

CasePerformance

November Newsletter

Part II



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

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Hello,

Glad to see that you're tuning into Part II of this month's newsletter! I hope you enjoyed [Part I](#) which featured an interview with strength sport and nutrition enthusiast Korey Van Wyk, who shared with us how his training story. In addition, in the CP Community Member Discussion, Arnav Sarkar shared with us his thoughts on why he likes to do his core work (i.e. – abdominal, oblique, etc) at the beginning rather than at the end of his workouts in *Core Training – Before or After Workout?*

In Part II of our newsletter, we take a quick peek at the news of note here at CasePerformance; including our sponsored "Top 5 + 1" Contest where a \$50 Amazon Gift Card and multiple nutrition consults will be given away to CP community member! We'll then move on to the SuppVersity Corner, before closing with our CasePerformance Performance Discussion, *Avoiding Unwanted Holiday Weight Gain* as well as a bonus tip from with team member Phil Stevens, *The Sumo Deadlift*.

Respectfully,

Sean Casey

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II. Donations for CasePerformance Are Welcomed

As you've probably noticed while surfing around the CasePerformance website, we do not litter our pages with advertisements or have "Members Only" sections that require a paid subscription.

Why do we do this?

My goal is to reach as many individuals as possible. If an individual truly wishes to improve their health and performance, I want them to succeed. This holds true regardless if they are a multi-millionaire or those pinching pennies.

A Potential Downside & What You Can Do To Help

The cost of running a website in conjunction with paying for full access to the various sport science and nutrition research journals I use is extremely expensive. Also, all of the authors at CasePerformance put considerable time into writing the articles for this site. If you enjoy the free information provided on this site, we humbly ask you to show your support by making a small donation. Thanks for your support!

[CLICK HERE](#) to make a donation. Please know that **ANY AMOUNT** is greatly appreciated!

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II. CP Community Member Appreciation "Top 5+1" Contest- \$50 Amazon Gift Card Prize & Nutrition Consults

The Prize



All finalists will receive nutrition consults. The winner will also receive a \$50 Amazon gift card!

The Contest

Everyone who follows CasePerformance knows that we appreciate our community members. Now we are literally putting our money where our mouths are by giving a \$50 Amazon Gift Card to the individual who wins our sponsored "Top 5+1" Community Member Appreciation Contest.

What am I supposed to do?

Compile a list of your top 5 favorite CP [posts](#) (which can include interviews too) + single favorite [newsletter](#), including a brief description that explains why these selections make your "Top 5 + 1" list.*

*Brief Description = A couple of sentences is fine; unless you want to write more.

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How do I enter?

All you need to do to enter the contest is to submit your entry on the [CP Facebook](#) page by Sunday December 15th 11:59pm (CST, USA). If you do not have/use Facebook, they can be submitted via [email](#) to CP and we'll post it on our Facebook page for you.

Who will select the winners?

On December 18th, CasePerformance will select the 5 entries which we feel have the best combination of insight, impact and wit (yes we like to laugh!). The contributions of the five finalists will be re-posted in poll format on the CP Facebook page on Dec 18th. The individual who receives the most votes for his or her entry by December 25th will win the \$50 Amazon gift card. All finalists will receive a free nutrition consult with me as well.

Who is eligible?

Every Facebook Friend and/or Newsletter Subscriber; in other words, the whole CP Community can participate in the "Top 5 +1" contest!*

*NOTE – Only one submission per member

Exclusion Criterion

If you rank Kanye West, Justin Beiber or Miley Cyrus among the top musicians of the past 50 years.

Other Notes

The amount of the Amazon gift card will be the equivalent of \$50 US dollars. It will be converted to the currency of choice (Euros, Rupee, etc.) based off exchange rates on Dec 25th, 2013.

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Other Notes (cont.)

The Amazon gift card will not be purchased till after a winner is announced; it will be done through the Amazon website specific to the winner's respective country to ensure he or she can access it.

Last but certainly not least, this is a true sign of our appreciation. [Read More](#)

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III. Article News at CasePerformance

One new article has been added to the CasePerformance library since the last newsletter was sent out:



1) [Creatine – Beyond Brawn Part I: Diabetes & Blood Sugar Control](#) by Sean Casey

Creatine is often regarded as the top ergogenic supplement on the market today there for strength and power athletes. However, the benefits of creatine are not limited to only those looking to add a few lbs/kg to their bench or shave a little time off their sprint performance. In part I of our “Creatine – Beyond Brawn” series, we look at the beneficial effects it has on diabetes and blood sugar management.

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Top Read Article in November here at CasePerformance...



[High Intensity Interval Training for Fat Loss](#) by Sean Casey

For the 2nd month in a row, *HIIT for Fat Loss* was the top read article here at CasePerformance. It originally appeared on CasePerformance backing July, 2010. Here is a quick summary of the article...

People have long been told that if they want to lose weight, they must incorporate at least 30 minutes of aerobic exercise into their daily routine. However, there appears to be a more time efficient style of training for individuals looking to lose those love handles. Recent research indicates that high intensity interval training (HIIT), which involves 4-10 repeats of running, swimming, cycling, etc. at maximum intensity for 30 seconds followed by a four minute rest interval, is just as effective as 30-60 minutes of jogging for fat loss. There is one caveat worth mentioning; For HIIT to be effective means of fat loss, one must train at MAXIMUM intensity.

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V. SuppVersity Corner Report!



[SuppVersity](#) is one of my favorite sites. It's run by my friend [Adel Moussa](#). One of the things we do on the CasePerformance [FACEBOOK](#) page is highlight one of their excellent posts each week. In case you missed it...

Week of Nov 2 – 9th

[Choline Maximizes Carnitine Retention + Effects. Together, These Supplements May Promote Fat Loss + Lean Mass Gains and Promote Metabolic & Brain Health](#)

CP Quick Thoughts

I've always found carnitine and choline to be interesting food compounds for various reasons. Thus, when Adel wrote an article on how they, when combined, seemed to have a synergistic effect, I instantly knew I had this week's SuppVersity post of the week.

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Week of Nov 10-16th

[Blood Flow Restricted Biceps Growth in Trained Individuals: 4-7% Increase in Sleeve Size in 4 Weeks. Is BFR More Than Just an Alternative for the Injured / Handicapped Athlete?](#)

CP Quick Thoughts

The idea of restricting blood flow to enhance hypertrophic gains (i.e. – putting a "cuff" around one's legs or arms) has been gaining popularity in the training community. However, is it really legit and have merit? This SuppVersity article examines some of the recent research on the topic.

Week of Nov 17-24th

[High Dietary Acid Load Doubles Risk of Type II Diabetes in Lean Individuals! Causative or Corollary? Plus: Are Grains, not Meats the Main Offenders in the Modern Diet?](#)

CP Quick Thoughts

Acid load from food? What is he talking about? If you find yourself asking these questions as you read the title of our Nov 17th-24th SV article, you better check it out.

One point I'd like to highlight from the article, which Adel discusses more in-depth is – Meat is not bad; However meat without any vegetables or fruits, but an abundance of grains in the diet.... Now that's a different story!

Week of Nov 25th-Dec 1st

[Sleepness Nights: Are Pre-Workouts and A Huge Cup of Coffee Messing With Your Sleep? Plus: 5h Half-Life & 15h Clearance Time Caffeine Stays](#)

CP Quick Thoughts

The title pretty much says it all on this one. A little look at the most popular drug on the open market – Caffeine!

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VI. CP Performance Discussion

Be it New Year, Christmas, Hanukkah, etc, I realize that many individuals in the CasePerformance Community are celebrating "the holidays" this time of the year. For many, "the holidays" is ushered in with a wave of food and candies. Thus, many nutrition and physical performance websites are rolling out their *"Top 10 Ways to Avoid Holiday Weight Gain Blah Blah Blah"* articles. For those looking for a similar sort of note in our CP Performance Discussion... Sorry!

OK, OK, I'll provide you with a tried and true CasePerformance advice as to how you can avoid unwanted holiday weight gain. In fact, I'll go above all the top 10 lists you'll find scattered across the internet and condense it down to one easy to follow nugget of wisdom:

Don't eat 5 lbs/2kgs of sugar laden foods per day while simultaneously reducing your physical activity to that of a hibernating bear!

Jokes aside, for those who follow CasePerformance, you're probably well aware of the fact that we don't get too bent out of shape over food this time of the year. As discussed in our article, [Holiday Weight Gain](#), a hard day or two of eating won't be the death of all your fitness goals. Enjoy the food, that's what we do as discussed in our article, "[Tis the Season for Great Food....](#)" which examines some of the fine gourmet meals that CasePerformance community members from around the world have shared with us.

[**NOTE:** If you live in a country not represented in our "World Tour" contact us so we can add you to the list. Additionally, if you celebrate one of the other holidays going on this month, we'd love to add that as well!]

With this approach to holiday eating established, let me share with you my REAL advice as to how to navigate through this festive season --> Take advantage of the additional kcal intake to spur new physical growth and development in your training discipline of choice. For those who have been living off depleted glycogen stores for the previous 11 months, your body is likely going to rejoice upon having them filled to the brim before starting your workouts.

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In addition, to having filled glycogen stores when entering the gym, be sure to use exercises that will spur new growth... Which leads us to PART II of our CP Performance Discussion:

[The Sumo Deadlift](#)

with Phil Stevens

In this performance tip, CasePerformance team member Phil Stevens shares with us his thoughts and visual demonstrations on performing the sumo deadlift in this video which can be accessed by clicking on the hyperlinked words "The Sumo Deadlift."

That wraps up this CasePerformance newsletter. Thanks for being a part of the team. We look forward to hearing your feedback on anything and everything so drop us a note on [FACEBOOK](#).

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

Sincerely,

[The CasePerformance Team](#)