

The Biggest Obstacle to a 100% Successful Offseason

November 2, 2017

As we head into the offseason, many kids will play a different sport, head into the weight room, attend agility programs, or maybe do all 3.

For all the effort put into doing as much physical conditioning as possible to gain weight and get stronger, there is a GLARING WEAKNESS that is the cornerstone to facilitating the weight & strength gains:



In my 12 years as a chiropractor and baseball pitching coach, diet is the SINGLE biggest obstacle to athletes getting the gains they want in the offseason.

So little attention is paid to eating correctly that much of the work done in the offseason is for naught as the body does not receive the nutrition it needs to repair, recover, and grow in the offseason.

- ✓ Not sure what foods to eat?
- ✓ Not sure what foods to avoid?
- ✓ What should my #1 priority be in the offseason regarding my diet?
- ✓ What about nutrition supplements?

You can make an appt for a nutrition in my office where we answer all of these questions and get an individual plan for your young athlete.

[Click here to make an appointment online](#) to meet in my office where we sit down for 30 minutes and start to examine your son's nutrition and give him the information he needs to optimize his diet.

How Important is Nutrition?

[An article just printed in the NY Times](#) compared to use of heat or ice after exercise to see which improved recovery the most at the next workout:

Running a Marathon? Think Hot Tub, Not Ice Bath, Afterward

Phys Ed

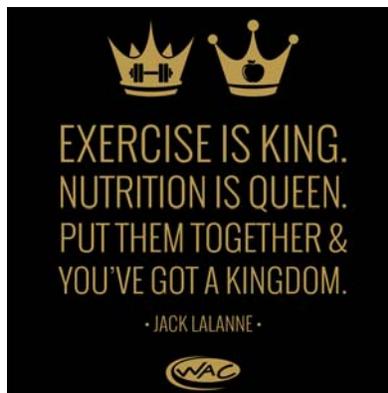
By GRETCHEN REYNOLDS NOV. 1, 2017

While they found that applying heat to your muscles after exercise improved muscle performance at the next workout, this occurred ONLY when the exerciser's diet was proper:

"...muscle fibers turned out to have recovered best after being heated – but only if they had also been exposed to glycogen. When the fibers had not received any refueling after their exercise, they did not regain their original power, even after pleasant warming."

**If you're not following a proper diet,
you're not doing all you can to maximize recovery and minimize injury risk.**

Just remember:



Questions About This Newsletter?

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