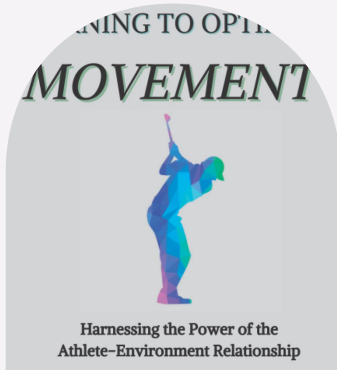


Stronger

Healthier

Happier

SUNDAY MORNING WITH RYAN 3 DECEMBER, 2023



READ

Learn More

As a coach, I am always looking for better ways to serve my athletes, whether that be physically or mentally.

One thing I have been really interested in during the past year is teaching movement to athletes and skill acquisition. Now more than ever we have athletes that are trained so specific to their sport, and they become great at throwing a ball or shooting a ball, but cannot do basic activities like skip or crawl.

After reading Rob's "How we Learn to Move" I was very interested in learning more about his philosophy on teaching movement. I find it interesting how he looks outside of athletics and training to learn about skill acquisition in movement and then apply it to more sport specific and performance training.

Rob has done a lot of his own research studies in the field and also provides great references to other studies as well, and I am excited to see what else I can learn from him to help the clients I train!



EAT

Crockpot Chili

During the winter, I look forward to spending Sundays watching football with family and friends. In my eyes, nothing goes better with that than chili in the Crockpot.

The crockpot is a savior because you can put in your ingredients before the games and have dinner ready for halftime of the 4:30pm games without thinking! You also have leftovers prepared for lunch or dinner on Monday, which makes life easier.

Chili is a great source of protein, and you also get good fiber from the beans. I prefer ground beef or venison, but you can also use ground turkey or chicken for leaner options.

I add in diced tomatoes, corn, and chili seasoning packets to make sure it is nice and flavorful. I also like to have some sourdough to go with it.

Sourdough bread is not only delicious, some studies also show it is a prebiotic and helps with digestion.



LISTEN

Dave Tate's Podcast

Part of my daily routine is walking my dog, and listening to podcasts.

As a coach and lifter, I typically listen to something in that realm, and one of my go to podcasts is *Dave Tate's Table Talk*. Dave Tate is a record setting powerlifter, having trained at Westside Barbell with legendary coach Louie Simmons.

Dave has weekly guests ranging from elite level lifters, elite level coaches and other business owners to talk about their experience in the field, and things they have found helpful as well as how they have battled through various struggles.

It is great to hear all of the different perspectives of lifters, coaches and entrepreneurs of different levels and time periods. I find it extremely beneficial to learn from others who have found success, and Dave makes that easy with his podcast.

RYAN OHNEMUS | PERSONAL TRAINER | ROHNEMUS@ADIRONDACKCLUB.COM