



As many of us begin to kick things into gear - whether that be the start of the school year, beginning a job, or perhaps something as simple as starting Monday with a 'bang!' - I heard a quote today that can serve beyond cliché advice to an incoming college freshman but rather a metaphor of our lives no matter where we stand.

“Our coach said we are here to get a degree, but what we are here for is an education.”

A degree vs an education - there's a difference. I'm not only talking about school. This translates to how we show up to everything in life.

It's the difference between showing up to workout so you lose your belly versus enhancing the quality of your day. Are you working hard so you can get promoted to a title and bonus or are you doing it because you're passionate about your job?

What does it matter if you get there in the end, right? Well, research shows that those who find ways to receive immediate gratification such as improving a skill or feeling energized from a workout end up getting to future goals more successfully as a result of *sustained enthusiasm and long-term enjoyment*.

Although there are plenty of good reasons to exercise (win a race, lose weight) or reasons to get a degree (get a job), they aren't always *effective* reasons. They lack the *meaning* that truly *motivates* us.

Whatever it is this week, are you in it for the degree or the education?

Around Santa Clara, CA?

You read what we're all about, now's your chance to try out a COR workout

...Not in the area? What better time to make the trip!

Ok. So enough reading, more doing!!!

2 Groupon deals [we are running out, invite a friend or get started!]

- [4 Weeks of Boot Camp - \\$39](#)
- [4 Weeks of Yoga - \\$39](#)

Check them out or send them to a friend!

What do you want to know? Questions you want answered? We want to hear it!

This Monday's

Move: *Bracing*



Start Simple!

Many want to skip ahead to the most elite or challenging exercises. However, many skip the basics, which limits long term potential and increases risk of injury.

Abdominal bracing simply involves maximally contracting the abdominal muscles. Research shows bracing creates more stability and muscular contraction, compared to other abdominal

Menu: *Healthy Smoothie*



mmm Green...

Many diets exist with many contradicting opinions. High fat, low fat, high carb, low carb, vegetarianism, carnivorous behavior, I could go on for days. The one item the majority of diets all agree on are green leafy vegetables.

More: *Entitlement*



Entitlement

While presenting at the ISCA in Clearwater, FL. over the past weekend, I found myself at a local coffee shop 3 times. Why I found myself returning to this coffee shop was past me. The coffee wasn't particularly good, the food was overpriced, and the services was marginal.

cues (hallowing or sucking in).

[Watch Dr. John break down](#)
the abdominal brace and set a
stable spinal foundation!

Try a green smoothie (or
smootie if you're from
Brazil) and increase your
leafy green content
today! Servings: 4

1. Tightly pack 2 cups of leafy greens in a measuring cup and then toss into blender.
2. Add 2 cups of water and blend together until all leafy chunks are gone.
3. Add 3 cups of fruit and blend again until smooth.
4. Pour into wide top cup.
5. Enjoy!

Click below for the larger infographic.

THE SIMPLE GREEN SMOOTHIE FORMULA

2 CUPS LEAFY GREENS	+	2 CUPS LIQUID BASE	+	3 CUPS RIPE FRUIT
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SPINACH KALE ROMAINE BOK CHOY SWISS CHARD COLLARDS DANDELION	WATER COCONUT WATER COCONUT MILK ALMOND MILK	BANANA MANGO BERRIES ORANGE AVOCADO PEACH PEAR APPLE PINEAPPLE GRAPES
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1. BLEND LEAFY GREENS & LIQUID BASE TOGETHER FIRST.
2. ADD FRUITS AND BLEND AGAIN.

*Use at least one frozen fruit to chill smoothie
**This formula yields about 32 ounces and serves 2

BOOST IT!

CHIA SEEDS COCONUT OIL ALMOND BUTTER	HEMP SEEDS HEMP PROTEIN POWDER FLAX SEEDS	CACAO CINNAMON ACAI POWDER
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— SIMPLEGREENSMOOTHIES.COM —

Perhaps I visited the shop since it was a fellow small business owner, as the two young men running the shop said the store was only open for 5 months, or maybe I'm not this altruistic and was there for the solitude, since no one else was in the store. On my last day, I went to the shop again and, unlike the other days, there were 6 other people, but neither young man in sight. Instead I saw a friendly man in his 50s frantically brewing coffee. He asked me to have a seat and said he'd be with me shortly. While waiting 20 minutes for my coffee, I overheard him say he bought this coffee shop for his boys to manage, but they were over 2 hours late. Upon hearing this, I instantly thought of the damaging effects of giving the "world" to your children, instead of teaching them how to get their hands dirty and earn something. Now, I certainly didn't

have it the hardest and many people gave me a helping hand along the way. I'm grateful for these opportunities, but whether you're a parent or anyone working with young adults, you can't give them everything they want or always bail them out of their failures, or you may end up brewing coffee on Saturday morning at 6 am at the chaotic Clearwater coffee house.



COR New Fall Schedule!

High School Strength Training (also monthly memberships)

Tu/Thu

5:45 - 6:45 pm

Boot Camp

M-F

5:30 - 6:30 am

8:30 - 9:30 am
6:45 - 7:45 pm

Sat
6:00 - 7:00 am

Yoga

M/W

9:30 - 10:30 am

12:30 - 1:30 pm

Laughter Yoga - 5:30 - 6:30pm

7:45 - 8:45 pm

Tu/Thu

10:30 - 11:30 am

12:30 - 1:30 pm

5:30 - 6:30 pm

Fri

9:30 - 10:30 am

12:30 - 1:30 pm

Laughter Yoga - 4:30 - 5:30pm

5:30 - 6:30 pm

COR Hikes

COR offers two hikes each month, a beginner and advanced hike. Bring yourself, a family member, child, or friend! All are welcome, free of charge!

Here are our upcoming hikes:

- **September 6th:** *Location:* [Santa Teresa County Park](#). *Difficulty:* Easy *Time:* Meet at COR 7 am.
- **September 20th:** *Location:* [Upper Stevens Creek County Park](#). *Difficulty:* Moderate/Hard *Time:* Meet at COR 7 am.

COR Events

We are often asked what separates COR from other gyms, fitness centers, facility therapy practices, yoga studios, and we often tell them the PEOPLE! Therefore, we offer many COR events improving education and enjoyment! Here are some of our upcoming events:

- [Surfer's Path 5k and 10k](#): November 8th, 2015. [Training Program to come]
- **Masters Athletes Educational Workshop:** Learn about nutrition, injury prevention, and flexibility for improving health and performance for Masters Athletes. Time and day: September 13th at COR and remotely from 9 - 11 am PST. The workshop will cover injury prevention, strength training and mental training for Masters Swimmers.

In-Person Early Bird: \$59.99

Remote Early Bird: \$39.99

- **Overhead Athlete Educational Workshop:** Learn about safe weight training, injury prevention, and mental training for all overhead athletes (swimmers, water polo players, baseball players, volleyball players, etc.).



Tips and Tricks

1. Three Strategies to Incorporate External Verbal Cues in Swimming
2. Sorry, no more this week!

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