

# HAMER STRENGTH-SPEED

## NEWS:

Newsletter #2 January 2007

Don't forget to sign up for the **2007 Mid-Atlantic Strength Symposium** on February 24, 2007. Hear some of the best strength professionals on the east coast speak at this one day strength symposium, including Eric Cressey, Jason Ferruggia, Jim Roney, Steve Horwitz, Dr. Daniel Fabricant, and Tim Kontos. To sign up, visit [www.hamerstrength.com](http://www.hamerstrength.com).

Check out Eric Cressey's *Magnificent Mobility*, one of the best products of 2006.



## Training for the Holidays

I have spent the past week traveling seeing friends and family. I realized during this time that most people I know are not very healthy. I know this might be a little unfair because it was the holidays and who eats well over the holidays (not me)? This got me to thinking. Here are three ways to train and eat right while out of town visiting family.

1. Plan your gym visits ahead. Find out where you are going and if there is a gym nearby. Find out what the gym costs to use for a day. Planning ahead can help you avoid wasting time looking for a good gym.
2. Do full body workouts while traveling. I know when I travel I cannot workout every day like I do at home. Because of this, I found it better to try to get 2-3 full body workouts per week on the road. Also, try some new things while traveling. I tend to increase my volume and mix up my training much more while traveling. This is great for the body.
3. Do not make eating a social event. This is probably the biggest thing I realized this holiday season. Most people make eating a social event and that leads to people needing food to be social. I was spending time with family, and I realized we would eat and then go to see some sites. Then we would discuss where we would eat or what we would cook next. There is already too much food around during the holidays. Do not make it worse by adding to the food already available to you.

## Two More Free Nutrition Tips From one of the best in the field, Dr. John Berardi

### Tip #4 Revving Up Metabolism by Dr. John Berardi

I recommend more calories than most do. That's because there's no such thing as a stagnant metabolic set point. Instead, metabolism chases intake. If you want a bigger metabolism, you need a bigger food intake. And if you're worried about fat gain with this approach, just use outcome-based decision making and adjust energy (calorie) intake every two weeks based on your results. Not much "damage" can take place in only two weeks. So if you end up boosting your metabolism, you'll be thanking me eternally. And if it turns out you're consuming too much, you can just adjust down.

### Tip #5 The 10% Factor by Dr. John Berardi

If some people eat one food not in their plan, their failure to be perfect sets in motion a psychological chain of events that leads to frustration and the inability to get right back on the plan. The all-or-nothing mentality sets in and they're back to nothing. But it doesn't have to be this way. One hundred percent nutritional discipline is never required for optimal progress. The difference between 90% adherence to your nutrition program and 100% adherence is negligible. So allow yourself the extra 10% wiggle room. This will allow you the freedom to eat a few extra things not on your menu without the guilt and subsequent crash.

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>