



Fred Nicklaus'

Combat Endurance Training

Health and Fitness Newsletter - December 2008

This Month's Experts

Jill Fleming, MS, RD

Ed Baran

Dr. Bill Stillwell

Tim Kauppinen

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The State of Things



It's all around me. It's in the newspaper, on the radio, on the TV. It seems that every where I look and listen I hear stories about gloom and doom.

Bankers and mortgage brokers need help. Automobile companies need help. The economy is in a shambles. Garbage all around us.

So what are we to do and more importantly what are we to think?

Last week a friend sent over an audio interview with Rush Limbaugh. Barbara Walters was doing the interview. She addressed that fact that Rush had just signed a huge new contract during the middle of what economists are calling a recession.

As the interview went on Walters asked how he felt about making all of that money during times of such economic struggle. She asked him if he thought it was right for him to be doing so well during a recession. Didn't he know that we are in a recession?

His comment to her was very enlightening and insightful. Limbaugh said, "I choose not to participate."

I choose not to participate. It's a statement that we should all remember and use in our daily lives. What are you participating in during your daily life and in your mind?

Granted, many people are experiencing tough economic times. At the same time I wonder how it helps for anyone who is experiencing tough times to dwell on the negative and not believe that better times are just around the corner.

Enter our media. The all powerful monster who is able to control the mindset of our country. Tragedy sells papers but it does absolutely nothing positive for the psyche of our country. Wouldn't it be a welcome shift if the media would decide to tell us a good story for a change?

The thing that confuses me is that so many people take what the media is saying for gospel. They said it. It must be true. Why would anyone want to feed themselves with all of the negative babble on a continuing basis? How much junk can a person allow past the junk filter? Enough is enough.

We have a choice. We choose what to react to and what not to react to. Our lives can be as good or as bad as we choose to make them. Our lives will be a reflection of how we decide

to react to the things that are going on in our lives.

Over the years I've read countless stories of the atrocities of war. I didn't read the stories so much to study about these atrocities, but more to study how the survivors reacted to the terror that was going on in their lives.

Elie Wiesel is one of the authors who since being a prisoner in a German death camp during World War II has told millions about how he had to take charge of his mind and his desire to survive even with unbearable acts happening around him every day of his life.

John McCain told of the daily physical and mental struggles that he went through in order to survive the prisoner camps after the Vietnam War.

I've read of stories of survivors of the Vietnam War telling how they would go to the secret room in their mind to play 18 holes of golf at any chance that they could. This secret room then became their reality.

They were able to remove themselves from the torture and inhuman treatment of their captures by knowing that they still had a place that they could go that no one else had control over. They also found that their golf games were actually improved after years of being away from the game. Something to be said for the power of the mind.

The horrors of World War II, the Vietnam War, and all other wars have taught us that for many the difference between surviving and dying was the ability to believe that one would survive and the ability to create hope in a seemingly hopeless situation.

Our struggles only make us stronger. Our struggles give us stories to tell that can bring hope to others. We should all learn from the

heroic stories of these war survivors. Their message to us is quite simple.

**Press on. Don't give up.
Live life to the fullest.**



As you read this you may wonder why would I mention something so tragic in a newsletter about health and fitness. Quite simply it's because our physical health is as much a function of our mental outlook as anything.

You've all done a wonderful thing in taking a step forward to being strong and healthy. I know that your commitment has been exciting for you and has helped you make positive changes in your lives.

The health and the energy that you've gained are as much a function of your hard physical work as it is your belief in your ability to change and make progress. You have made progress because you were willing to press on and not give up when you experienced pain or discomfort. Because of your determination you've made it worth your while.



Because of your determination you have a result that you can be proud of. A stronger, healthier, fitter you is something that you have proved that you can have. Over time we learn that many of the obstacles in our lives are only self created obstacles that we come to accept as true. Continue to believe in your ability to create the life that you choose. It's a wonderful choice to make.

Fred Nicklaus

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Combat Endurance Coach

Winter Pre- Registration Begins December 15

Congratulations on your effort and your progress over the past 3.5 months. We'll take a few weeks off over the holidays but then we're back at it January 5.

It's time to get you registered for the next session of classes. The next session **will run for 4 months from January 5- May 5.**

Continue on with your journey to a stronger, healthier, fitter you. It's a journey worth taking.

Go to the website at:

www.CombatEnduranceTraining.com

and click on the link classes

Save Money By Bringing Your Friends To Combat Class



I want to pay you for bringing your friends to class.

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.

Be sure to tell your friends that there will be **FREE classes to try on Monday December 22 and Monday December 29 at 6 pm at Mt. Calvary school.** You can come too and get a few extra workouts over the holidays.

Check out the infomercial on **Charter Channel 8 starting on December 15. It will be running for two weeks at 7am and 7 pm each day.** Tell your friends about it.

Affiliate, Money Making Opportunities

Exciting times. Combat Endurance Training is growing. December has been a huge growth month for Combat Endurance. More and more people are finding my website and wanting their own piece of health and fitness. It's exciting to know that there's a way to help people locally as well as around the world.

I could use your help and I'm willing to pay you for your time.

Everyone has a circle of friends or an email list that you correspond with regularly. These same friends are potential customers of Combat Endurance Training.



This is simple. All you have to do is tell your friends about the Combat Endurance Training website at either:

www.combatendurancetraining.com

and let them take a look at the website.

If they decide to buy any of the DVD, audio, or book products on the site **you will receive a check for 40% of the profit of every sale. The items for sale range anywhere from \$16.95-\$258.**



If you're interested in helping me spread the word and the benefit of Combat Endurance Training you simply have to let me know so that we can assign you your own affiliate link so that you can start getting credit for anyone who comes to my websites and buys products.

All big things start in humble beginnings. I'm very excited about the potential for this program to help countless numbers of people. Your help will be an important step in spreading the Combat Endurance Training message of health and fitness. Be sure to let me know if you are interested.

This Month's Featured Articles

The Best Fast Food Choices for Weight Loss

By Jill Fleming, MS, RD

While fast food is typically not going to fit the definition of healthy, it certainly can be included as a part of a balanced diet. Here are my favorite suggestions for making the best choice at a fast food restaurant:

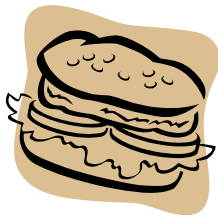


A salad is always the best choice as you will be consuming vegetables. A salad that is made with dark green leafy lettuce as opposed to iceberg is far superior in nutrition. Choose grilled chicken or lean meats on your salad for your protein choice. Be aware that the salad dressing is what can make this very healthy choice a disaster. Ask for the salad dressing on the side and dip the tines of your fork into the dressing and then into the salad. You will not feel deprived, as you will still have salad dressing on each bite. This is called the "dipping technique" and will drastically cut your fat and calorie intake at this meal, even if you choose the regular-fat dressing choice.

The best sandwich choice by far is the grilled chicken breast with barbeque sauce. Skip the mayonnaise that has just as much fat as butter. Although the bun is always made with refined, white flour, which offers little in the way of fiber, it only contains 2 grams of fat per bun.



If you are getting tired of eating grilled chicken breast, choose the regular hamburger. Again, skip the mayo. Ask that lettuce, tomato and pickles be added to your burger to add some nutrition and increase the volume of your meal.



Limit the choices that indicate that they are fried. The term "crispy" or "crusted" usually indicates that the item has been deep-fried. Instead, eat your favorite



fried food choices at home and bake them to create an "oven-fried" healthier option.



When you are choosing a menu item that is higher in fat, be sure to drink water instead of a sugary soda with it. The "sugar-fat combination" is the optimal combination for body fat storage. If you really want to have a soda, drink it an hour or so later and think of it as your dessert.



Soft serve ice cream is an excellent dessert option. The ice cream is low in fat and calories. It also contains calcium, which has been recently found to be correlated to greater success in losing weight and maintaining lean body mass.



Eating to the point of uncomfortable or full is not advised, whether you are eating fast food or any food. Eating to this level causes your body to increase its lipogenic (fat storing) enzymes.

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

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 Lounsborough

It's Your Fault?

By Ed Baran

It's all about personal responsibility - it's nobody's fault if you're unhappy, overweight, broke, whatever, other than you're own. True, some are given a raw deal to start with and do have obstacles to overcome.

No doubt.

But still, the bottom line is if you want peace and happiness you have to find it yourself and rely on no one else.

I've told people this from time to time, and there were those who actually wrote and said that I should have apologized because I was offensive. That since I had hurt someone's feelings (because I said one guy could be so much more and pointing out bad behaviors), I came across as critical. This, of course, warrants me prostrating myself and begging forgiveness.

Please.

We've become a world of appeasers and apologists, making excuses for any bad behavior as long as someone plays the victim card. If you're the least bit critical of someone - even if it's for his own good - then you've sinned, whether your "crime" was real or not. The law of **"my feelings are hurt"** is what matters, not any facts or logic. Whoever whines and complains the most wins, I guess. Squeaky wheel.



But I won't apologize. The guy offended me by saying I offended him. Therefore HE should be the one apologizing to me because I'm offended, darn it! Somebody do something.

And finally there were those who wrote and told me to stick to fitness and not talk about attitude and behavior, that it has nothing to do with anything. (And to stop with the preachy tone of voice.)

Huh. What?

Of course fitness is all attitude and behavior. And about personal responsibility. Even the best fitness programs in the world -

CombatEnduranceTraining.com
or **EddieBaran.com**

(heh ☺) - can't help you if you don't have the right attitude. Whoever you are it's up to YOU, and only you, to change (that is assuming you want to change). If you're fine the way you are great. If, however, you're complaining and not happy, then make the change.

When I was a kid I bemoaned the fact that I was skinny and weak, constantly complaining about it. I somehow thought that the more I complained and the more I beat myself up, the faster someone else would hear my "plight" and then somehow muscles would miraculously appear on my body. Somebody out there would help me.



Well, someone finally did hear my plight and did help me. He put me in my place. He told me to shut up, quit crying and to do something about it.

I got the message loud and clear and I finally did do something. Plus I stopped complaining. I realized that no one else could do it for me. That's when I had a switch in attitude and I finally began getting better.

Everyone has a superbly fit body within. And if you want it then it's your choice to go and get it.

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

Achilles Tendonitis – How to Prevent It & Treat It By Dr. Bill Stillwell

Anatomically, the Achilles Tendon is the thickest and strongest tendon in the body. It connects the strong calf muscles (the superficial gastrocnemius and the deeper soleus) to the posterior heel bone. Its action is to plantar flex the foot, by pulling up on the heel bone (calcaneus, or os calcis), using the ankle joint as a fulcrum and pressing down the toes. This function allows toe pushoff during walking, running and jumping. Accordingly, sometimes participation in these activities can result in an acute or chronic heel cord pain, when the repetitive actions stimulate inflammation.

Achilles Tendonitis usually presents at its insertion into the heel bone, caused by avulsion (literally pulling out) of a number of Sharpey's Fibers, which attach the tendon into bone, though it remains intact.

The tendonitis can also manifest as pain anywhere along the entire length of the tendon, or in its upper end, at the junction with the calf muscles.

Another condition that can be mistaken for Achilles Tendonitis is Calcaneal Bursitis, which is inflammation of the bursa that lies in front of the Achilles tendon, in the triangular hollow, just above the heel bone, behind the malleoli of the ankle. If pain is elicited when this hollow is squeezed, then the problem is a bursitis. If this hollow is nontender, but the cord itself, or its attachment to the heel bone is tender, then the problem is tendonitis. And of course, not uncommonly, they can occur together.

This is not only of academic importance, even though initial treatment is the same for both conditions. If

injection of steroids is required, it's important that it be delivered to the correct target tissue, if pain relief and resolution of the inflammatory process is to be expected.

As with any inflammation of the ligaments and tendons, because these fibrous tissues have a relatively poor blood supply, once it's present, it can be difficult to resolve, even with treatment, and a long, chronic, painful disability is often the case. For this reason, prevention of the condition is of extreme importance.

PREVENTION

Prevention relies on stretching and strengthening exercises. Proper warm-up is likewise important to increase local blood flow and minimize risk before exercise or sports activities. Because the inflammation of the tendon is initiated by microscopic injury to the fibers of the tendon, or the fibers which anchor the tendon to the bone, prevention is aimed at strengthening the tendon and its insertion.

Gentle and frequent stretching of the ankle in dorsiflexion (toes and foot bent upward), preferably after exercise or activity, will gently elongate the tendons and improve flexibility of the ankle. It also conditions the tissues to tolerate repetitive stresses, increase tendon flexibility, which decreases the risk of microtears.

A good simple stretch is to stand at arms length from a wall, heels flat on the ground. While keeping the heels down, lean into the wall, using your arms as a support, until the stretch in the calves and heel cords is felt. Hold for 10-15 seconds and relax. Each repetition, attempt to stretch a little further.

**Achilles
Tendon**



Isometric exercise is well known to specifically increase tensile strength of these fibrous tissues and their bony insertions. For strengthening the Achilles Tendons, isometric calf raises, using an immovable resistance, for repetitions of six second contractions are most effective.

Good quality shoes with adequate cushioning and support can help absorb excessive shocks, from running and jumping activities.

TREATMENT

Once tendonitis is recognized, however, a number of methods must be used simultaneously to alleviate pain and reduce inflammation. Rest is important. This can be done by using a support, like a cane while walking.

Even more important is the use of a 1-2 inch raised heel lift on your shoe. This raises the heel to relax and relieve stress on the Achilles Tendon, while walking, and permit healing. These measures, in combination with the use of OTC anti-inflammatory drugs (ie., Aleve, ii tabs twice a day, WITH FOOD, to protect the stomach), prescription NSAID's if necessary (same precautions), avoidance of Red Meat and other foods containing high levels of Omega 6 Fatty acids (to reduce arachidonic acid—a precursor of inflammatory chemicals like prostaglandins, which elicit pain), Fish Oil and other sources of Omega 3 Fatty Acids (which have a known anti-inflammatory effect), anti-inflammatory nutraceuticals (like Ginger, Tumeric, Devil's Claw, Bromelain, etc.), local heat (20 minutes, 4—6 times a day) and/or hydrotherapy are all effective, given time. Like all inflammations of the fibrous tissues, based on the healing time of the protein collagen, of which the fibers are composed, healing takes time, often 6-8 weeks or longer.

If symptoms fail to respond to these conservative measures, injection of the tendon sheath with a 50-50 mixture of local anesthetic and a steroid drug (Celestone, Depo-Medrol, etc.) is usually effective, but if not immediately, it can be repeated after 3-4 weeks up to three times.

The injection must NOT be delivered into the tendon itself, else degeneration and potential rupture if the tendon can result. So, this must be done by an

experienced orthopaedist or physiatrist, and under strict sterile conditions, to avoid infection. If the tendonitis is combined with a calcaneal bursitis, injection directly into the bursa can be done, as well.

Once inflammation and pain have resolved, gentle stretching and strengthening exercises can be started and progressed slowly, as tolerated. It's important to give yourself adequate time to heal before returning to full power running or jumping sports, usually at least several weeks.

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

COMBAT ENDURANCE WARRIOR

"I've been doing your 9-Minute workout for several months now, but it REALLY paid off for me last week.

Over the Thanksgiving holiday, my husband, our daughter and I were staying the whole week at my in-laws' home in Ohio, with a very full schedule of social obligations and other responsibilities. I had very little time to myself, and even less privacy, and your 9-Minute Combat Endurance Workout saved my sanity.

I was able to sneak downstairs to the basement and do it without disrupting anything or bothering anyone. Afterwards, I felt refreshed, renewed, and ready to meet the challenges of the day: two television sets, each on a different channel with the volume set on ultra-high, a rambunctious 6 month-old puppy shedding long silky hair that stuck to EVERYTHING, constant exposure to holiday food and in-laws, and sleep deprivation from our ancient mattress.

The value to me of your 9-Minute Workout? PRICELESS."

Dr. Louise Achey

Right in Front of Your Face By Tim Kauppinen (Coach K)

Not being able to find what you're looking for is one of the most frustrating things in the world. Sometimes you look so hard that you miss seeing what's right in front of your face.



I lived this situation already a while back.

Woke up, got ready and was all set to go out the door. No keys.

Immediately my mind flashed to all of the strange places they could be...and of what was going to happen to my day if I didn't find them.

I thought about the last time I had them. Last night when I was doing snow removal.

I re-traced my steps - first in my mind, then physically.

"Let's see," I thought. "I moved the car out of the garage, put the snowblower back in. Moved the truck into the garage. Moved the garbage cans out to the street. Put ice melt on the sidewalk. Took off my boots and coat. Went to the laundry room and put hat and gloves in the dryer...and on and on through my entire evening of events..."

Looked in all of these places... still no keys.

All the while my mind was also thinking the worst. I got into playing the "what if" game in my head. What if I dropped them in the snow? What if I had locked them in the car? What if I didn't find them and I couldn't drive to work? What if my 2 year old took them and hid them.

Asked my kids if they had seen them. Turned the house upside down. Coat pockets, laundry baskets... No dice.

Then, as I walked back into the kitchen for the umpteenth time - there they were. Sitting in plain sight on the counter.

So, why hadn't I seen them before?

(First thought - paranormal, poltergeist activity, of course...)



Here's really why. I let my mind take over and over complicate things. I was so focused on all of the crazy places my keys might be - I ignored where they actually were.

I made things too complicated - even when what I was looking for was right in front of my face.

A lot of people do the same thing with their health and fitness. They make getting in shape too complicated. They focus on the what if's. They think way too much. They search and search for the perfect answer - all the while not getting started on anything.

Thinking the worst or thinking too much - both will get you nowhere - fast.

The better way is to keep it simple. More often than not the answer is right in front of your face.

Your keys to the new, fitter you might also be closer than you think. Check and read all about the best ways to get lean, strong, fast and full of energy with my programs at

www.CombatEnduranceTraining.com/experts.html

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

COMBAT ENDURANCE WARRIOR

"The last time I wrote I told you how strong my core was feeling, like it used to when I did Pilates. Well...I've surpassed Pilates now. I did an old Pilates routine the other night & I could do everything I used to do before, but I could also do exercises I could never do before! And I could do them with good form. I was so excited that I rattled on for a good 15 minutes about how

Cont'd

much I was getting out of your program, and I think I may have convinced my husband to give it a try at home. For a non-exerciser like him to be moved to try this workout, that's saying something. I think he also may be jealous that I can do more push-ups than he can."

-Andrea Parr

FRED'S FINAL THOUGHT

It's been an exciting year. There have been many changes in my life, some very uplifting and some very challenging. Through all of these I choose to press on and believe that what I am doing is very good for people and changes lives in a big way.

We all have dreams and we should all work to make them become reality. It's in realizing our dreams that we make our lives the exciting creation to get up for each morning. It's in moving forward towards our goals that we give ourselves that little bit of extra spark.

"You must give to get. You must sow the seed before you can reap the harvest."

-Scott Reed

You'll all taken steps to sow your seed to a healthier you. The seed can only grow if it is encouraged and nurtured. I encourage you to continue to work on this energy project that you have started. All too many times I have seen people make tremendous changes in their lives only to fall at the wayside as they

let the excuses of life catch up to them. (Time, money, desire)

Don't let excuses steer you away from the things that make your life special. They really are only excuses. If you have to struggle to make your dreams become reality then be thankful for the struggle. It only makes you stronger and more thankful when your dreams are finally fulfilled.

It's a very special time of the year. For myself and other Christians it's the time of the birth of Jesus Christ. He brought hope and joy into the world for millions It's a time of giving and of receiving gifts. Whatever your beliefs, I urge you to continue to make every day a time of giving for yourself and others. By giving of yourself you will always receive more. It's the law of the Universe.

"In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us."

-Flora Edwards

Have a Wonderful Holiday Season. God Bless.

Fred Nicklaus

Fred Nicklaus

Combat Endurance Coach

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Combat Endurance Training

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