


ISSUE. 2 | VOL. 9 | AUG 2024

# HEALTH

IS WEALTH

A man with a beard, wearing a grey long-sleeve shirt, black pants, and a black baseball cap with a white 'D' logo, stands in the center of a modern gym. He has his hands clasped in front of him. The gym is well-lit with several black pendant lights hanging from the ceiling. To his left are several treadmills, and to his right are various exercise machines, including a Nautilus chest press machine. The background shows more gym equipment and a wooden wall section.

**UNLOCKING  
MENTAL  
FORTITUDE:  
THE  
NEUROSCIENCE  
BEHIND  
RESILIENCE**

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AUG. 2024, ISSUE. 2

# Health is Wealth

Prospr 9 Monthly E-Newsletter



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## HEALTH ADVICE INSIDE THIS ISSUE:

The Three Brains of  
the Body\_ [pg. 5](#)

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## Ending the Year on a High Note: *Strategies for a Strong Finish*

Sameer Cordell - Newsletter Editor

As we enter the second half of the year, it's an ideal time to refocus on our health and fitness goals. Whether you've been consistently active or are looking to recommit, now is the moment to harness your determination and finish the year strong.



# **Strategies for a Strong Finish**

*continued...*

Remember, the journey to wellness is a marathon, not a sprint. By staying focused, setting achievable goals, and supporting one another, we can make significant strides in our fitness journeys. Let's dedicate ourselves to making these last months count, prioritizing our health, and celebrating every victory along the way.

Here's to a healthy and fit finish to the year!

*In good health,*

*Sameer Cordell* - Newsletter Editor

# ● PROCRASTINATION

## *The Thief of Time and Dreams*

To combat fitness procrastination, set clear, achievable goals and establish a consistent training routine. Break your fitness plan into smaller, manageable steps, and schedule specific times for exercise.

Eliminate distractions, find an accountability partner, and reward yourself for meeting milestones. Stay organized, track your progress, and focus on the positive outcomes of staying active to maintain motivation.

●  
**YESTERDAY  
YOU SAID  
TOMORROW.**



*"The body achieves what  
the mind believes..."*

# TABATA:

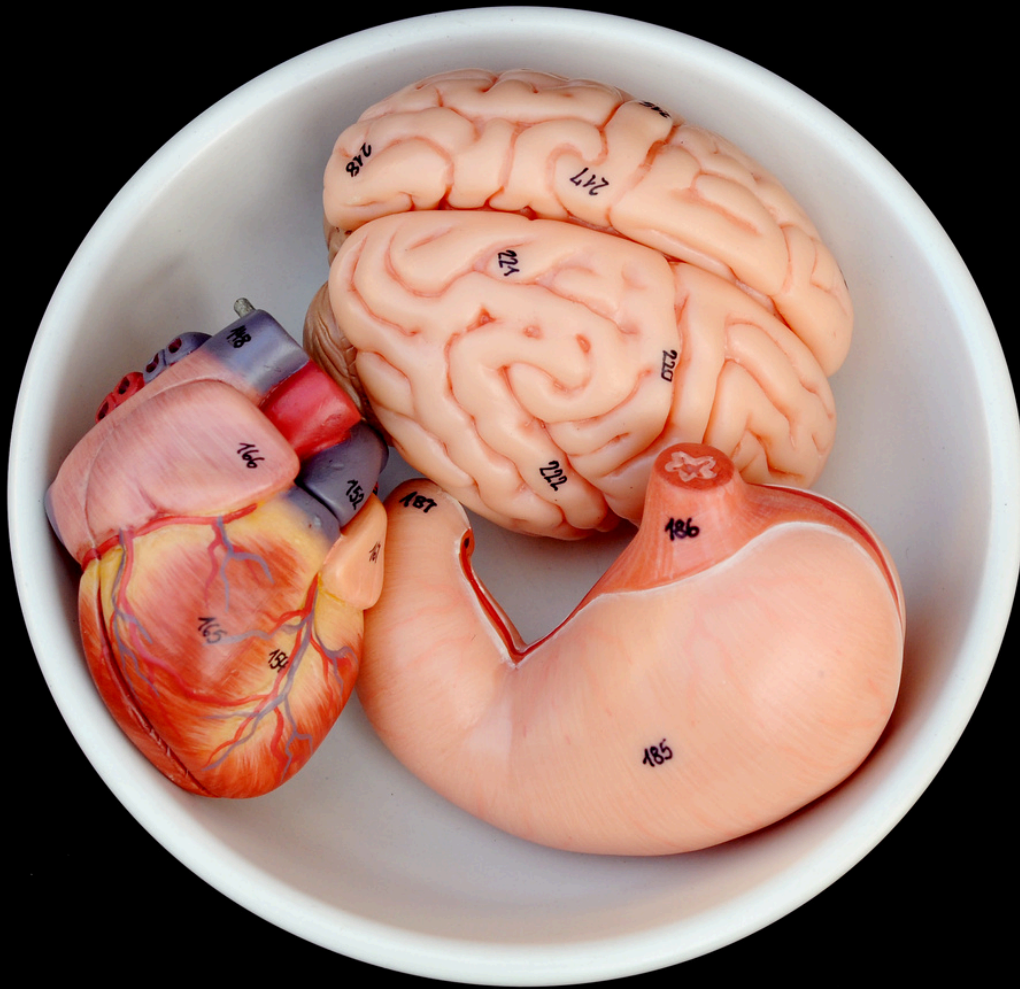
## Fit a Full Workout into Four Minutes Flat

Tabata training saves time by delivering a highly efficient workout in just 4 minutes. This high-intensity interval training (HIIT) method involves 20 seconds of maximum effort followed by 10 seconds of rest, repeated for eight rounds. The intense bursts of activity elevates your heart rate quickly, enhancing cardiovascular fitness, burning calories, and building strength in a fraction of the time compared to traditional workouts. This efficiency makes it ideal for those with busy schedules.

**8 rounds: 20 sec work, 10 sec rest**

1. Jumping Jacks
2. Sit-ups
3. Squats
4. Push-ups  
(2x)

*"The cost of procrastination is the life that you could have lived..."*



## We Have Three Brains: The Mind, The Gut, and The Heart...

The mind-heart-gut interrelation is an intricate and intriguing system that plays a vital role in our health and well-being. By understanding and strengthening this synchronicity, we can improve our physical, mental and emotional health, improve our energy and live happier and more fulfilling lives. [Check out our new blog post @ prospr9.com](https://www.prospr9.com) for more information!



**LEARN**

[https://www.](https://www.prospr9.com)

# UNLOCKING MENTAL FORTITUDE:

THE NEUROSCIENCE BEHIND  
RESILIENCE

MENTAL HEALTH  
SPOTLIGHT:

## MIND OVER MATTER

Resilience is a remarkable trait that empowers individuals to navigate life's inevitable challenges with grace and strength. It is the ability to recover from setbacks, adapt to change, and keep moving forward despite adversity.

This inner fortitude not only helps us overcome obstacles but also fosters growth, builds character, and ultimately leads to a more fulfilling and meaningful life. Resilience transforms our struggles into stepping stones, enabling us to emerge stronger and more capable than before.





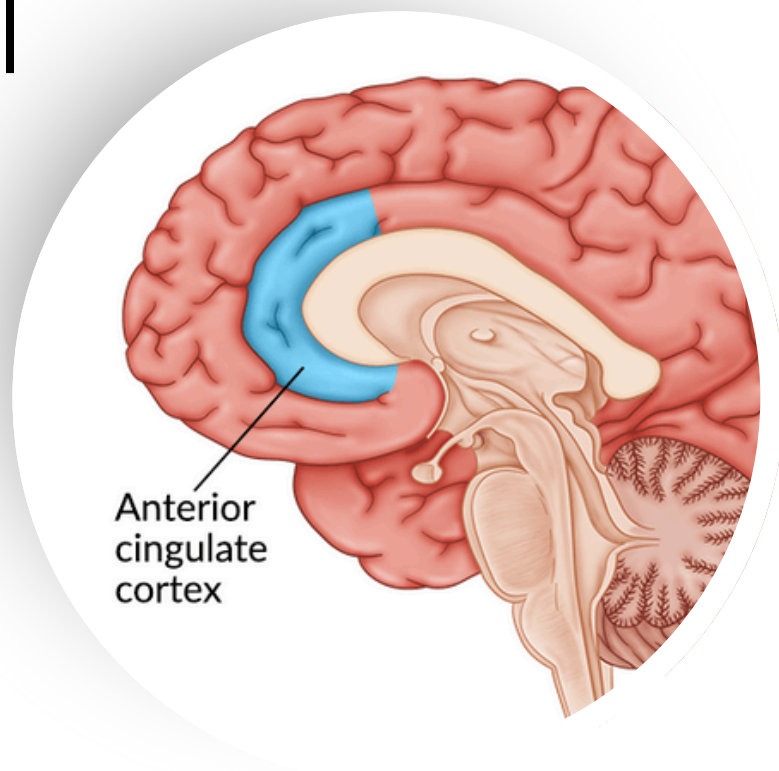
This individual difference has received a great deal of attention in recent years, as growing research indicates that individuals who persevere in the face of challenging situations show better life outcomes in the domains of health, academic achievement, and career success (Duckworth and Quinn, 2009; Duckworth and Gross, 2014).

## HOW THE ANTERIOR MID-CINGULATE CORTEX CONTRIBUTES TO ACHIEVING GOALS

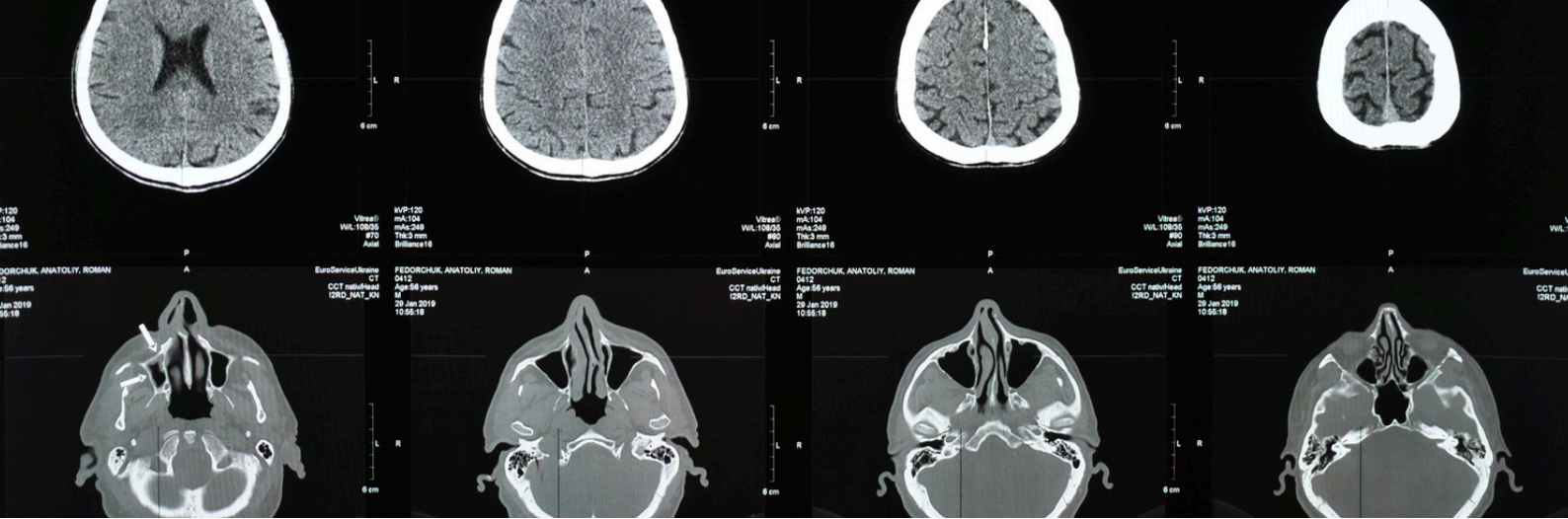
## THE TENACIOUS BRAIN

When faced with a difficult challenge, such as mastering complex equations or training for a marathon, many individuals will find the effort too costly, and withdraw. Others, however, will marshal their resources, and persist in their efforts against the same challenges, even in the absence of immediate reward.

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The brain is a complex network of regions, each playing a unique role in our behavior, cognition, and emotional regulation. Among these regions, the anterior mid-cingulate cortex (aMCC) stands out for its pivotal role in goal-directed behavior. Understanding how the aMCC contributes to achieving goals can provide insights into motivation, decision-making, and perseverance.

## Understanding the Anterior Mid-Cingulate Cortex

The aMCC is part of the cingulate cortex, located in the medial aspect of the brain, just above the corpus callosum. This region is involved in various functions, including cognitive control, emotional regulation, and response to pain. It serves as a critical hub that integrates information from different brain regions to coordinate appropriate responses to external and internal stimuli.

### Practical Implications

The aMCC is heavily involved in evaluating the costs and benefits of different actions. When pursuing a goal, it assesses the effort required and helps determine whether the potential rewards justify the effort. This evaluation is crucial for maintaining motivation, especially when facing challenging tasks.

The aMCC is involved in processing both physical and social pain, which can be significant deterrents to goal achievement. At the same time, it plays a role in reward processing, enhancing the satisfaction and reinforcement derived from achieving milestones. Balancing these aspects helps maintain a steady progress towards goals.



## **Brain Gains**

The anterior mid-cingulate cortex is a critical player in the complex orchestra of brain regions that drive goal-directed behavior. By integrating motivation, performance monitoring, conflict resolution, and emotional regulation, the aMCC helps us navigate the path toward achieving our goals.

Understanding and harnessing the power of this brain region can lead to more effective strategies for personal and professional development. Overall, by consistently pushing yourself to do things you find challenging or unpleasant, you stimulate and strengthen the aMCC, promoting growth and improving cognitive and emotional resilience.

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**THE MAGIC  
YOU'RE  
LOOKING FOR  
IS IN THE  
WORK YOU'RE  
AVOIDING.**



# PERSONAL DEVELOPMENT

PROSPR 9  
MONTHLY E-NEWSLETTER  
AUG. 2024

## TRANSFORMATION IS A JOURNEY NOT A DESTINATION...

Persisting with fitness goals is crucial because consistency leads to long-term health benefits, including improved physical and mental well-being. Regular exercise enhances cardiovascular health, strengthens muscles, and boosts mood and energy levels. Staying committed helps build discipline and resilience, making it easier to overcome future challenges and maintain a healthy lifestyle.

*Thank You*



# Prospr<sup>9</sup>

**WELLNESS. FITNESS. PERFORMANCE.**

**PLACE YOUR HEALTH FIRST!** 



## OUR HISTORY

EST in 2020 during the height of the pandemic, we began to offer virtual training and science-based fitness programming



## OUR VISION

promoting the synchronization of mindfulness and fitness, scientific personalized approach. Implementation of unconventional methods to challenge the mind and body.



## OUR MISSION

is to educate clients on the proper training principles and nutritional fundamentals needed to ensure: accuracy, timeliness, and safety while in the pursuit of goal accomplishment.



**HEALTH IS WEALTH,  
CONSCIOUSNESS IS  
KEY...**

## ABOUT US

At Prospr 9, our training philosophy is centered around the principles of: Performance, Recovery, Observation, Staying Prepared, and then Repeating the cycle of proven success for continued mental & physical development!



## WHY CHOOSE US?

Experience and applied knowledge. Results that will lead to gains inside and outside the gym. Classroom, boardroom, and anywhere in between. Learn as you grow. The gym can be intimidating when you have no idea where to start. We are here to help you place your health first.



**Wellness**  
Mental health



**Fitness**  
Assessments,  
science based  
approach



**Performance**  
Mindfulness,  
development of  
mental fortitude,  
goal-setting, self-  
development



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NYC, MIA, DTX, LA