



TIP OF THE MONTH

5 Reasons Cross Training is Important for Athletes

All athletes have physical specialties, and as a result, they tend to focus on and train the major muscle groups that are used primarily in their specific sport. What athletes need to realize is that there are several benefits for cross training. Without

it, an athlete may be limiting how much they can grow. Cross training allows athletes to strengthen muscles, ligaments and joints that differ from their sports.

Top 5 benefits of cross training includes:

- 1. Decreased Risk of Injury:** Through cross training, an athlete is less likely to get an overuse injury. Instead of overusing the same joints over and over, cross training allows athletes to employ a variety of muscle groups.
- 2. Better Aerobic Capacity:** Limiting an athlete to one activity can cause burn-out. By doing different exercises, they are instead able to switch to new activities when a body part feels sore. For example, if you are a runner with shin pain, you can stop running and do swimming, rowing or other non-impact activity, allowing you to continue to work on your stamina.
- 3. Increase in Overall Strength:** Research has shown that strength training can increase overall performance. By increasing strength, athletes are able to run faster, throw harder, and jump higher. For instance, weightlifting can increase performance more than just simply practicing certain skills.
- 4. Develop Dynamic Flexibility:** By working out multiple muscle groups, athletes can develop much greater dynamic flexibility than when you focus on one area of the body. By trying new exercise or activities, new muscles, joint and ligaments are “warmed up” and lengthened
- 5. Aid in Healing:** In some cases, cross training can allow the body to recuperate faster from injury; this is because other exercises can directly improve the condition caused by regular activity. Using alternative exercises not only gives the body the opportunity to heal, but in many cases will also help stretch and strengthen parts of the body that are in pain.

Our first priority for athletes is to help **prevent injuries** and cross training is a great way to do that. If you begin to experience an ache or pain, that is the first sign that something is wrong. Working through it can increase muscle weakness and decrease flexibility until ultimately an injury occurs. Before you get to the point of injury and have to stop training, come see us. We will provide an encouraging environment with the goal of getting you back to your sport as quickly and safely as possible.



WHO IS AN ATHLETIC TRAINER?

Featured Article: [Who is an Athletic Trainer?](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“If you set goals and go after them with all the determination you can muster, your gifts will take you places that will amaze you.”

— Les Brown (former politician and motivational speaker)

TELL A FRIEND

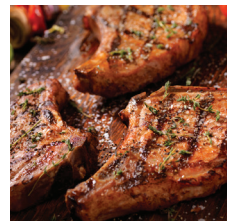
The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Grilled Pork Chop Marinade

We have found a grilled pork chop marinade that even kids will eat. With those kinds of results, you have to share it. We found this recipe at <https://goo.gl/Zrwawr>. We hope you like it as much as we do!



INGREDIENTS

- 4 bone in pork chops
- 1/3 cup soy sauce
- 2 tbsp brown sugar
- 2 tsp Worcestershire sauce
- 1 tsp Dijon mustard
- 2 minced garlic cloves
- 1/4 tsp black pepper

DIRECTIONS

1. Put the chops and marinade together in a large plastic bag and rub in generously
2. Marinate overnight
3. Preheat the grill to medium heat
4. Put chops on the grill over indirect heat for about 4-5 minutes each side until they reach an internal temp of 145°
5. Let them rest for about 3 minutes and enjoy!