



THE CAMPBELL RIVER KILLER WHALE COMPETITOR

ISSUE 2
OCTOBER 2010



SWIMMING TOWARDS EXCELLENCE SINCE 1979

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IMPORTANT DATES

Oct. 28th 5:00-7:00pm Club
Movie Nite –sponsored by
Canaccord

Oct. 28th – Schedule
published for next 2 weeks

Dec. 10-12th X-Mas Cracker –
Victoria

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PRESIDENT'S MESSAGE

Greetings Swimmers!

We are now 5 weeks into our 2010 swim season. I appreciate everyone's patience during this challenging time. It's important that everyone remain positive and team-spirited.

Thank you to everyone who attended our 2010 AGM. I look forward to being the Killer Whale's President for the next two years. I would like to welcome aboard our new Secretary, Carol Johnson. I look forward to continue working with our Vice-President: Cori Beaudin and Treasurer: Kat Skuse. Thank you to the rest of the volunteer's who stayed on as well as the new one's who stepped up and filled vacant positions. We had a good turn out and hopefully everyone had all their questions answered.

If you were unable to make it, here is a re-cap:

- Because we are not hosting our December swim meet, we will be reducing everyone's VPS requirements by 2 points.
- Superfish and Dolphin's cheques will not be cashed for the month of November.
- Sign Sponsorship will run from January to January instead of October to October.
- Christmas Cracker is still a-go.
- Starting talks with Comox for an Association with the two clubs.

Check out our website for all of the changes in volunteers and going-ons in the club.

Regards,

Brian Skuse
CRKW President



HEAD COACH'S CORNER

Importance of Strength and Conditioning for Swimmers

I have received quite a few positive comments from the parents that attended the AGM about my talk on our swim club and the importance of dryland exercises in swimming. I would like to continue this discussion with you in this installment of Coach's corner.

If you were to look at the top swim programs in the world today regardless of age, all of them, engage in some sort of strength and conditioning training. The programs that I have been a part of for 24 years all had developed a structured strength and conditioning program for swimmers that complemented and enhanced the in the water workouts. These we based on two simple guiding principles that I believe are critical in swimming today:

- 1) Strengthen and conditioning can help prevent injuries. If nothing else, you should perform maintenance exercises to prevent many common swimming injuries such a shoulder tendonitis and breaststokers knee.
- 2) Strength and conditioning can enhance performance. Swimming requires a balance of endurance and power – and strength training can develop both of these attributes and improve you in-water performances. If you are not engaging in some type of consistent strength training, you are falling behind your competitors who are.

This two-pronged philosophy underlies our approach to training, and we have seen improved performance when strength and conditioning is appropriately integrated into an athlete's over all training plan. It should also be pointed out that dryland workouts cannot replace swimming workouts and dryland session must been done consistently in order to see progress. For example doing weights only once a week will not show the desired results and may actually show you regress in overall strength.

UNDERSTANDING THE DEMANDS OF SWIMMING

The importance of strength and conditioning becomes even clearer when you reflect on the demands of swimming. Consider the following:

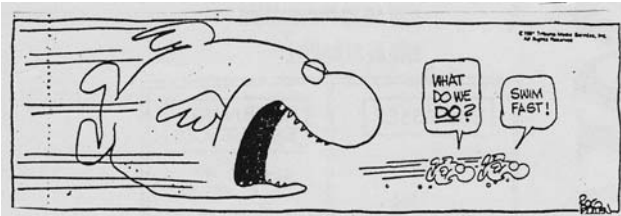
Competitive swimming events range in distance from 25 meters to 5,000 meters and last anywhere from 15 seconds to that of 1 hour. Consequently, swimmers will draw on various energy systems to fuel their performance depending on the length for the race. Strength training and conditioning will help you train the energy systems you need for the races you swim.

Swimming is a full-body sport and requires the *coordinated* activation of muscles in legs, core and the upper body with virtually every stroke taken. A breakdown in any one area can have a negative consequences – that is, the result in injury and poor performance. Strength training will build core stability and develop coordination between the body segments that will reduce drag while improving propulsion. There is a direct correlation between a weak core body and weak kicking ability.



Even though swimming is a non-weight-bearing sport, and the legs do not take the pounding they do in other sports, the repetitive nature of swimming stroke can lead to over use injuries, such as swimmer's shoulder and breaststokers knee. Strength training can address strength and flexibility imbalances and reduce the risks of injury. A swimmer may take over 1 million arms strokes during a typical year, and a swimmer breathing only to one side will develop one arm stronger than the other. This can be addressed through, not only correction in the pool but dryland exercises.

Swimming places unique demands on the core of the body that are unlike those seen in any land-based sport. Because you need to generate force and propulsion by pressing against a fluid surface, you need to be even stronger and more stable through the core than other athletes. With every stroke and every kick your abs contract. Strength training, particularly exercise done in the water, can improve your feel for the water and improve your stroking and kicking power.



There are very few sports in which the demands of a race differ so dramatically from those of a practice. Training sessions can last as long as four hours, and some swimmers are engaged in multiple practice sessions a day. Contrast that with competitions, which involve shorter periods of high intensity activity, often separated by periods of warm-up and cooling down. Making intelligent choices about warm-up and cooling down, two important components of training and conditioning will facilitate recovery and keep you primed to swim at your best all time

Swimming encompasses four distinct strokes that use different muscles groups. Stroke-specific exercise will

help you build the strength, power and flexibility required in your particular event. An athlete that has difficulty performing a proper push-up, will be challenged to pull their body weight in fly and free. If you struggle to touch your toes, it will affect your start and turns. A lack of flexibility in your hips and back make it very challenging to perform a proper breaststroke kick and dolphin kick.

These are just some of the factors that make swimming unique in world of sport. Take all of this into account, and you can quickly understand how swimming is dependent on so many factors. It is important to keep our dryland well rounded, so that is why we incorporate exercises that not only work on strength but help with coordination, balance, flexibility, explosiveness, endurance, team work, competitiveness, aerobic fitness, plyometrics and core work. We also take into account the age of the athlete and appropriateness of the activity.

Swimming itself will build strength and power, but only to a point. A well-structured strength and conditioning program, one that prepares your body for the demands of the races you swim, will help you achieve those extra gains that will set you apart from your competitors in the pool.

Swimming Towards Excellence
Chris Koopmans

Head Coach of the Campbell River Killer Whales

THE APPAREL REPORT



The apparel try-on night we held in October was a success (except for the pelting hailstorm that attacked us as we left!). Thanks to all those who came out. Orders for new gear and hockey jerseys have been placed and should arrive by the end of November. We expect to receive new swimsuits as well as some Russell Hoodies and sweatpants before the holidays as well, so contact us if you need anything at jandccormier@shaw.ca or 250-286-0413.

Don't forget that you can order gear direct from Team Aquatic too! Visit their site <https://www.team-aquatic.com/store/> and log in with the username: **crkw** and the password: **killerwhales1** to get special pricing. They will ship directly to your home.

FUNDRAISING REPORT

Tag Day was a HUGE success. We raised close to **\$2800!!** Thank you to all who participated and to Suzy Scott for organizing this important fundraising event!



How are your Poinsettia sales going??? Remember \$5 from every plant sold goes to your fundraising. The plants are beautiful and make great gifts. **You MUST place your order by Friday, Nov. 5th**. I'll be at the pool that night from 3:00 to 5:30 to collect order forms and money. Pick up will be December 3rd and 4th at my house.

If you need more Rocky Mountain Chocolate bars let me know. They come in milk chocolate, milk chocolate with almonds as well as dark chocolate and dark chocolate with almonds. You pay up front and then sell them at your leisure for \$3.25. Every bar sold gives you \$1 towards your fundraising. They would make great stocking stuffers!!



NEW DEADLINE for SPONSORSHIP SIGNS: **Get your sign money in by January 1st**. Contact Karsha Dunn at bradz79@hotmail.com if you have questions concerning this fundraising option.

I would love to give out more **THRIFTY FOODS SMILE CARDS**. This easy program costs you **NOTHING** but gives the club 5% of your grocery purchase. The company has pledged us up to \$2500. Let me know if you (or a relative) want one!! The more we get into circulation the more money we will get!!



SUBMITTED BY KIM WINDLE

“Never Settle for Average”

There is a story in Greek mythology of the meeting of the gods on Mount Olympus to decide on the hiding place for the sacred **FLAME OF LIFE**, so that it could not be found and defiled by man. At first the gods were puzzled. Would it be in the depths of the sea, on top of the highest mountain, or in the blackest cave? No, these places would just be too obvious.

Finally, they arrived at a solution. They would hide it **within man himself**. All the gods felt that this would be the last place man would ever look!!

If we could choose but one principle to guide our footsteps throughout our journey on earth, it should be this: **The Flame of Life**, the excellence of existence, the potential of performance lives not in faraway places, but **within ourselves**, begging each day to be released in all its splendor.



As I have traveled around the North American Continent to swim meets, camps and conferences; one of my greatest pleasures has been spending time talking to swimmers about their goals. What do they really want to accomplish in swimming? Down deep in the most secret spots of their dream-machine, what do they see themselves achieving? What do they hope to become? And, you know, not a single one



of them has told me that it is his/her ambition, goal, and desire to be --- **AVERAGE!**

To the contrary, every one of them has some challenging very worthwhile goal he/she would like to realize in the sport of swimming. Some want to get to Nationals; some want to score at Provincials; some want to break records. A pixie-like 10 and under girl in Scarborough told me “she wanted to be faster than Janet Evans in everything,” and who knows, she might be someday!!! None of these swimmers want to be average. They all aspire to do great things. **They dare to be great!!!**

Just what is average?? Being average is what failures claim to be when asked by family and friends why they are not more successful. To be average is the lazy person’s escape, his/her cop-out. It’s living by default, taking the easiest way out. It is “*getting by*”.

If you are content to get by or try for nothing more than what is average, it is just to occupy space for no real purpose. This is taking life’s trip without paying the fare. It’s a free ride. The average person passes his/her life away with time

rather than passing his time way with life. Time is an entity to be killed rather than one to

be worked, with the level of satisfaction achieved approximately equal to the investment made on life's journey.



When gone, the average is really not forgotten; they are never recognized. Swimmers and people who strive to rise above the average are remembered for the contributions they made – to their fellow swimmers – to the team – to life. Even those who fail are remembered because they tried; **THEY DARED!**

Average not only means run-of-the-mill, mediocre, insignificant and also-ran, average is the top of the bottom, the best of the worst, the bottom of the top and worst of the best. Each distinction is void of any potential for real pride.

Happily most swimmers have discovered for themselves that average is not what they want to be. Now don't get me wrong. I'm not knocking those swimmers whose *times* are average. There will always be those competitors who, no matter how hard they try, seem destined to be in the middle of the pack. Rather, I'm decrying those individuals who aspire for nothing better. Being average is not a result, it's an attitude. But most swimmers do want more. They want to be the very best they can be. They are willing to reach deep within themselves to find out what they are really made of. People who choose the easy path

in life never really give them selves the opportunity to find out just what they've go in the way of inner reserves. Swimmers daring to be great find out. **THEY KNOW.**

At the same time, most swimmers have decided to want to be more than average, they accepted the personal responsibility for their level of accomplishment. And that's sure not average!!

Too many "average" people in the world fall back on rationalizations, cop-outs, excuses, justifications and defenses. It is absolutely precious when you find an individual who is different –one who has total personal responsibility – one who says "I and I alone am responsible for what I am and what I do. The challenge to make my life successful and a meaningful experience is not yours but **MINE!!!**"

I think that this is the way most swimmers view their opportunities of their swimming careers. They take the personal responsibility and accept the challenge to strive for greatness. And in daring to reach for the best, they will discover within themselves, the brightly lit **FLAME OF LIFE!**

The Victor

By C.W. Longenecker

If you think you are beaten, you are.
If you think you dare not, you don't
If you like to win but think you can't
It's almost a cinch you won't
If you think you'll loose, you've lost
For out in the world we will find
Success begins with a fellow's will
It's all in the state of mind.
If you think you are outclassed, you are.
You've got to be sure of yourself before
You can ever win the prize.
If life's battles don't always go
To the stronger or faster man.
But sooner or later, the man who wins
Is the man who thinks he can.



For those that may be new to swimming, there is a magazine which is published 4 times a year, that chronicles the Canadian swimming season. This magazine is jammed packed with interesting articles and helpful tips, as well as all time 50 lists for 10 & unders right up to Senior athletes, across the country.

I have attached to our newsletter this month an article that appeared last year on boosting your immune system. I realize that we do not have the same threat as H1N1 but history shows us that November is traditionally a flu month that can set back our athletes weeks, if they are sick. So please read and stay healthy over the next few weeks.

For more info on the magazine go to www.swimnews.com



Pool Construction Update

The contractors poured the cement for the deck on October 13th. It takes about 14 days to cure before they can begin tiling the deck. Then it will take about 14 days to tile and cure. So it would seem that we are on track for mid November. As soon as I have an update from the regional district I will post on our website. I would like to thank all the swimmers and parents for their patients, and for staying positive through out the construction of the pool - Chris

ATTITUDE **By Rich Wilkins**

ATTITUDE isn't simply state of mind... it is also a reflection of what we value. Attitude is more than just saying I can. It is believing you can. It requires believing before seeing, because seeing is based on circumstances, believing is based on faith. Attitude is so contagious especially when we allow it to turn our doubts of the past into passions of today and set the stage for our tomorrow. We have total ownership of our attitudes. No one else has the power to alter our attitudes without permission. Our attitude allows us to become more empowering than money, to rise above our failures, and accept others for who they are, and what they say. It is more important than giftedness and is the forerunner of all skills needed for happiness and success. Our attitudes can be used to build us up or put us down – the choice is ours. It also gives us the wisdom to know that we can't change events of the past. I am convinced that life is 10% what happens to me and 90% how I respond to it..... and it is with this state that I remain in charge of my **ATTITUDES**.

NUTRITION

WIN IMMUNITY!

Boost your immune system—Get your immune system fighting for you

Joanne Malar

As we all await the arrival of spring, we can look back over the past winter months and assess the state of our immune system. Did you get sick over the winter? How many times? Did you have to miss practice? Were you bedridden for a week? Were you feeling fatigued for several weeks? “Catching a cold” can be a natural phase of being healthy, but it is estimated that healthy adults have only two colds per year—they don’t get hit with every cold, flu, and virus this side of the 49th parallel. How did your immune system fare this year?

Fountain of youth

Why should I care about my immune system? The key to health is having a strong, well-functioning immune system. This body system is what protects you by fighting off viruses and disease-causing microorganisms, determines the speed and quality of your healing, and is a major player in determining how well you age. In the sporting world, having an immune system running on all cylinders will help your training recovery time, stop you from getting run down, protect you from almost every type of illness, and minimize time out of the water.

Symptoms of a weakened immune system

- Fatigue
- Listlessness
- Repeated infections
- Inflammation
- Allergic reactions
- Slow wound healing
- Chronic diarrhea
- Infectious illnesses
- Infections due to overgrowth (oral thrush, systemic candidiasis, yeast infections)

What exactly is your immune system?

The immune system is tremendously complex. It involves the interaction of numerous organs, tissues, and cells and cell products. Our bodies’ white blood cells, bone marrow, antibodies, lymphatic system (spleen, thymus, tonsils, lymph nodes), specialized structures and substances found in the blood all work together to protect our health. Basically, the immune system is constantly on guard for “non-self” or foreign substances, and will then attempt to destroy or neutralize them. This is a 24/7 job that

needs your support. If you are constantly weakening your immune system, it simply won’t be able to keep up, and that’s when illness strikes.

Factors that weaken the immune system

- Stress
- Caffeine
- Sugar
- Alcohol
- Processed Foods

These five factors all compromise your immunity. Just like “Survivor,” immunity makes you untouchable. If you want to reach your goals, immunity is a surefire way to help you succeed.

Stress is a natural part of life, and not all stress is bad. In fact, some stress is needed to make life interesting and to motivate us to reach our goals. However, stress needs to be managed, and you need to know when it’s taking a negative toll on your health. When stress becomes overwhelming, it lowers your immune response by suppressing the activity of white blood cells (which destroy harmful cells), exhausts the endocrine system, and depletes essential nutrients from the body.

Caffeine suppresses your immune system. Many people don’t want to give up their daily habit of coffee, but studies have shown that caffeine robs your body of minerals and vitamins (especially calcium, magnesium, potassium), dehydrates you, weakens your adrenals, and activates your stress response (sympathetic nervous system—fight or flight response). People tend to enjoy the boost of energy caffeine can bring, but like sugar, it actually leaves you depleted and puts your body into a negative cycle of craving more. Remember that in moderation, the body can handle almost anything. When a food or chemical becomes essential or craved for normal functioning, it is most likely causing an imbalance.

Sugar and its effects on the body are anything but sweet. Sugar decreases the white blood cells’ ability to kill germs. It has been found that 8 tablespoons of sugar (1 can of pop) reduces white blood cell functioning by 40%. Also, the immune-suppressing effect of sugar lasts for up to 5 hours and begins 30 minutes after ingested. Sugar is found in so many processed foods. These sugars need to be minimized and you need to be aware of what you are consuming by reading labels. In the label, 4 grams of sugar is equal to 1 tablespoon. Some sources

recommend no more than 10-14 tablespoons of added sugar per day. This does not include natural sugars found in fruit. Sugar forces the pancreas to work hard to produce insulin, and this creates a lot of stress on the body. Sugar lacks nutrients or fibre and this causes your body to become depleted, and leaves your immune system compromised.

Alcohol’s impact on your immune system should be no surprise. If you are of the legal drinking age, choose to drink responsibly. Intoxication suppresses the immune system and produces nutrient deficiencies that are needed by the immune system. Similar to sugar, alcohol limits the power of white blood cells. There are many studies that show that consuming one glass of wine can have health benefits, but the problem is with over consumption. If you are in college or university and are trying to maintain your studies, training hard, and having too many party nights, you will not be surprised if something will give. A healthy balance can always be found, and your goals and social fun don’t all have to be compromised.

Processed foods all weaken the immune system. Processed foods tend to have so many additives, preservatives, chemicals, and sugar that all lead to a weakened immune system if highly consumed. If you ever saw the movie “Supersize Me,” you’ll see the negative health impacts very clearly when you consume too much fast food. Cook as many of your meals as possible, pack leftovers for lunch or snacks, and choose water or small amounts of 100% real fruit juice over pop or other sugar-loaded drinks.

What to eat

Foods that boost your immune system

- Garlic
- Ginger
- Specific vitamins/minerals
 - Vitamin C
 - Vitamin E
 - Selenium
 - Zinc
 - Beta carotene
- Acidophilus/probiotics
- Omega 3/good fats

The Power of Garlic

Strong enough to keep the vampires away! The power of garlic, a member of the onion family, has been known for centuries. It’s also known as

a natural antibiotic, anti-fungal, anti-parasitic, antiviral, anti-oxidant, and anti-cancer food. Garlic is not a cure-all, but its ability to strengthen your immune system and ward off many unwanted intruders is legendary. It naturally increases your white blood cells. It boosts the number of natural killer cells in your body and also raises the efficiency of antibody production, which helps keep you healthy. It also helps to neutralize the harmful free radicals from stress and chemicals in our environment or food.

Cook with garlic! It is great with almost any dish, from omelets to meat or vegetable dishes. Many people eat it raw for its health benefits. If you can't stomach that, you can also buy garlic supplements but make sure it's from a health food store and that it contains allicin. Odourless supplements may be missing allicin, which is the key ingredient for the health benefits. If you're worried about the "smell" seeping out from your pores, try eating an apple afterwards or chew on fresh parsley, or drink water with 1 tablespoon of apple cider vinegar in it. The health benefits are worth it!

Glorious ginger

Ginger is an anti-inflammatory as well as a natural decongestant and antihistamine. This means it can help reduce swelling, help ease your stuffy nose, sinuses as well as reduce the impact of allergic reactions on your cells and tissues. Since it is a warming herb, it may also help lower a fever. Every time I have a sore throat, I have a gargle or a tea with ginger. Cooking with ginger is always nice and gives recipes an added kick. Ginger is great in soups as well as many Asian dishes.

Vitamins/minerals

Vitamin C is the most important vitamin for the immune system. It is critical for the formation of adrenal hormones and the production of lymphocytes. It directly impacts bacteria and viruses. It should always be taken with the synergistic bioflavonoids and rutin, which help absorption and increase its effectiveness. Citrus fruits have great amounts of vitamin C, as well as strawberries, bok choy, green and red peppers, brussel sprouts, and broccoli. You can always take a supplement from a health food store if you feel you are not getting enough from your diet. Again, be sure the Vitamin C supplement also contains bioflavonoids and rutin.

Vitamin E is an antioxidant that kills free radicals (which harm our body at a cellular level). Vitamin E's role is a vital part of the immune system. Make sure to consume foods such as almonds, fortified cereals, sunflower seeds, safflower, corn, canola oils, soybeans, turnip greens, and wheat germ.

Selenium is a mineral that works as a powerful

antioxidant, especially when combined with vitamin E. Selenium prevents the formation of free radicals and protects the immune system. This trace element is vital for the proper function of many organs. Sources of selenium are in meat, Brazil nuts, brewer's yeast, broccoli, chicken, dairy products, oats, brown rice, mushrooms, seafood, organ meats, and grains.

Zinc promotes a healthy immune system. It also facilitates the healing of wounds, bone formation, and is important for a healthy functioning liver and prostate, and acts as an antioxidant preventing the formation of free radicals. Zinc lozenges have been shown to reduce the symptoms and length of the common cold. Sources of zinc are brewer's yeast, egg yolks, fish, kelp, legumes, meats, mushrooms, oysters, and whole grains.

Beta-carotene (which turns into vitamin A in the body) is an immune booster and has been shown to aid in preventing cancer by neutralizing free radicals. Try eating fruits and vegetables that are yellow/orange or green in colour, such as sweet potatoes, broccoli, carrots, asparagus, squash, pumpkin, egg yolks, papaya, cantaloupe, mangos, and apricots. Also, Vitamin A can be found in animal livers and fish liver oils.

Probiotics help improve your immune system by replacing the intestinal flora or "friendly bacteria" in your digestive tract. Recently, yogurt has been highly publicized for its health benefits with dancing bellies as it contains acidophilus or probiotics. If you have ever gone on antibiotics, you should always take probiotics. Antibiotics wipe out nearly all the "friendly bacteria" in your intestines. These friendly bacteria are responsible for keeping harmful bacteria numbers under control, improve your immune function, and help produce vitamin K. If you don't have a healthy ratio of these bacteria, chances are you may become more susceptible to future illnesses. Acidophilus is available at health food stores and if you're not up to eating tubs of yogurt, you can simply take a supplement containing billions of these micro-superheroes per capsule to regain your balance and replenish your intestinal flora.

Good fats please!

Yes, your body and immune system needs fat, but make it the right kind. Avoid all trans fat, and limit saturated fats to fewer than 7% of total calories. Good fats such as Omega-3 fatty acids help give your immune system a boost. They reduce inflammation and the rate of natural cell death. Up to 30% of your total calories can come from these healthy fats. Foods such as nuts, seeds, oily fish (mackerel, salmon, tuna, sardines) have positive health impacts.

Recipes

Health Smoothie Customized for YOU!

2 cups milk or milk alternative (soy, almond, rice milk)

1 cup plain yogurt

1 banana

½ cup frozen blueberries

½ cup additional frozen fruit of choice (papaya, strawberries, etc.)

1 tablespoon flax oil or 2 tablespoons ground flaxseed

BLEND!

You can't go wrong with a smoothie! To thicken it, add fruit. Or add more milk to thin it out. You can also add protein powder, nutritional supplements, honey, or crushed ice.

Chicken Noodle Super Soup

2 tablespoons olive oil

3 cloves crushed garlic

2 tablespoons shredded ginger

1 onion, diced

4 cups low sodium vegetable or chicken stock

(Avoid all stock products containing monosodium glutamate (msg))

4 cups water

2 carrots, peeled and chopped

2 celery ribs, chopped

1 cup dry soup mix (contains dried barley, peas, lentils, rice)

1-2 cups cooked chicken breast, chopped

1 cup potatoes, chopped in cubes

Salt and pepper to taste

2 cups whole grain pasta noodles (cook separately)

Add olive oil to a large pot on medium heat. Sauté crushed garlic and onion. Add in ginger, carrots, celery, and any other desired vegetable for 2 minutes. Pour in stock and water. Turn to high. When water is boiling, add in dry soup mix and potatoes. Reduce heat, cover and simmer for 2 hours (until peas are soft). Add in cooked chicken. In a separate pot, boil water and cook favourite type of pasta/egg noodles. Add to the soup. Serve and enjoy!

This soup is hearty and is great for snacks, lunches, and dinners. If you are starting to feel under the weather, this will help to boost your immune system. You can change the soup to use any vegetables or legumes you have at home (broccoli, cauliflower, mushrooms, etc.).

You do not need to overwhelm yourself with a difficult new health plan. Simply pick one or two of these items that work for you. By adding something healthy to your life or reducing any factors that compromise your health, your immune system will start working better for you. This way, you can concentrate on your training and competition goals with the peace of mind that comes from knowing you have taken another step to becoming the healthiest and best you can be! ■