

2007 Mid-Atlantic Strength Symposium Announced

I have gathered some of the best strength professionals on the east coast for this one day strength symposium, including Eric Cressey, Jason Ferruggia, Jim Roney, Steve Horwitz, Dr. Daniel Fabricant, and Tim Kontos. The presenters collectively have elite status in powerlifting, a DOC, a Phd, and numerous books and published information amongst them. For more information and to sign up for the symposium on February 27, 2007, visit www.hamerstrength.com.

New articles: Read the latest article posted by VCU's Assistant Athletic Director for Sports Performance, Tim Kontos, titled [What I Wish I Knew](#). This article was originally posted on [EliteFTS.com](#).

New questions posted: How do you know if your athletes are overtrained? Check out the answer at hamerstrength.com.

Three Free Nutrition Tips From one of the best in the field, Dr. John Berardi

Tip #1 Eat Pasta...Carefully by Dr. John Berardi

As a God-fearing Italian, I have to admit that I love pasta. But, as a gut-fearing weight lifter and athlete, I definitely have to choose the lower GI, nutrient dense, whole-wheat variety. During training phases that require or allow for higher carbohydrate intake (higher volume training), I'll eat one whole-wheat pasta meal per day. During other phases (like when I'm trying to lose fat), the pasta stays on the shelf in favor of a higher lean protein, good fat, and fruit and veggie intake.

Tip #2 The Sunday Ritual by Dr. John Berardi

To ensure that good foods will be available when you need them, use the Sunday Ritual. This is performed by setting aside three hours every Sunday to write out your menu for the week, shop for the week, and prepare your meals for the week. Cook all the meat, chop all the vegetables, measure out all the yogurt and/or cottage cheese, and distribute all the powders. Have them ready and set aside so that you can grab them in the morning and bring them with you regardless of what your day holds in store for you.

Tip #3 Fish Oil Rules by Dr. John Berardi

I consider fish oil to be an essential supplement for fat loss. Data from the University of Western Ontario shows that fish oil supplementation increases lean body mass (during non-dieting conditions), increases BMR (by up to 400kcal/day), decreases inflammation, and improves the ratio of fat/carb oxidized (sparing carbs, burning fat). Recommended dose: Start with 6–10 g per day of total fish oil (assuming 30% EPA and DHA).

These tips are sponsored by Precision Nutrition, our pick for the best nutrition and supplement resource currently available. Precision Nutrition, complete with two DVDs, two CDs, five manuals, and an entire cookbook, is the last word on eating for optimal health, body comp, and performance. For more information, visit <http://www.precisionnutrition.com/cmd.php?af=516140> or <http://www.precisionnutrition.com/cmd.php?Clk=1693931>.

Todd Hamer's latest article posted on DieselCrew

For anyone who doesn't read or know who DieselCrew is I highly recommend that you go visit it right now at www.dieseldcrew.com. These guys are sick, and they have some of the best videos on the web when it comes to strength training.

