

CasePerformance

February Newsletter Part I



CasePerformance

“For Sport, For Life”

www.caseperformance.com

Here is the news that we'll cover in Part I of this month's newsletter....

I. Welcome & Changes in the CasePerformance newsletter format	2
II. Community Member of the Month Interview – Manjari Pillai.....	3
III. Performance Tip – Enough Knowledge to be Dangerous	7
IV. Meets/Events.....	9

CasePerformance

“For Sport, For Life”

www.caseperformance.com

Hello,

I hope that the month of February has treated everyone well and that find yourself a step or two closer towards achieving one of your short/long term goals. Things are active here for the CasePerformance team members.

Our [strength](#), [running](#) and [nutrition](#) consultations are going well. If you're interested in finding out about our group discounts please send us an [email](#).

I. Changes in the CasePerformance newsletter format

The final changes in the CasePerformance newsletter have now been completed. As you can see, the PDF version of our newsletter is now directly embedded into the website. We've eliminated a few clicks compared to what it was in the past and now you can view the PDF version without having to download it at all. However, you still have the option of saving and downloading it if you so choose.

I must thank Patrick Gokey who first encouraged me to eliminate some of the clicks in order to view the actual PDF version of the newsletter. He felt it would be best to put the PDF images directly on the CasePerformance site. In addition, I must thank Brian Putchio who then did the major legwork in setting it up such that the PDF's could be seen in the current form.

They always say that you're "only as strong as your weakest link" and when it comes to technology, I'm definitely the weak link of those who do the "behind the scenes" formatting work here at CasePerformance. Luckily I have both Brian and Pat in my corner to reinforce my weaknesses in setting up the newsletter in its current form... And, more importantly, preventing me from crashing the site in general!

Respectfully,

Sean Casey

CasePerformance

“For Sport, For Life”

www.caseperformance.com

II. Community Member of the Month...



Manjari, 2nd from left, smiling with friends after a great workout!

This month's CasePerformance Community member of the month is Manjari Pillai who comes to us from New Delhi, India. If her name sounds familiar, it should – Manjari graced us with her presence in contributing to the CasePerformance article, ['Tis the Season for Great Food](#) where she shared with us some of the Christmas holiday meals eaten in India. As mentioned in that article, Manjari is quite the training enthusiast and enjoys all aspects of training including that of both the body (resistance, aerobic, Pilates, etc) and the mind (meditation). But enough of my ramblings, let's turn it over to the CasePerformance Member of the Month, Ms. Manjari Pillai....

CasePerformance

“For Sport, For Life”

www.caseperformance.com

Hi Sean; before we get started, I'd like to tell you how honored I am to be a CasePerformance member. I religiously follow all your posts, interviews, etc and I should thank you for all the information you share with us. It's being quite beneficial for my professional and personal wellbeing.

Thanks Manjari!

First, tell us a little about your background... What forms of exercise do you all like to participate in? How did you first get interested in these areas? Were you active as a youth?

My passion for exercise extends from my youth. I was pretty active as a child and it carried into my schooldays with games, sports, dance etc. There was a break for a few years where marriage and motherhood took over but still I walked and jogged regularly. A few years ago, I am back on track with resistance based training, took my professional certifications and now training others.

Personally, strength training and Pilates would be top on my list in terms of my favorite forms of exercise. That said, I enjoy all types of workouts.

What is the current state of exercise (resistance, aerobic, yoga, etc) like in India?

I would say resistance training and yoga are pretty popular. As of late, dance aerobics and Zumba is a rage in metro cities.

When first starting off, what would be your advice for others?

My motto has always being technique first and progressive load second; Start slow, be wise and listen to your body. Always do a little homework before joining a health center or gym. It's always safe to take professional advice wherever you can; you would be amazed how much of a difference that can make.

Speaking in terms of generalities, what does your typical training week look like?

I do weight training four times a week and Pilates thrice a week. Also I am working more towards improving my strength and flexibility.

CasePerformance

“For Sport, For Life”

www.caseperformance.com

Are there any particular short or long terms goals that you're currently working towards with respect to your training?

Yes, I have never being much of a runner but have started to include it more in my daily workouts; hopefully a small 10k race this year.

One the biggest fears that I hear from women when I discuss resistance training is the fear of losing their femininity. As a female, did you ever have this concern when first starting to resistance train?

I myself have been a victim of believing that resistance training would cause me to lose my femininity. Overtime I realized that through proper training and under the guidance of individuals like you, this is nothing more than a myth. In the first place we women don't have sufficient anabolic hormones such as testosterone, etc that are responsible for those bulky muscles in male. Women can and should include weight and strength training in their workouts. In fact if you look at the Olympic women weightlifters, the only difference you can make out is that they have really strong well toned bodies!

Switching gears here, a topic I always get questions about is nutrition and supplements. What are your thoughts on these topics? Any particular nutrition and/or supplement strategies that you've found to work well for you?

Isolated whey protein has worked well for me and I am not a fan of fad diets. I try to eat organic and include healthy amount of carbs, protein and healthy fats in my diet. I believe your diet should be specific to your training and always take advice of an expert they are qualified and trained in this aspect. For example I follow CasePerformance newsletters and I have consulted with you, Sean, a couple of times regarding the same and I think every time I learn something new.

Any final thoughts/advice you're willing to share with us at CasePerformance?

Yes. Always listen to your body. There's no shortcut to good health or weight loss. Keep your goals realistic and what works for your friend might not work for you. I firmly believe you need to exercise your mind too along with your body. A little meditation helps.

CasePerformance

“For Sport, For Life”

www.caseperformance.com

Manjari – I am humbled by your many kind words in reference to the work we've done together. Working with you on things has been equally appreciated and enjoyed on my end.

Also I'd like to add that thoroughly answering these questions takes a lot of time and effort on your part. Thus, on behalf of our readers here at CasePerformance, I want to once again thank you for taking time out of your busy day to join us. Keep up the great work!

Thank you.

CasePerformance

“For Sport, For Life”

www.caseperformance.com

III. Performance Tip: Enough Knowledge to Be Scary

I'm guessing that many of those in the CasePerformance Community have heard the saying "Enough Knowledge to be Scary." For those not familiar with the saying, basically it reflects the idea of knowing a little about something, but incorrectly applying the knowledge, thus resulting in less than ideal results.

Well, suffice to say, this saying definitely applied to my actions upon occasion.... More than I'd like to admit! However, I've long claimed that [I'm no guru](#), so the fact that I've made a mistake or two with my own training should not come as a surprise. The key thing is that I learn from each of the mistakes in order to prevent them from happening again. Below are a few examples from when I first started to work out during 9-12th grade when American football was my passion....

First Example

"Enough knowledge...."

The best football athletes must not tire and still be going strong during the 4th quarter (final period of regulation for those not familiar with sport).

".... to be scary."

While training for American football as a high school athlete, I still remember, putting in a hard training session in the gym, taking a 20-30 minute break and then going for a 2-3 mile run in the middle of the afternoon when it was hottest.

At the time I thought to myself, "By running for a couple of miles after a hard training session, under these environmental conditions, I will be less fatigued in the 4th quarter vs. my opponents." Of course in doing this, I completely ignored the "training specificity" principle and, amongst other things, would have been wiser in incorporating more sprints into my training to improve my 4th quarter endurance!

Second Example:

"Enough knowledge...."

During hot weather sports, the body loses water and electrolytes via sweat leading to decreased performance.

CasePerformance

“For Sport, For Life”

www.caseperformance.com

Example 2: “.... to be scary.”

Here is another moment of buffoonery on my part. During one of the first games football games of my 10th grade season, the temperature and humidity were ridiculously high. Being that I naturally sweat like a horse, even when the temperatures are semi-cool, I was afraid of losing electrolytes via sweating and cramping up real bad during the game. Being the genius I was, I decided to mix 3 tablespoons of salt into a container of water and drunk it 90 minutes before the game. As you could imagine, my body went into overdrive trying to rid me of all of the excess salt & water by forcing me to go to the bathroom. During warm-ups, I had to leave my team 3 times to urinate in the cornfield behind the stadium. I probably ended up more dehydrated going into the game than what I ever would have been if I just would have done my normal pre-game routine... What the heck was I thinking?!

Moral of these two stories... Be careful how you use your knowledge and make sure you understand the FULL story before making foolish mistakes!

CasePerformance

“For Sport, For Life”

www.caseperformance.com

IV. Meets/Events

There is 1 event coming up in March that has been shared with me by members of the CasePerformance community.

1. Strength Guild Spring Strength Camp

Hosted by Phil & Sarah Stevens with Dr. Lonnie Lowery

Where: Topeka, Kansas

When: March 8th -10th (Friday evening through Sunday afternoon)

For more information [CLICK HERE](#)

That wraps up this CasePerformance newsletter. Thanks for being a part of the team!

And as always... Train smart, train hard and leave the excuses to someone else!

Sincerely,

[The CasePerformance Team](#)