called her with the results of the x-ray....Are you ready?...the technician said, "Are you sure she's 62 because she has the lungs of a 22 year old." The physician showed me the x-rays and pointed out the strengths of my x-rays. THANK YOU COMBAT ENDURANCE TRAINING.*

*Being the age I am, I probably have very different reasons and goals for participating in the program. I've always been very active and thought that would be enough to carry me through as I got older. Once I realized that simply being active was not enough, I started looking for something to do. That is when Dana suggested we try the program. I have been doing Combat Endurance Training for a year now, and I know I am stronger and hopeful that I am building bone density along with other long-term health benefits. Because of the above experience, I now have proof of the benefits for my program. I want to remain healthy, active, strong, and I want to be able to play with my grandchildren."*

**Donna Benden, La Crosse, WI**

# This Month's Featured Articles

## New Year's Evolution

By Ed Baran

During the 1990's, every January 1st I'd make my New Year's resolutions. They might have had to do with fitness or career or anything else. And almost like clockwork, come January 15th or so, I'd have already given them up.



I couldn't keep them for even two weeks. And so I figured the entire year was shot and I'd have to wait another 50 weeks before I could try again. So the rest of the year I spent wallowing and thinking I had blown it for the year.



This is the problem with New Year's resolutions. They seem so written in stone and shackled with time. And if you slip up you feel like you're condemned to failure.

And another thing. With resolutions it's like you don't even expect to follow them. You don't take them seriously. I don't know a single successful person who does them. In fact, I don't know a single person who's kept to one.

That's why I like the word "Evolution." It connotes something big but not so strict, or serious. You are going to evolve into something. Evolution is a series of zigging and zagging to the goal. Ups and downs, good and bad. It's all part of the process.

Let's say you have a goal of losing some serious poundage. You're going along okay with your feedings and exercising but then you slip up: you go on a three-day bender of donuts and TV. Under the rules of New Year's resolutions you've blown it and the year is a wash. You then beat yourself up and can't recover.

But if you realize this little episode is all part of your evolution, then it's no big deal. It's just a natural part of your growth. As long as these binges don't occur too often or too long, then you'll be fine. You evolve into the new you.

So what, you've fallen off the wagon and now you will get back up on it and you'll be back on track to success. This is the year of your Evolution (and Revolution). It's going to be big. Big changes are in store for you, but realize that evolution is a process and is always moving in the right direction.

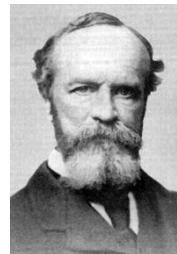
Wishing you the best,

Eddie Baran

### ***NOTE FROM FRED***

Great Message, Ed! It's easy to be the victim because then it's not your fault. You're empowered when you take responsibility. 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)



**"Compared to what we ought to be, we are only half awake. We are making use of only a small part of our physical and mental resources.**

**Stating the thing broadly, the human individual thus lives far within his limits. He possesses power of various sorts which he habitually fails to use."**

**-William James**

## Water on the Knee - What it is and What to do

By Dr. Bill Stillwell

Every athlete, or even every person who has ever exercised, at some time or another, has developed a swelling of the knee, with or without pain. Sometimes this is so minimal that only a trained physician can determine its presence. Other times, it's so obvious that anyone can see it, even through clothing or from

across the room. It's pretty dramatic when it happens, and if you don't know what's going on, it can be pretty scary, too.

Diffuse swelling around the knee can be caused by inflammatory swelling of the soft tissues themselves, often the reaction to a direct blow, as in a fall or collision, or some other form of impact. It can also be due to a joint effusion, or "water on the knee," an excessive accumulation of normal joint fluid within the joint space, produced by the lining membrane of the knee joint, the *synovium*. And, of course, it can be due to both, simultaneously.

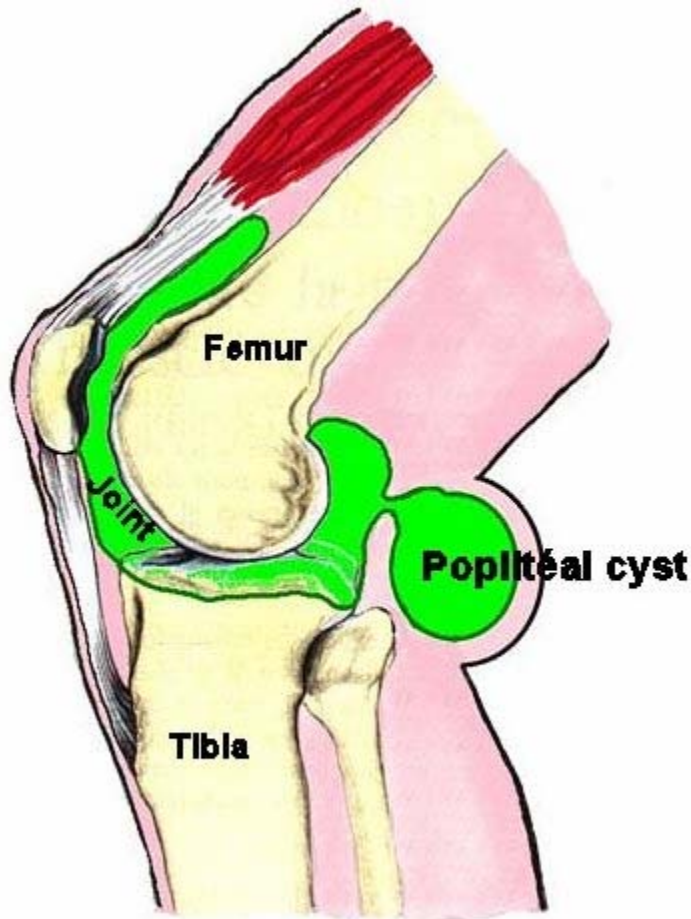
Water on the knee is very **nonspecific**. It can emerge as the result of a sprain of the capsule around the knee, or a sprain of the collateral ligaments, a torn meniscus, a loose body within the joint, a contusion (as noted above) or direct blow, and anything that provokes inflammation within the joint, like chondromalacia patellae, osteoarthritis, rheumatoid or other inflammatory arthritis, and any kind of infection. In other words, anything that can stimulate an inflammatory reaction can result in water on the knee.

Here's what happens. As a result of that evocative incident or process, the lining membrane's blood vessels become engorged with blood, increasing blood flow into the membrane. You can actually see the swollen vessels if you look at them through an arthroscope. The membrane becomes swollen and thickened as a result and it begins to produce excessive joint fluid. Normally, it produces just a few

drops, enough to provide lubrication and nourishment for the articular cartilage.

But when the synovium is inflamed, it goes into "overdrive," producing more and more fluid, which inflates the joint like a water balloon. In general, the more severe the injury or inflammation, the bigger the joint effusion produced and the larger and tenser the knee will feel. Sometimes, the effusion is so tense, the knee is very tight and motion is inhibited.

What to do? Well, the standard treatment for any acute injury is the first step: **R.I.C.E.**



**REST**—As with any inflammation, the more you use it, the worse it will get. Rest means limiting weight bearing and limiting motion.

**ICE**—Any source of cold, whether ice or a cold water blanket, will constrict the blood vessels and reduce the production of joint fluid.

**COMPRESSION**—Initially, an ACE elastic bandage, wrapped snugly, but not too tightly around the knee provides a counter pressure to the pressure building within the joint and inhibits further production.

**ELEVATION**—Raising the affected knee, preferably above the heart, will also reduce swelling and fluid production within the knee. Water runs downhill, so raising the knee will allow the fluid to literally "run downhill" back into the body.

In addition, anti-inflammatory measures, such as OTC NSAID's (Aleve, or Advil, etc.), or prescription NSAID's (Naprosyn, or Motrin, etc.), or even aspirin (no more than two tabs every four hours), taken with

food (to protect the stomach from bleeding, gastritis, ulcers, etc.) block the production of chemicals in the tissues that promote inflammation. Avoidance of red meat, a potent source of arachidonic acid, a precursor of inflammatory chemicals, and oral fish oil, which blocks the arachidonic acid, are also helpful.

After the acute phase, local moist heat for about 20 minutes 4—6 times a day and the use of an elastic or neoprene sleeve (snug, not tight), to provide support, warmth and counter-pressure to the joint, will also minimize the production of joint fluid.

If the effusion does not resolve within a few days to a week, *it is a sign that there is something wrong in the knee, even if there is no pain.* This should be evaluated by a licensed professional, physician, orthopedic surgeon, or other health care provider, to avoid cumulative damage from an occult condition within the joint.

### ***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)

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**“You have powers you never dreamed of. You can do things you never thought you could do. There are no limitations in what you can do except the limitations of your own mind...”**

**-Darwin P. Kingsley**

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### **Is This Holding You Back?**

**By Tim Kauppinen (Coach K)**

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

Tuned in to part of a show...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](http://www.CombatEnduranceTraining.com/experts.html)



**"Everyone has inside of them a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!"**  
**-Anne Frank**

### **A Message About Snacks**

**By Jill Fleming, MS, RD**

Carrying snacks at all times has helped me remain in control of my appetite. I always have a box of Triscuits or Quaker Oat Squares in my car. I regularly carry apples, bananas, nuts and cans of V8 juice in my brief case. I find that if I don't eat a snack when I first begin to feel hungry, I will get that out-of-control urge to binge within an hour or so.

After losing 40 pounds and keeping it off for 12 years, I realize that permanent weight loss is less about willpower and more about planning ahead.

I pride myself on always being in control of my appetite, but I know that this wouldn't be possible without having access to my snacks.

Quaker® has developed a new line of snacks that I have found to be very beneficial for my weight loss clients. These products are baked instead of fried,

making them much healthier. They satisfy the urge for something salty that crunches without the excess fat and calories that are found in potato chips.

### **Of these new products, my favorites include:**

- Quaker Quakes Rice Snacks. They come in several flavors, but Cheddar Cheese seems to be the preferred flavor of my clients. One serving is 9 mini cakes with only 70 calories and 2.5 grams of fat.
- Quaker Potato Sticks. They are shaped like crinkle-cut French fries and come in Sour Cream and Onion or Chili Cheese Flavor. The Chili Cheese Flavor has quite a kick. One serving is 31 sticks and contains 110 calories and 4 grams of fat.



I need to make healthy choices everyday to keep my weight where I like it. The 40 pounds that I lost 12 years ago is never far from my mind. Eating is one of my top five most enjoyable experiences in the world, with snacking being a large part of the calories that I consume daily.

The Quakes snacks are loaded with flavor and keep my fat intake under control, even if I do choose to eat more than just one serving. My favorite snack is the Sour Cream and Onion potato sticks. I will count out a serving size (31 sticks), put them into a bowl and put the bag away.

I have found that this will prevent me from eating the entire bag.

Enjoy!  
Jill

### **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:

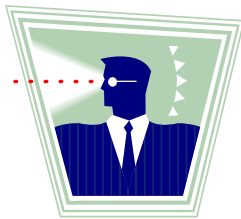
[www.CombatEnduranceTraining.com/experts.html](http://www.CombatEnduranceTraining.com/experts.html)

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**"Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens"**

**-John Homer Miller**

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**Remember...**  
**Bring-A-Friend &**  
**Become an Affiliate**

Just like I told you last month, I want to pay you for bringing your friends to my local class or for any affiliate sale you make.

**I will write you a check for \$67 for any friend that you bring to class who enrolls in our program.** We both know how beneficial this program is. It works! Help your friends by giving them the gift of health for the New Year. Any regular class will work for you to bring a bud to class.

Also, all you have to do to become an official Combat Endurance Training Affiliate is to go to the link:

[CombatEnduranceTraining.com/affiliate\\_signup.html](http://CombatEnduranceTraining.com/affiliate_signup.html)

I'll cut you a check for 40% of every sale you make from your Affiliate Link.

Your friends will thank you and so will I.

**FRED'S FINAL THOUGHT**

**A New Year. New Promise...**

What are some of the things that you really want to accomplish this year?

Let's stick to health and fitness for a moment.

How about weight loss, more energy, more strength, stamina to do daily things and things that you've never done before?

How can you make it happen?

It can be very simple.

It's a matter of deciding that it's important enough to do it and then getting on with it.

Here's what you want to avoid.

Try not to pick a goal that you are passionate about and then let your desire to achieve the goal burn low and then give up on the thing that would really make a big difference in your life.

There is nothing like the emotion and feeling of a job well done. Finishing something that you have always wanted to do is a terrific feeling and a milestone worth achieving.

You will always have reasons to move onto something else. The grass is not always greener. Giving dedicated effort to the task at hand and not being swayed from achieving the goal is a worthwhile undertaking.

Plan to do and feel things with your fitness that you have not felt before or have not felt for a long time. Become stronger, healthier, fitter, faster and anything else that you desire and then step back when it's all done and smile big for the progress that you've made.

**Best of Luck,**

*Fred Nicklaus*

**Fred Nicklaus**

**Combat Endurance Coach**

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**Combat Endurance Training**

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