



**“Picture an egg. Day after day, it sits there. No one pays attention to it. No one notices it. Certainly no one takes a picture of it or puts it on the cover of a celebrity-focused business magazine. Then one day, the shell cracks and out jumps a chicken.**

**All of a sudden, the major magazines and newspapers jump on the story: “Stunning Turnaround at Egg!” and “The Chick Who Led the Breakthrough at Egg!” From the outside, the story always reads like an overnight sensation—as if the egg had suddenly and radically altered itself into a chicken.**

**Now picture the egg from the chicken's point of view.**

**While the outside world was ignoring this seemingly dormant egg, the chicken within was *evolving, growing, developing—changing*. From the chicken's point of view, the moment of breakthrough, of cracking the egg, was *simply one more step in a long chain of steps that had led to that moment*. Granted, it was a big step—but *it was hardly the radical transformation that it looked like from the outside.*”**

**– Good to Great, Jim Collins**

While the analogy is silly – everyone is looking for that “miracle moment”. However, ask any successful CEO, gold medalist, or musician, they will not be able to pinpoint a key event that exemplified their transition.

Media often portrays success as an "overnight sensation", however we fail to mention the years of work leading up to that "moment". As Collins says, “it was *simply one more step in a long chain of steps that had led to that moment.*”

Collins later writes about the *flywheel*.

Getting the wheel moving takes tremendous effort, but with each turn it begins to move a little faster. You continue to push steadily and with each turn you build momentum and speed. You can't say at which

exact turn – 58, 721, maybe 2000 – you broke though.

It might take 1 year, it might take 100 years. It's every step you are taking to become a better. One after the other. Pushing in a consistent direction over time, you inevitably hit the breakthrough point. This is no miracle moment. The breakthrough was an *accumulation* of gradual change, quiet discipline and consistent effort.

The cracking of an egg. The breakthrough on a flywheel. While, granted the step is big - it's an accumulation of years of hard work and drastic transformation on the inside.

What are you doing this week to keep building momentum? Are you taking the next step to improving?

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

## This Monday's

### **Move:** *Bench Press*



*Part time kid, part time  
fitness instructor*

The kids at our athletic development program really know their stuff!

**Follow along [here](#) as two of our kids demonstrate this week's exercise.**

As our "coach" mentions, the

### **Menu:** *Chia Seeds*



*Ch-ch-ch-chia!*

Pre-[chia.pet](#) era, these seeds were growing more than hair – they were a diet staple of the highly active [Aztecs](#). The seed packs a punch – chia contains more fatty acids than any other plant, antioxidants, magnesium, iron, calcium – the list goes on and on! Increasing [research](#) is suggesting that athletes in particular could benefit. Improvements in

### **Mind:** *Power Stance*



*Strike a Pose!*

Our body language doesn't only affect how others see us, it also changes how we see our ourselves. This TED Talk from Amy Cuddy, a social psychologist researcher at Harvard Business School, found a simple pose could increase our chances of success. Told she would never fully regain her mental capacity due to a severe head injury from a car accident, Cuddy is a true

[bench press](#) is a "classic exercise" that really works the upper body, targeting the chest (pectoralis major), triceps and shoulder muscles.

*Directions:*

1. Lie with your back on the bench, the bar over the upper chest
2. Place feet firmly on the ground for support
3. Grip the bar slightly wider than shoulder width and lower the weight to your chest
4. Press upward until arms are extended

These are the basic instructions. Many believe this is a simple exercise, however proper form is critical and often not practiced. The last thing we want to do is increase our risk of injury while we are exercising to become strong and eliminate this in the first place!

**Here are a few things to keep in mind:**

1. **Protect** your shoulders! Stabilize your shoulders by positioning them down and back before lying on the bench.
2. Keep your elbows at **45** degrees, no flarin' here! This also helps you find your ideal grip distance by traveling the path from your elbow position and raising your hands to the bar.
3. Use your **legs!** Want to lift more? Distribute the force. Allow your legs to support your body

sports performance has been seen through it's ability to decrease sugar intake and increase fatty acids, as well as improve hydration and digestion with it's absorption properties.

Between our busy days, running around with the family, or making it to sports practices, who has time to sit down and eat every meal? Chia seeds are an easy way to sneak in extra nutrients quickly, get some additional protein, and are easy on those with digestion difficulties. They don't have much of a taste so you won't even notice the difference, but they fill you up!

Chia seeds act like a sponge. Cover them in liquid over night and you have yourself dessert for breakfast! Here's a reason to look forward to waking up for tomorrow's morning workout -

*Chia pudding:*

Mix -

**1 ¼ cup milk**

**¼ cup chia seeds**

Put in the fridge overnight and enjoy!

Stir in some nut butter, honey, banana, and cocoa powder and you have yourself a complete protein. You can also experiment with different fruits, purees, nuts, seeds, etc.

testament of how we can change who we are through out body language.

Standing in confidence even when we aren't feeling confident at all – "power posing", as she refers to it - not only changes how other's perceive us, but it alters our body chemistry and changes our own perception. Cuddy's [research](#) on "power posing", was found to increase testosterone (dominance hormone) and decrease cortisol (stress hormone). This hormonal profile characteristic found in high-status and effective leaders yields increased sense of control thus improved performance in competitive tasks.

Feelings follow behaviors. There really is some science to the "fake it 'till ya make it". But don't just fake it until you make it - become it. The next time you step through the door for an interview, approach your big test, or line up for championship game, strike a pose and become it.

Watch the full TED talk [here](#)

and maintain a strong stable position (and saving your back) by keeping your glutes squeezed and pushing through the ground.

4. Don't do all the work...that's what a **partner** is for! Allow your spotter to assist you when lifting and racking the bar - this will save you energy and eliminate risk of injury.



## COR Schedule

### Kids Program

M-Th

11:30am - 3:30pm

### High School Strength Training

Tu/Thu/F/Sat

9:30 - 10:30 am

### Boot Camp

M-F

5:30 - 6:30 am

8:30 - 9:30 am

6:30 - 7:30 pm

Sat

6:00 - 7:00 am

### Yoga

M/W/F  
9:30 - 10:30 am  
12:30 - 1:30 pm  
6:00 - 7:00 pm

Tu  
10:30 - 11:30 am  
12:30 - 1:30 pm  
6:00 - 7:00 pm

Thu  
9:30 - 10:30 am  
12:30 - 1:30 pm  
5:30 - 6:30 pm



## Tips and Tricks

1. [Sweat, Sun and Fun pt. 1](#)
2. [The One Ingredient Solution to the Top 10 Swimmer Problems Coconut Oil!](#)
3. [5 Reasons you Should have Swim Meet Massages](#)
4. [9 Tips for Fostering Young Athletes](#)
5. [Split Jerk Fundamentals](#)

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