

Sports Health—Are you ready for peak performance?

The ultimate athlete is built for speed, endurance and peak performance with movement efficiencies, ideal recovery and minimal risk for injury. To achieve success athletes at all levels must have the drive and the commitment to train hard but more importantly train and recover smart. Building a solid plan and having the right team of people will not only make a difference in your performance but will give you the edge over your competitors. *Its time for peak performance, are you ready?*

Visualize - Commit - Execute

Before you can even plan for peak performance you have to start with a vision of where you want to go and then build a solid foundation. Whether you want to complete a marathon, get an athletic scholarship into college or win a title at Wimbledon, setting your goals is the first step to building a plan. Next, you must make the commitment to do whatever it takes to succeed and stay healthy. Lastly, select your team carefully. As an athlete you must take responsibility for your journey and not only hold yourself accountable, but the team of people around you.

Build your team

Surround yourself with people who believe in you and have a strong commitment to help you achieve your goals. Each member can play a specific role in your success, so choose wisely. Make sure that whomever you select has proper credentials, specific expertise and experience working with athletes at the appropriate level you need to succeed. Take time to talk to other athletes, interview candidates and do your research.

Start with the fundamentals and identify your weak link.

Build Sound Movement Patterns

Fundamental movements are the building blocks for strength, endurance, speed, power and agility. If an athlete does not move well, over time the body learns to compensate causing microtrauma to joints and muscles. This may not initially affect performance but eventually the athlete will experience breakdown, inconsistencies, loss of power, fatigue, recurrent soreness and ultimately injury. Working with an expert such as a physical therapist or strength and conditioning specialist will help set the framework to maximize your training efforts and direct where to focus your attention.

Solid Physical Conditioning

Work with an athletic trainer or strength and conditioning expert to assess areas such as strength, power, speed, agility, coordination, balance and endurance and then figure out the best strategies to create a balanced foundation.





Healing for the body.
Performance for *Life*

Proper Skill and Technique

Many factors should be considered to assess your skill and technique such as sport specific testing, competition statistics and technique analysis in order to help identify areas of concern. Working with a skilled coach who understands the demands and fundamental aspects of your sport will be paramount to your success.

Competition & Training Schedule

Athletes train and compete throughout the year and target different periods of physical training and sports skill in order to peak their performance during competition events. Use training diaries and a journal to help build a sustainable schedule and identify appropriate training and recovery periods.

Select the Best Equipment

Equipment can range from clothing, shoes, orthotics, sunglasses, bracing, taping and specific sport equipment such as a racquet. Work with experts and your coach to help identify the best equipment to support your athletic performance and minimize injury.

Know your Environment

Being prepared for extreme weather conditions, adjusting equipment to support surface changes and bringing key items to support your training while on the road can all be helpful during training and competition events.

Ideal Nutrition and Hydration

Athletes require the right amount of nutrients to support their training, maximize their recovery and help repair their bodies to support a long career and consistent performance. In order to identify your specific health, nutrition and sport needs, consider working with a sports nutritionist or health coach who has experience with athletes and your specific sport.

Adequate Warm up and Recovery

Prepare your body by performing exercises that mimic the movements needed for your sport such as a dynamic warm up. After practice, training and competition don't skip your cool down. Perform a few dynamic movements, cardio cool down and static stretch key muscles used during your sport activity. Additionally, to aid and soothe muscle recovery use ice, hot/cold shower, Epsom salt soak, compression garments, Deep Blue dōTERRA essential oil, MELT method, restorative yoga or get a massage.

Sound Sleep: Rest, Repair, Rebuild

Seasoned athletes get 7-9 hours of sleep, travel with their favorite pillow, meditate before going to bed, turn off electronics 2-3 hours before bedtime or use dōTERRA essential oils such as lavender to aid in a good night's sleep.

Minimize Stress

Managing performance expectations, training loads, schedules, travel, family obligation, competition readiness, media and sponsor requests are just a few areas that can impact an athlete and cause stress. To minimize stress try restorative yoga and meditation, a dōTERRA ARōMATOUCH essential oil treatment, build a healthy schedule, prioritize your efforts, get adequate rest and if needed work with a sports psychologist to target specific areas.

Maintain Health

Don't let an injury or health issues sideline you from training and competition. Be proactive to address issues before they become a problem. Work with medical and health professionals such as a physical therapist, athletic trainer, acupuncturist, chiropractor or medical doctor to help identify areas of concern and come up with solutions to prevent injuries or illnesses before they happen.

So what are you waiting for, it's time for peak performance, are you ready?

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