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June Newsletter Part I



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

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Hello,

I hope that the month of June has treated everyone well and that you 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. A Tribute to Fatherhood & Males

Fresh off of our motherhood/women themed [May newsletters](#), our June issues spotlight the other side equation, paying tribute to fatherhood and men. This is only fitting as, according to Wikipedia, a source which we all know is 100% accurate, 100% of the time (wink, wink), greater than 80 countries celebrate Father's Day during the month of June!

In our CP Community Member of the Month Interview, James Magee shares with us his athletic experiences in competitive rowing (ie – crew), the role his father played in his athletic career as well as the active role he's taken to increase awareness about the lack of exercise and nutrition education in medical school curriculum. Additionally, Alex Leaf shares with us some great tips for aging gracefully. As he says, "*... you don't want to be out-gunned by your son or daughter, do you?*" The lessons and advice shared by these men extend out to everyone, regardless of gender. (So yes – All you ladies will benefit from reading this newsletter as well!!!)

Our tribute to fatherhood and men does not end there. In Part II of our newsletter, we shift our focus to a couple supplements that may help invigorate the male libido and highlight some factors that protect against prostate cancers. Additionally, I share how my dad influenced the CasePerformance tagline of "*For Sport, For Life.*"

In closing, I hope you enjoy the uniqueness and insight shared in our father/male themed June newsletters as much as I did while assembling them!

Respectfully,

Sean Casey

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II. Community Member of the Month...



James Magee competing in the 2012 Henley Royal Regatta. Photo used with permission.

This month's CasePerformance Community member of the month is James Magee who comes to us from Bristol, United Kingdom. James competes at the top end of the club rowing circuit in the UK, a sport I have admired since working as an intern with the University of Wisconsin's Crew team. In addition to being a competitive rower, James is also in his final year of Medical studies and has completed various masters level exercise physiology and sport science classes.

Without further delay, let's get to our interview and start picking the mind and experiences of James Magee....

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First, on behalf of the CasePerformance Community, I want to thank you for taking time out of your competitive, academic and social schedule to join us here today; it's an honor and a privilege.

Tell us a little about your background... Did you participate in any particular sports or exercise in general while growing up? When did you really start to focus in on rowing?

I have quite a varied sporting background. I started swimming at quite a young age, ~ 6-7 years old. I then joined the club associated with the pool where I was at and began to swim competitively. I continued moving up through the age groups and began competing at county level by the age of about 10 or 11. At this point I was already training every day and doing multiple sessions at the local high-performance pool on the weekends.

When I started secondary school (age 11-12+) I quickly quit swimming. I was going through a spell of not enjoying racing and made a bit of a sudden decision. Looking back on it, I wish I'd had seen it out a bit longer. Throughout secondary school I played multiple sports, rugby the main one but also tennis, basketball and football (**Editor's note** – For those in the USA who receive our newsletter, remember that outside of the USA, football = soccer, so don't confuse it with American Football).

I actually didn't start rowing till my second year at University after giving rugby and kickboxing a good go for a year. I initially didn't make any of the starting squads as I had missed the official sign up deadline, but about 3 months in I went down to training on the evening of their first 2k test and beat all the guys that were already established in the novice/'freshman' squad. I was given a couple of weeks of intensive catch up lessons and finally invited into the squad halfway through the season.

Rowing took over all my spare time so training for rugby and kickboxing sloped off to a halt quite quickly.

With this being our Father's Day themed newsletter, what role did your father play in supporting your passion in this area?

My dad was always a keen sportsman growing up, getting to a pretty decent standard in athletics and football. He coached a football team that I used to be part of, and I used to go and play cricket with him in the summers. With regards to the swimming both my parents immensely supported me, taking me to training and races.

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My father has never been pushy at all with athletics. Rather, he's just advised me to do what makes me happy. I think I could have probably done with a bit of a kick up the backside to continue what I'd put into my swimming just before I gave that up but apart from that it's an approach that's worked well.

As a crew athlete, what did a typical training week look like?

So this year especially, given my academic commitments, I've had to be somewhat more adaptable with my training routine, but an ideal hard week would look something like this:

Monday AM: Max-Strength Weights

Monday PM: 75-90mins steady state

Tuesday AM: 75-90mins steady state state

Tuesday PM: 60mins harder steady

Wednesday AM: Max-Strength Weights

Wednesday PM: 75-90 steady state

Thursday AM: OFF

Thursday PM: Test piece

Friday AM: Max-Strength Weights

Friday PM: 75-90 steady state

Saturday AM: Race pieces

Saturday AM2: 75-90 steady state

Sunday AM: Race pieces

Sunday AM2: 75-90 steady state

As much as possible would be done on the water, but due to being at the mercy of the weather at a given time period during the year, more or less will be done on the rowing ergometer. Most of the work is done around aerobic threshold throughout the year which might seem strange for some people considering our official distance races are usually only around 6 minutes – however even over this relatively short duration it is the aerobic energy system that will supply the vast majority of energy. During steady state we'll incorporate a variety of technical exercises focusing on different aspects of the stroke.

Depending on time of the season and what races we have coming up (during the winter we have longer time trial races up to about 20 minutes in length) our test pieces and race pieces will vary from things like 3x12 minutes at various ratings, a 5k time trial on the erg to the higher intensity sessions like 6x500m intervals in the summer. The 'gold standard' erg test is the 2k however.

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To date, what is your proudest moment as a crew athlete?

Having my parents and brother both come to watch me last year in my semi-final race at Henley Royal Regatta (HRR) has probably been the achievement that I'm proudest of to date. I think when they saw the crowds and the level of competition, something twigged a bit for them about why I do what I do! We lost to the eventual winners of our event by a convincing margin but the buzz of having hundreds of people cheering you along the whole way is something I won't forget.

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

I'm very goal oriented. One of the things I love most about rowing is the instant feedback and how easy it is to track your progression, whether that be the numbers on the screen or the speed of the boat.

In terms of my physiology and training scores getting under 6:10 for a 2k erg would be one of my short term goals. I think I can get close to it within the next 12-18 months. It's not an outstanding score by any means but I know I would have worked very hard to get there. Longer term, i.e over the next 5-10 years I'd love to eventually go under 6 minutes, by that point I'll probably be looking at progressing by a second or two at most per season so it could be a while coming. I enjoy the weight training we do and I'd say I'm potentially more of a 'natural' power athlete than I am endurance. I'd like to clean 150kg (330 lbs), snatch 110kg (242 lbs), deadlift 250kg (551 lbs) and squat 200kg (485 lbs) within the next year or two.

In terms of racing goals, we have Henley Royal Regatta 2013 in just a couple of weeks' time. This is the main aim of the season for most rowers here in the UK. Although the crew I'm in this year is faster than our crew that got to the semi-final last year, the overall competition seems to be a lot stronger so we'd do very well to repeat last year's performance. Just after HRR this year are selection trials for the Home International Regatta, which is England vs. Ireland vs. Scotland vs. Wales. I have an application in for consideration for this year's selection trials to represent Wales (as I've been living there for the past 5 years for University) which I will hear back about soon.

Finally, I have one more year left in which to represent my University at the British University and Colleges Sport (BUCS) races (similar to the big US collegiate regattas), so I would love to finally get a medal in one of the championship events there.

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Switching gears here, we all know your training progress is greatly dictated by how well you recover between training sessions. Any particular nutrition strategies that you have found to be effective to meet the demands of your sport?

I could talk about this forever! I try to abide by good, evidence based rules and give good consideration to nutrient timing as well as the composition of my diet.

In general I would say I follow a high carb, moderate protein, low fat diet. I'm personally still convinced that this is the best approach for an endurance athlete who's goal is to consistently maximize performance. I eat whole unprocessed foods as much as I can (as in my experience they are cheaper and tastier too!) and try to consider nutrient density as much as possible, i.e. as well as the macros and kcals – what is this food giving me? In terms of Kcals on an average double training day I'll probably have in the region of 4500 kcal, on training camps this can go above 6000. I don't actually monitor my calorie intake or really weigh my portions out though. After having done this in the past I can now make a good estimate of how many calories are in the meals I eat, and I generally just go by how hungry I am. I do monitor my weight most mornings to help keep a track of my hydration however, so this also helps to guide my overall intake.

Immediately post-session I'll go for some high-GI carbs and small intake of protein. Outside of the immediate post-session window I favour lower GI carbohydrates. I rarely use intra-workout carbohydrate as I don't feel our training sessions are long enough to warrant their use.

Luckily in comparison to other endurance sports there is a lesser emphasis on power to weight and higher muscle mass is generally favoured to a point (drag does not increase linearly with the mass of the athlete in rowing). To this extent I try and think of my nutrition as a constant balance between trying to maximize muscle anabolism (and therefore recovery) and promoting fat utilization (important for both training adaptation and body composition). Hence why nutrient timing is so important in my opinion as these goals are generally considered to be at different ends of the 'diet' spectrum.

Building off the last question, are there certain supplements that you use to help fuel your training and recovery?

Again, nothing too complicated but just (what I believe to be) sound principles.

I have a couple of different bulk carbohydrate powders (maltodextrin and dextrose) which I use to take on carbs post session. I also have some whey protein which I can also add around workouts.

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I stay on creatine most of the year to help with the resistance training we do. I have this year experimented with Beta Alanine. Although it is largely considered an aid to sprint / anaerobic training there is some evidence that shows a positive benefit in certain more aerobic sports such as rowing. I'm not convinced though that there are any significantly ergogenic supplements for aerobic athletes. Again I have also experimented with Carnitine – and whilst the evidence is now mounting that it is indeed possible to increase Carnitine concentrations in exercising muscle I am yet to find convincing evidence for any performance benefits.

As mentioned in the intro, you are currently in your final year of medical studies. What particular branch of medicine do you plan to work in once you've graduated from medical school?

I'm still somewhat undecided. I really enjoyed the year out I had last year studying sports science and exercise physiology. When it's all said and done with respect to formal schooling, I'd like to work with high-performance athletes. Whether this be in a strictly medical role or in a more physiology / training related capacity I do not know – perhaps something that combines all these elements?

Now I know you've shared in conversation with me that you're co-authoring some research in regards to physical activity and medical school curriculum. Would you care to share that with the CasePerformance community?

Well it is my belief, however corny this sounds, that we don't globally really have much of a 'health' system currently. What we have is a 'disease' system which patches people up once they've already acquired ill-health. Surely, long term money, time and effort would be far better spent researching ways and means of preventing the array of non-communicable diseases society is currently plagued with? (things like cardiovascular disease, type 2 diabetes, many cancers etc.)

Well in fact there is already a vast body of evidence showing us the significant impact that appropriate nutrition and in particular physical activity have on the development or rather prevention of these diseases; Most of these are conditions which, by and large, seem to have simply been accepted as being part and parcel of getting old and getting fatter.

Now I personally would promote maintenance of a normal, healthy body weight achieved through exercise and sensible nutrition. I would like to add though that even if

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you're not of normal healthy body weight (ie – overweight and obese) and you don't experience weight loss when including exercise in your lifestyle, don't get discouraged and quit! Research seems to indicate that physical activity levels will reduce overall morbidity and mortality in those who are overweight or obese even without associated weight loss. In addition it has been shown that exercise prescription by doctors (when done appropriately and correctly) is adhered to by patients to the same extent as other treatments commonly prescribed for chronic disease.

Considering all this then, it is surprising how little teaching there is on this subject and more importantly, how medical students and medical professionals can appropriately inquire about and ‘prescribe’ exercise to their patients. From memory I believe I have had 1 lecture in 5 years that even began to touch on the subject.

The research I'm currently assisting on is focused on highlighting this as an area in dire need of significant improvement throughout UK medical schools. It is my hope that more will be done to adequately prepare future generations of UK medical graduates with respect to exercise prescription.

Here at CasePerformance we have presented a lot of research on prolotherapy ([Part I](#) – History & Mechanisms, [Part II](#) – Human Research). Is Prolotherapy practiced there in the United Kingdom or discussed in the medical school curriculum?

Prolotherapy (PT) is as you say one of the up and coming treatments in the sports-physicians armory - although as you mentioned in [Part I](#), It's actually been around for a long while and only recently resurfaced. People seem to fall into one of several camps here in the United Kingdom – 1). PT is no more effective than normal dry needling, 2) PT effective regardless of solution used, 3) PT efficacy dependent on solution.

There do seem to be certain patterns of use arising in the sports-med community with regards to exact protocol and injectable solutions used. At every conference I attend there will normally be several case presentations where PT has been used as a part of treatment. Important here is that it's generally an adjunct treatment not a stand-alone therapy. I think in the literature the evidence is currently that PT is better than placebo in certain cases, but until we better understand the underlying pathophysiology and aetiology of treatment effects then we are unlikely to be able to exploit the technique to its fullest potential. One of the theories behind the efficacy of PT is that the injection of the solution into the area of the injury has the effect of stripping / damaging the neoangiogenesis and activating pain fibers in the area - hence aiding pain relief.

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

Get the basics right! It is free and easy to ensure you are staying hydrated, getting enough sleep, keeping a training diary of your workouts.

For endurance athletes – get a heart rate monitor and don't be afraid to use it! Many people fall into the trap of overcooking their aerobic and lower intensity work. It does take a bit of belief to commit to a high volume, lower intensity program, but I believe there is overwhelming evidence to suggest that something like an 80-20 split (lower vs. high intensity) in training is a good basis for helping maximize training efficacy for most people. Hopefully this should permit people to get the absolute most from themselves when the time comes for these higher intensity session as opposed to blurring everything into moderate / threshold training.

Patience and consistency! Get excited by progress and not just race results. Everyone loves to win something but the thing that gets me out of bed early in the morning is knowing that by the time I've finished a day's training I'll have laid the foundations for going faster the next time I get in the boat. Multiply that by weeks, months, years and if you manage to keep the excitement of progress you will find you'll last longer in your sport and eventually reach further than you might have if you are constantly just comparing yourself to the abilities of others and the outcome of races. In general in a sport like rowing, if someone is faster than you it can often just mean they've been doing it longer.

Finally, don't underestimate mental toughness. Invest a bit of time with some visualization and imagery routines, and some trigger phrases or words (if you have access to a good sport psychologist make the most of them). Be prepared for that moment in a race where you have to make the decision about what depths you're willing to go to – and be honest with yourself afterwards about how close you got to achieving a true maximum effort.

I realize that thoroughly answering these questions takes a lot of time and effort on your part. There are a lot of solid insights and lessons that one can take away from your thoughts. Thus, on behalf of our readers, I want to once again thank you for taking time out of your busy day to join us. Keep up the great work!

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III. Community Member Performance Corner

This month's community member performance tip is contributed by Alex Leaf. A little bit of background on Alex Leaf... Since meeting him, I've come to learn that Alex is extremely passionate about nutrition and exercise. While he enjoys most aspects of exercise science, he is most interested in nutritional science, especially supplements. In fact, he is planning to attend graduate school next year and earning a masters degree in Nutrition & Dietetics before becoming a registered dietitian and focusing in on sports/exercise nutrition. But enough of my ramblings, let's get to what you all came here to see...

Don't be Outgunned – Keep up With Those Kids!

by Alex Leaf

Ah June, the end of spring, beginning of summer, and of course the month of men. More specifically, it's the month of fathers, and while you may not get the summer break your kids are enjoying, that doesn't mean summer is just another season. Whether you're stuck in the office or fishing on the weekend, here are several tips that will help you stay healthy and keep up with your kids. After all, you don't want to be out-gunned by your son or daughter, do you?

Have a cup of Joe

No, seriously, you really can't go wrong with coffee. Not only will it kick-start your morning but coffee intake is associated with a lower risk for a variety of cancers including lung, prostate, and colorectal.¹ And guess what? According to the International Agency for Research on Cancer, lung, prostate, and colorectal cancers are the top three causes of cancer death in men and make up about 40% of total cancer occurrence in men.²

In fact, a very recent study of over 18,000 middle-aged and elderly men found that drinking three or more cups of coffee per day was associated with a 37% risk-reduction in developing prostate cancer.³ Another study, following over 6,000 middle-aged men for 28 years, found that men who drank three or more cups of coffee daily had a 55% lower risk of developing lethal prostate cancer and concludes that any amount of coffee consumption is better than drinking no coffee.⁴ Furthermore, the association between

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coffee intake and reduced cancer risk appears greater in overweight and obese men compared to normal-weight men.⁵

Of course I would be doing both you and the science a disservice if I didn't mention that not all studies show an association between coffee and prostate cancer. There are those who disagree and believe that the preventive value of drinking more coffee is “*not supported by the evidence to date*”.⁶ And while that proceeding statement was published two years ago, a recent study following almost 300,000 men ages 50-71 confirms the conclusion.⁷ However, the thing with all these studies – both positive and negative – is that they are epidemiologic studies which show correlation, NOT causation. In other words, these studies don't show that coffee reduces cancer risk, but that there is a trend of reduced risk in habitual consumers (Learn more about the strengths & weaknesses of epidemiological studies in Sean Casey's article, [Research 101](#)). So while more research is definitely needed, it's best to error on the side of caution and wake up to a morning brew!

By the way, if you're not a fan of caffeine, there doesn't appear to be a difference between regular and decaf coffee with regard to risk reduction.⁸ And if you're like me and simply don't enjoy drinking coffee, then hopefully you enjoy tea; green tea that is, since it, rather than black tea, appears to have protective effects on prostate cancer.⁹ Better yet, you only need to drink two (or more) cups of tea for the 37% reduction in prostate cancer risk according to a study done on men from my home area of King County, WA..¹⁰

Enjoy what you do

If you're going to spend a third of your day at work, you should at least have fun, especially when you consider that work stress is significantly associated with type-2 diabetes, dyslipidemia, and hypertension in middle-aged men.¹¹ Less surprisingly, job stress is also significantly associated with anxiety and depression.¹² Depressed and dying... Well, at least job stress isn't a risk factor for lung, prostate, and colorectal cancers.¹³

But seriously, spending most of your time in a place you hate isn't doing you any favors; and unfortunately, my “you” is referring to a greater than should be amount of individuals. According to the National Institute of Occupational Safety and Health in the US (NIOSH), 40% of American workers report their job as being very stressful while 25% view their job as the number one stressor in their lives.¹⁴ Yet we all need to work, so while you're busy job hunting for a more encouraging position, here is a couple coping techniques to help get you through the day...

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- Chewing gum has been shown to reduce levels of perceived stress, as well as reduce anxiety and depression, lead to a more positive mood, and increase perceptions of work performance.^{15,16}
- Meditation, yoga, and other forms of mental-silence techniques reduce work stress and depressed moods.¹⁷
- Simply being active and doing some form of physical activity throughout the day seems to reduce levels of absenteeism.¹⁸

Go Home

Sure, we all need to pull a long shift every once in a while, but don't make a habit of it. Even if you absolutely love your job, that joy may be short-lived if you consistently put in overtime. In fact, working 11+ hours per day compared to the standard eight hour shift is associated with a 2.43-fold increase in major depressive episodes in middle-aged men.¹⁹ Overtime work is also associated with greater stress, increased risk for stress related diseases, shorter sleep, greater fatigue, and impaired performance.²⁰

Overtime even makes you fat. A systemic review of all studies since 1995 analyzing the relationship between the work environment and excess weight found that all studies that evaluated associations between working overtime and weight gain showed a positive association among men, and that “*working overtime seems to have a long-term detrimental influence on body weight among men even after returning to more standard work hours*”.²¹

Worse yet, after adjusting for age, occupation, shift work, smoking status, and alcohol consumption, one study found that subjects working 10 or more hours per day had over double the odds of developing metabolic syndrome²², while a meta-analysis of 12 studies and nearly 13,000 middle-aged men found that there is a 40% greater risk of coronary heart disease in employees working long hours.²³ One study even found an inverse relationship between overtime work and natural killer cells – a major fighter of the immune system against tumors and viruses.²⁴ You're literally working yourself to death here folks!

Now as I said in the beginning, we all need to put forth a little extra effort every once in a while. And doing so definitely has its benefits if, say, you need that promotion. But

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let's be honest, what good is a promotion if you're depressed and dying? Thus, I feel that Taris, et al. really hit home when they concluded

"...working moderate levels of overtime (e.g., less than 5 h per week) does not entail a major risk to worker health. However, research shows that it is likely that health risks increase substantially when employees spend more time to working overtime, especially when their overtime work takes on a recurrent character."²⁵

So do yourself and your family a favor and make it home in time for dinner!

Stay connected

Humans are social animals, and we evolved and survived through the utilization of social bonds. In fact, feelings of perceived social isolation trigger regions of the brain associated with physical pain.²⁶ Why? Because if it hurts when we are lonely then we will seek companionship. Really there is no better example than the cliché high school break-up complete with gut-churning rejection. I suppose the high school drama is child's play when you consider that loneliness has also been associated with the progression of Alzheimer's disease, obesity, elevated blood pressure, lowered immunity, depression, and overall mortality.²⁷ Fortunately avoiding all this is simple; you have friends, you have family, so go do something!

Get a dog

Speaking of staying connected, there's a reason dog is man's best friend. Dogs may enhance social interactions with other people by acting as “social catalysts”, even when trained to ignore passers-by.²⁸ In essence, they act as “ice-breakers” encouraging brief, casual interactions. Dogs may even mirror some of the features of human relationships that contribute to health²⁹ and while dogs should not be seen as a replacement to human companionship, the fact that pets are not humans has its advantages; the relationship is less prone to fluctuations and burnout, and there is no strain about continuing stability.³⁰

The benefits aren't purely social either. Dog owners have lower blood pressure, fewer instances of coronary heart disease, increased levels of physical activity, and an overall greater sense of wellbeing.³¹ So if you're thinking of something to do with your family, consider heading to the local humane society.

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Turn off the tube

No, staying connected does not apply to the actors on the television, and just because your new best friend (the dog) is lounging around doesn't mean you should be too. Unless of course you're looking to gain weight! A recent study following over 22,500 men for 20 years found a significant association between hours per day spent watching television and increases in body-weight.³² And don't think walking the dog will help, as an analysis by a researcher at the Harvard School of Public Health found a significant association between television view time and obesity and weight gain that was independent of diet and exercise.³³ No wonder it's called the “(man-)boob-tube”.

The belt isn't the only victim either. Watching television is inversely associated with sperm concentration and total sperm count, with a view time of more than 20 hours per week decreasing sperm concentration by 44%.³⁴ And to top it off, every single hour of TV viewed after the age of 25 reduces the viewer's life expectancy by nearly 22 min.³⁵

Oh, and in case you think you earned that spot on the couch because of a vigorous workout earlier, guess again. As discussed in my previous newsletter post, [Is Sitting Killing You?](#), there is such a thing known as “*active couch potato syndrome*”.

Get your mojo back

Let's face it, as we age sexual activity becomes less frequent. No longer a teenager with one thing on his mind, we find ourselves caught up in the stresses and obligations of daily life. Unfortunately for us, having less sex is bad news, and not simply because its, well, less sex. Infrequent ejaculation is associated with an increased risk of prostate cancer, and men who average of four to five or more ejaculations per week have two-thirds the risk of developing prostate cancer compared with those who, on average, ejaculated less than three times per week.³⁶ Moreover, a study of nearly 30,000 men found that every three ejaculations per week decreased the risk of organ-confined prostate cancer by 19% over a lifetime.³⁷ This isn't as simple as a do-it-yourself solution either, since it appears to be intercourse frequency and not masturbation frequency that is protective.³⁸

Sex isn't just for the prostate; other research has found intercourse frequency to be associated with better cardiovascular health. A recent analysis of over 1,000 men found that men who had sex 2-3 times per week had a 15% and 35% reduction in cardiovascular disease risk than men who had sex a few times per month and once per month or less, respectively.³⁹ Aside from direct benefits, frequent sex may improve overall health via motivation to pursue healthy habits in order to have better sexual performance⁴⁰, and may also improve cardiovascular health through stress reduction

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and social support.³⁹ Both of which are great given that decreased sexual activity and function is often connected to anxiety and depression.⁴¹

Now, I should mention that the exact physiological mechanisms behind the protective effects of ejaculation and sex haven't been determined with 100% certainty; they could simply be correlations. And as mentioned above, the true protective benefits could be indirectly related to the act of having sex more frequently, rather than the actual act of sex itself. Nonetheless, just like with coffee, I'm sure most men will agree with me when I say it's better to error on the side of caution and maintain an active sex life... All in the name of good health of course!

And if your mojo is a no-go, be sure to read Part II of this newsletter. Rumor has it that Sean is going to discuss a few supplements that will help you “get back in the ball game!”

In closing...

I hope you found this collection of tips and tricks for staying the “man” of the house to be as insightful for you as it was for me. And before I close, I want to share with everyone a final little saying that struck a chord with me, and I know hit-home with Sean; *For Sport, For Life*.

Happy June, and Happy Father's Day!

References

The full list of references Alex used in writing this article can be accessed in our [Newsletter Supplement](#).

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Great writing there Alex; Thanks for putting the time and effort into sharing it with us. I think I can speak for all members of the [CasePerformance Community](#) when I say it was an excellent read!

Switching gears here, I **strongly encourage** other community members to contact me via [facebook](#) or [email](#) and share your training, nutrition, supplement and/or healthy cooking tips and recipes for the "Community Member Performance Tips" sections of future newsletter. I don't care if it's long or short, science or applied knowledge. I just want to share the great knowledge that exists amongst those in the CasePerformance community. Intimidated about the writing aspect of things but still have a good thing to share? No problem, I'll help you on the writing aspect of things. We look forward to sharing your knowledge, thoughts and experiences!

- Sean Casey

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IV. Meets/Events

Here are a couple events that have been shared to me by members of the CasePerformance community.

1. Yoga for Athletes Camp

Where: Strength Guild Topeka

When: June 30th

For more information [CLICK HERE](#)

2. Strength Sport Competitions

2013 North Carolina Strength Challenge

Where: Morrisville, North Carolina

When: July 27th

For more information [CLICK HERE](#) ... and go support previous CP Member of the Month, [Kristine Poirier](#) as she dominates the competition (no pressure there Kristine!)

1st Annual Strength Guild Games

What: The basic premise of the games is very simple. It will be a two day team competition, 5 events per day with events compiled from all of the pure strength sports (Powerlifting, Weight lifting, Highland games, strongman and track and field short events). The events will be contested under the rules of the existing sports.

Where: Topeka, Kansas

When: October 12-13th

For more information [CLICK HERE](#)

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Weightlifting Training Camp with Olympian Sarah Robles (1 and 3 day options)

Where: Topeka, Kansas

When: Sept 6-8

For more information on the 1 day camp, [CLICK HERE](#)

For more information on the 3 day camp, [CLICK HERE](#)

3. Endurance Events

There has been no specific event that has been brought to my attention. However, for a general listing of running events going on in your area, [CLICK HERE!](#)

*** Please know that CasePerformance does NOT receive any financial or other incentives if you choose to participate in any of the above events.

That wraps up Part I of this CasePerformance newsletter. Hope you enjoyed it. Stay tuned for Part II of the June Newsletter where our fatherhood/male themed agenda continues!

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

Respectfully,

[The CasePerformance Team](#)