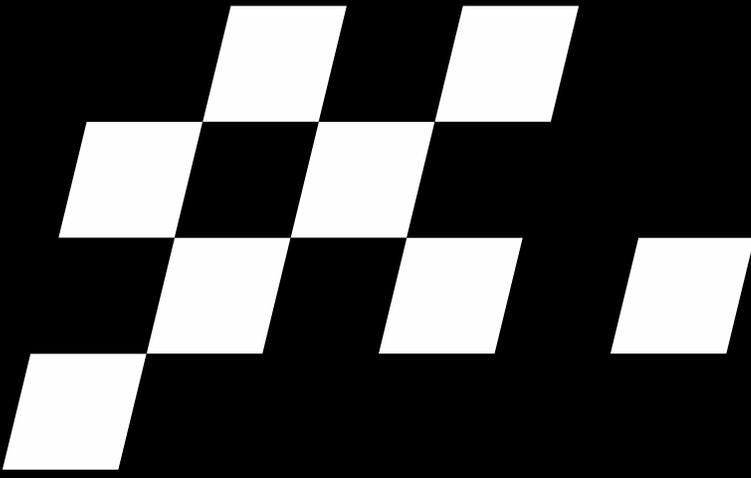


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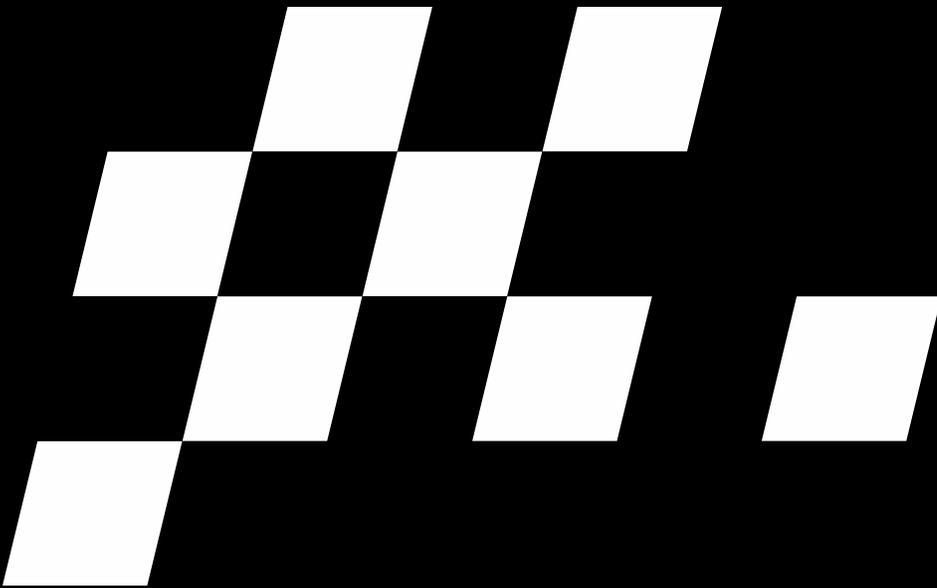
HEALTH IS WEALTH



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(W = Fd)

Health is wealth, Consciousness is key...

Summer 2025

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ISSUE

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"Health is wealth,
Consciousness is key..."

– @prospr9

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Editor's Note



Heat Check: *Summer Madness*

Mind, body, sunshine...

Summer is here, and with it comes longer days, stronger sun, and more opportunities to move. In this issue, we're shining a light on simple but powerful tools for thriving this season: protecting your skin with smart UV habits, keeping hydration dialed in to perform and recover.

As well as, leaning into calisthenics as a no-excuse way to train anywhere, and remembering that your mental health deserves as much care as your physical fitness. Small, intentional choices—whether it's water over soda, sunscreen before a run, or a mid-day reset—add up to big results. Here's to a strong, healthy summer.

Summer



Health Tips

Morning Motivation:

Kickstart your day with energy and a boosted metabolism.



Midday Recharge:

Combat stress and sharpen focus with an afternoon sweat.



Evening Performance:

Maximize strength and endurance for your best workout yet.



Heart Health & Sleep:

Prioritize recovery with balanced rest for a healthier heart.



MANIFESTING

OPERATION HYDRATION

FUELING PERFORMANCE IN THE HEAT
OF SUMMER

Summer heat raises the stakes for athletes, tactical professionals, and anyone chasing fitness goals. Hydration isn't just about sipping water... It's an operational tool that impacts strength, endurance, focus, and recovery.

WHY HYDRATION IS MISSION-CRITICAL

Water = ~60% of the human body.

Even 2% fluid loss can impair muscular endurance, strength, and cognition.

(Journal of Sports Sciences, 2014).

Result: slower reaction times, reduced stamina, and higher risk of heat illness.

QUICK RULES

< 60 min: Water only is fine.

60-90 min in heat:
Water + electrolytes.

> 90min or endurance/tactical training: Water + 400-700 mg sodium/hr + carbs (30-60 g/hr).

"Dehydration is a silent performance killer."

HYDRATION BEYOND WATER

Sweat isn't just water, it carries sodium, chloride, potassium, magnesium. Ignore these, and you risk cramping or even hyponatremia (dangerously low sodium).

THE SWEAT RATE FORMULA

1. Weigh in before workout.
 2. Train (note the time).
- Weigh yourself after, subtract fluid consumed.

→ **Result** = pounds lost ÷ workout time = sweat rate per hour.

Example: 2 lbs lost in 1 hr = ~32 oz (1L) sweat rate. That's your target replacement in similar conditions.

"Replace only water without electrolytes, and you dilute your system."



“Hydration is a operational readiness tool. Treat it like training: deliberate, tested, and mission-driven. This summer, don’t just drink water... Deploy hydration as a performance weapon.”



RED FLAGS: UNDER VS. OVER HYDRATION

Underhydration Signs:

- Fatigue, dizziness, dark urine, cramps.

Overhydration Signs (Hyponatremia):

- Headache, nausea, swollen hands/feet, confusion.

“Balance is the mission. Hydrate smart, not blindly!”

HYDRATION TACTICS FOR PEAK PERFORMANCE

Start Hydrated:

Pale-yellow urine = ready.

Preload:

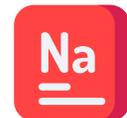
16-20 oz water 2-3 hrs pre-workout + 8 oz ~20 min before.

During Training:

Sip 7-10 oz every 15-20 min (adjust to sweat rate).

Post-Training:

Replace 1.5x fluid lost over 2-4 hrs (*ACSM Position Stand, 2007*).



Tactical athletes & OCR racers: consider electrolyte tabs, salt packets, or performance drinks during long, hot sessions.



SUNSHINE & THE BRAIN: HARNESSING SUMMER FOR MENTAL HEALTH

“A few minutes of summer sun may do as much for your mood as a long meditation session.”

INTRO

Summer isn't just peak season for outdoor workouts, it's peak season for mental resilience. Exposure to sunlight affects vitamin D production, circadian rhythm regulation, and neurotransmitter balance...

All of which directly influence mood, focus, and cognitive performance. For athletes, fitness enthusiasts, and anyone chasing wellness, summer can be a secret weapon for mental health optimization — if used wisely.

VITAMIN D: MORE THAN JUST BONES

Sunlight hitting your skin triggers the production of vitamin D₃, a hormone-like vitamin essential for mental health. Research links adequate vitamin D levels to:

- Increased serotonin synthesis, the “feel-good” neurotransmitter.
- Reduced risk of seasonal affective disorder (SAD) and depressive symptoms (*Nutrients, 2020*).
- Improved cognitive function and focus, aiding training and day-to-day productivity.



Pro Tip: *Even 10-20 minutes of morning sun on arms and legs can support vitamin D production, depending on skin tone, latitude, and time of year.*

LIGHT & CIRCADIAN RHYTHM: THE SLEEP-MOOD CONNECTION

Exposure to natural light helps reset your internal clock, aligning your circadian rhythm with day-night cycles. Benefits include:

- Better sleep quality and faster sleep onset
- Increased daytime alertness and cognitive sharpness
- Enhanced recovery from workouts and reduced fatigue

Try morning or early afternoon sunlight when possible, as it maximizes circadian signaling without overexposure to UV rays.

☀️

EXERCISE + SUNSHINE: A DOUBLE DOSE FOR THE BRAIN

Outdoor workouts combine the mood-boosting benefits of exercise and sunlight. Physical activity alone releases endorphins and dopamine, while sunlight amplifies serotonin production.

- Running, rowing, cycling, or tactical fitness drills outdoors can lift mood, sharpen focus, and improve resilience to stress.
- Schedule sessions strategically: early morning or late afternoon to avoid peak UV and heat while still reaping sunlight benefits.



☀️

NATURE & MINDFULNESS: MICRO GREEN BREAKS

Even brief exposure to natural environments — parks, trails, or backyards — reduces cortisol, lowers stress, and improves attention span (*Frontiers in Psychology, 2019*).

- Incorporate micro green breaks: 5-10 minutes of outdoor breathing exercises, meditation, or light mobility work.
- Use these sessions as mental reset points during long workdays or training periods.



QUICK SUNSHINE & MENTAL HEALTH CHECKLIST

- 10-20 minutes of morning sunlight daily
- Outdoor workouts or mobility sessions 3-5x/week
- Micro green breaks for mental reset
- Hydration and UV protection during all sun exposure
- Monitor vitamin D status with routine blood tests if at risk

☀️

SAFETY FIRST: SMART SUN PRACTICES

Optimizing summer for mental health doesn't mean ignoring UV risk:

- Apply broad-spectrum sunscreen (SPF 30+) on exposed skin.
- Wear UPF clothing, hats, and sunglasses.
- Stay hydrated, especially during outdoor exercise.
- Avoid peak sun hours (10 a.m. - 4 p.m.) if sensitive to heat or prone to sunburn.



QUICK TIP

Summer offers a unique performance advantage for the brain. By intentionally leveraging sunlight, outdoor activity, and mindful recovery, you can:

- Boost serotonin and endorphins
- Align circadian rhythms for better sleep and energy
- Reduce stress and improve mental resilience



MIDYEAR CHECKPOINT: CALIBRATE **OR** COLLAPSE

*"Success in training isn't built on intensity alone,
it's built on consistency and recalibration."*

We're halfway through the year, the perfect time for a performance audit. Are your goals on track, or have distractions, fatigue, and setbacks quietly taken over?

This is your midyear checkpoint: a chance to recalibrate your fitness, wellness, and recovery strategies before momentum slips away. In the world of performance, you either adapt and adjust or risk collapse under the weight of inconsistency.

WHY MIDYEAR CHECKPOINTS MATTER

Research shows that setting specific, measurable goals and reviewing them regularly increases adherence and long-term success in fitness and health programs (*American Journal of Lifestyle Medicine, 2020*).

Without checkpoints, motivation fades and habits regress. Think of your training like navigation: even a small course error, if left unchecked, can take you miles off target. A midyear review corrects your heading.



**PROCRASTINATION
IS A SYMPTOM OF
FEAR.**



THE CALIBRATION PROCESS

1. Audit Your Mission

- Revisit your January goals. Did you hit milestones in strength, endurance, body composition, or overall wellness?
- Identify what worked and what stalled. Be honest — this is data, not judgment.

2. Measure the Metrics that Matter

- Strength: track 1RM progress or bodyweight test benchmarks (push-ups, pull-ups, squats).
- Conditioning: note VO_2 max, run times, or row splits.
- Body composition: body fat %, waist-to-hip ratio, or performance-based physique goals.
- Recovery: sleep quality, HRV (heart rate variability), or subjective energy scores.

3. Adapt Your Training Cycle

- Progress stalled? Introduce progressive overload (heavier loads, more volume, or new training stimulus).
- Plateaued or fatigued? You may need a deload week or recovery-focused cycle.
- Life changes? Adjust intensity and schedule to match your current operational reality.

4. Reframe Your Why

Motivation shifts over time. Maybe your focus was aesthetics in January but now it's performance, longevity, or stress relief. Anchor your training to your current mission.

“Without recalibration, even disciplined athletes drift off course.”

COLLAPSE WARNING SIGNS

If left unchecked, drift turns into collapse. Watch for these red flags:

- Chronic fatigue, poor recovery, or nagging injuries
- Skipped training sessions becoming routine
- Loss of clarity in goals or training purpose
- Emotional burnout or loss of motivation

These are signals, not failures, it's your body and mind telling you it's time to recalibrate.

TACTICAL TOOLS FOR RECALIBRATION

- **SMART Goal Reset:** Specific, Measurable, Achievable, Relevant, Time-bound.
- **Accountability Systems:** Training partners, coaches, or fitness apps improve adherence (*Journal of Medical Internet Research, 2021*).
- **Periodization Planning:** Structure training cycles to alternate stress and recovery for sustainable gains.
- **Wellness Integration:** Nutrition, sleep, and mental health are force multipliers for performance.



“*The midyear checkpoint isn’t just a motivational slogan... It’s a strategic pause to prevent collapse and engineer long-term success. Revisit your goals, recalibrate your tactics, and recommit to the mission. Six months remain in the year. The choice is clear: calibrate or collapse.*”

$$M = \left(\frac{x_1 + x_2}{2}, \frac{y_1 + y_2}{2} \right)$$

Calisthenics: Master Your Body Anywhere This Summer

Summer means longer days, warmer weather, and plenty of opportunities to train outdoors. Enter calisthenics: bodyweight training that transforms beaches, parks, and sidewalks into full-featured gyms. Whether you're chasing strength, endurance, or aesthetic goals, calisthenics delivers functional fitness anywhere.

WHY CALISTHENICS WORKS

Unlike machines or isolated weight training, calisthenics emphasizes compound, multi-joint movements that engage multiple muscle groups simultaneously.

Benefits include:

- **Strength & Muscle Development:** Push-ups, pull-ups, dips, and squats recruit chest, back, shoulders, core, and legs for total-body strength (*NSCA Essentials of Strength Training & Conditioning, 4th ed.*).
- **Mobility & Flexibility:** Dynamic movements improve joint range of motion and functional mobility.
- **Core Activation:** Nearly every bodyweight exercise engages the core, boosting stability and posture.
- **Cardiovascular Conditioning:** High-rep circuits and dynamic calisthenics enhance heart rate and aerobic capacity.

TRAINING MATRIX

1. Beach Bodyweight Blast

- **Warm-up:** 5-10 min light jog or dynamic stretching on sand
- **Circuit** (3-4 rounds)
 - Push-ups x 15
 - Walking lunges x 20 steps
 - Plank to shoulder tap x 20
 - Jump squats x 12
 - Burpees x 10
- **Cool-down:** 5 min walk along shore + static stretching

2. Park Strength & Pull Day

- **Warm-up:** Arm circles, band pull-aparts, jogging in place
- **Circuit** (3 rounds):
 - Pull-ups or assisted pull-ups x 8-12
 - Dips on parallel bars x 10-15
 - Step-ups on bench x 15 per leg
 - Hanging knee raises x 12-15
 - Bear crawls 20 ft

Why Sand? Unstable surfaces increase muscle activation, improve balance, and reduce joint stress compared to hard surfaces.

Tip: Parks often have bars, benches, or playground equipment... Perfect for leveraging your own body weight.

“Your body is the ultimate gym, no membership required.”

“Calisthenics turns every park, beach, and backyard into a performance playground.”

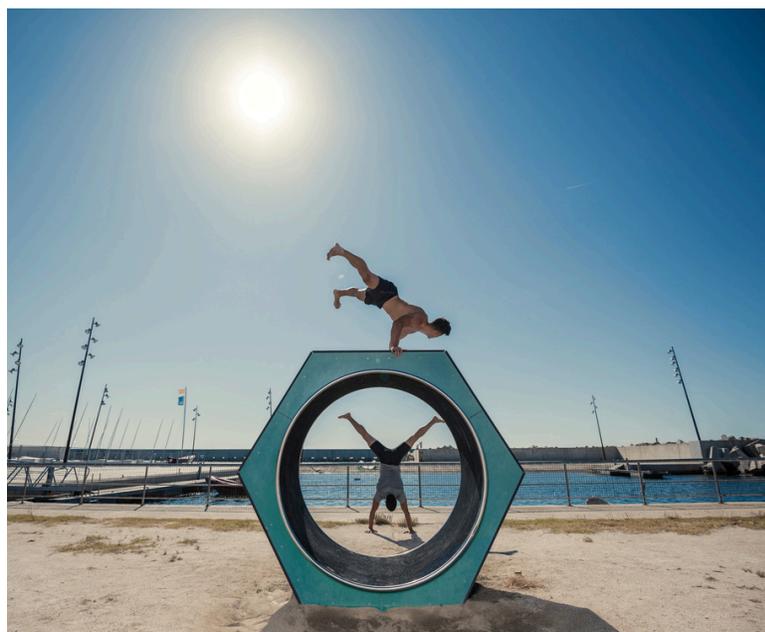
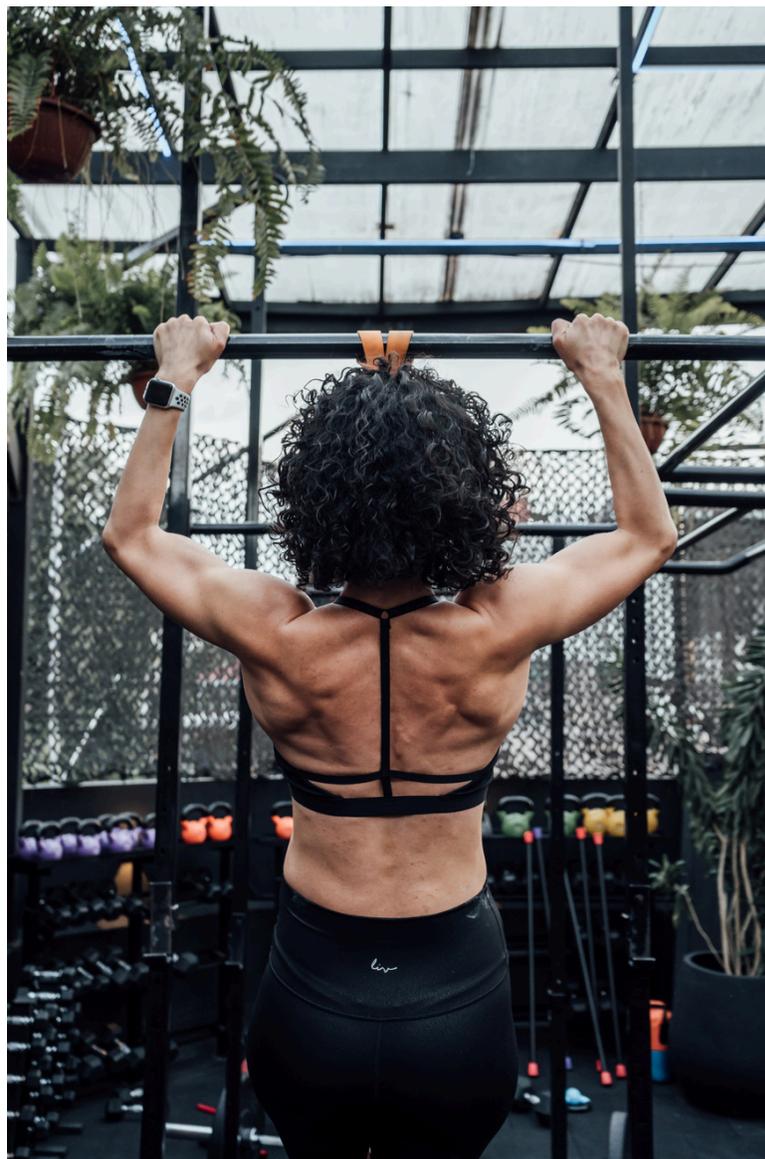
SUMMER BENEFITS BEYOND STRENGTH

- **Vitamin D Boost:** Outdoor training increases natural vitamin D production, supporting bone health, mood, and immunity.
- **Mental Health:** Sunshine, fresh air, and endorphins improve mood and reduce stress (*Frontiers in Psychology, 2019*).
- **Functional Fitness:** Bodyweight control translates into better athletic performance, posture, and daily movement efficiency.

QUICK CALISTHENICS SUMMER CHECKLIST

- Identify a training spot: beach, park, or backyard
- Warm up 5-10 minutes before exercise
- Mix push, pull, leg, and core movements for balanced training
- Progressively increase intensity, reps, or complexity
- Stretch, recover, and hydrate

“*Calisthenics is portable, effective, and endlessly adaptable, making it ideal for summer fitness. With minimal equipment, you can build strength, endurance, and functional movement while enjoying fresh air and sunshine. The beach, the park, or even your driveway becomes your personal outdoor gym... Your body is all the tool you need.*”





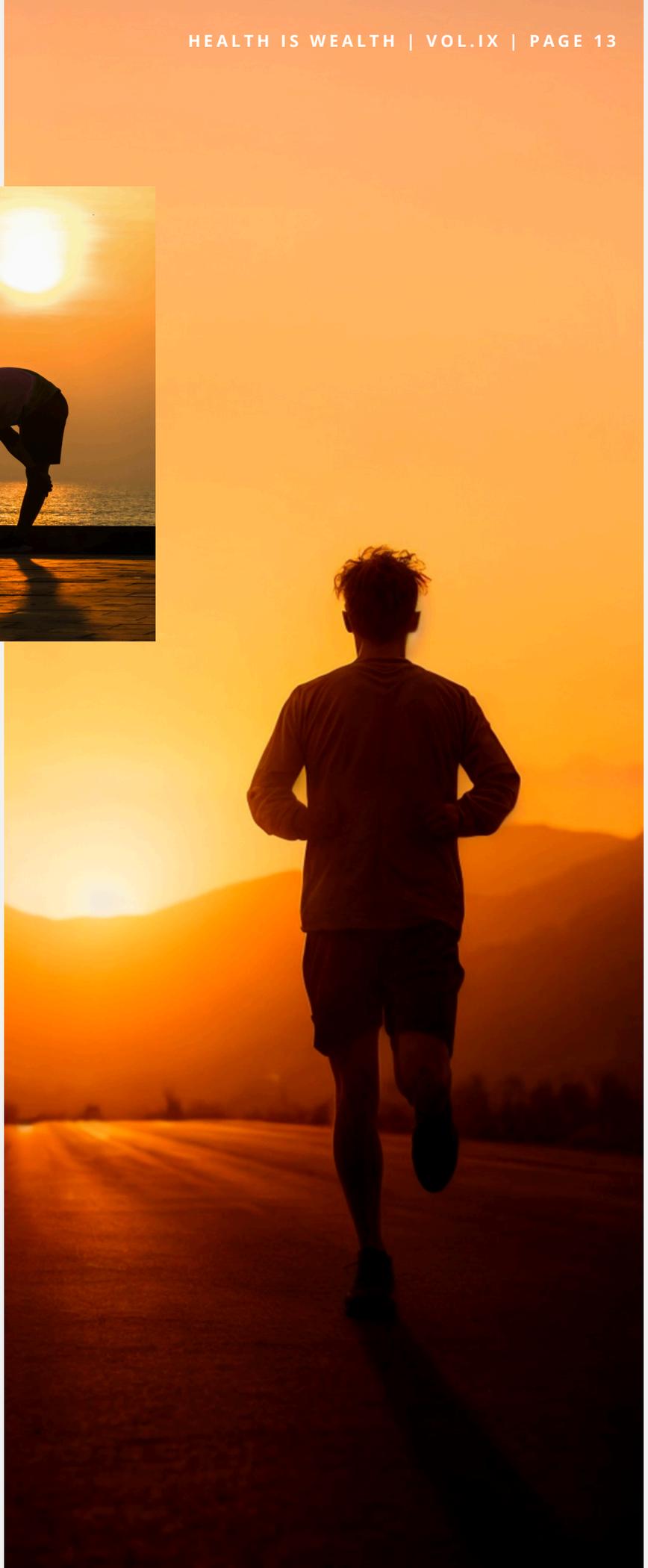
Sun Ops: Mastering UV Protection for Peak Performance

***"Your skin is your largest organ,
protect it like your most valuable
gear."***

Summer training means more time outdoors, more vitamin D, and more sun exposure. But the same sunlight that fuels your mood and energy can also silently degrade your health and performance if you don't manage ultraviolet (UV) radiation.

Athletes, outdoor professionals, and fitness enthusiasts are especially at risk, not just for sunburn, but for long-term skin damage that can reduce recovery, accelerate aging, and increase cancer risk.

***"Up to 80% of UV rays still reach
your skin on cloudy days...
Sunscreen isn't just for
sunshine."***



THE ULTRAVIOLENT THREAT

14

According to the Skin Cancer Foundation, more than 5 million cases of skin cancer are diagnosed annually in the U.S., with outdoor athletes among the highest-risk groups. Even a single blistering sunburn in youth doubles the risk of melanoma later in life (*American Academy of Dermatology, 2024*).



The sun emits two types of rays that impact performance and health:

- **UVA (aging rays):** Penetrates deeply, damaging collagen, accelerating skin aging, and impairing recovery.
- **UVB (burning rays):** Damages the skin surface, causes sunburn, and directly contributes to DNA damage and skin cancer.

WHY UV PROTECTION MATTERS FOR ATHLETES

- **Performance Impact:** Sunburned skin diverts blood flow from working muscles to aid repair, impairing endurance and recovery.
- **Immune Stress:** Overexposure to UV suppresses the immune system, leaving you more vulnerable to illness.
- **Vision Risks:** Long hours outdoors without eye protection raise the risk of cataracts and macular degeneration.

UV exposure doesn't just affect appearance, it's a performance variable.



OPERATIONAL UV PROTECTION

Like hydration and nutrition, UV protection should be systematic, not reactive.

1. Timing the Mission

Train early mornings or evenings when the UV index is lower (avoid peak hours: 10 a.m. – 4 p.m.).

Use a UV index app (EPA SunWise or Weather apps) to plan outdoor sessions.

2. Cover & Shield

Wear UPF-rated apparel (Ultraviolet Protection Factor). A UPF 50 shirt blocks 98% of UV rays.

Lightweight long sleeves, tactical hats, and neck gaiters keep skin protected without overheating.

3. Sunscreen = Armor

Choose broad-spectrum sunscreen (UVA + UVB) with SPF 30 or higher.

Apply 15–30 minutes before exposure.

Reapply every 2 hours, or after sweating/swimming.

For sweaty athletes: Use sport-formulated or mineral-based sunscreens that resist runoff.

4. Eye Protection

Use sunglasses labeled UV400 or “100% UV protection.”

Wrap-around frames offer tactical coverage against side-angle rays.

5. Hydration + Antioxidants

UV exposure increases oxidative stress. Support your system with hydration, fruits, and vegetables rich in vitamin C, E, and carotenoids (like carrots, berries, leafy greens).



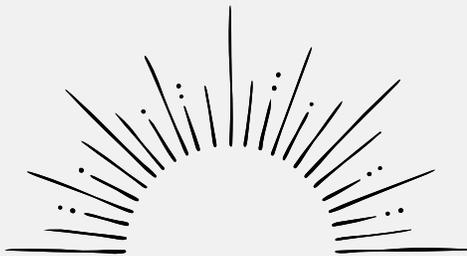
“Even one blistering sunburn can double your lifetime risk of melanoma.”

Photo credit
Zero Wilson / Liceria Co.

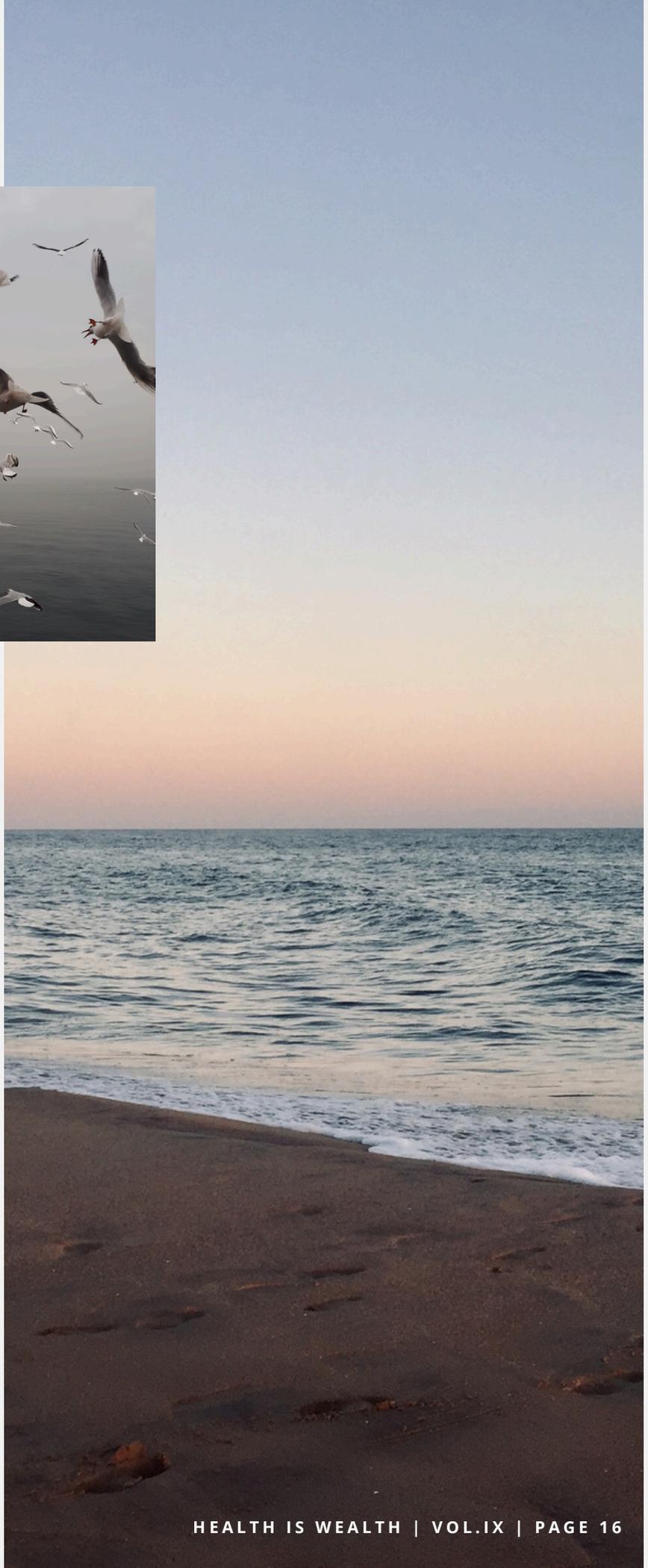


QUICK UV OPS CHECKLIST

- Check the UV index daily
- Train early or late to avoid peak sun
- Wear UPF-rated clothing & hats
- Apply SPF 30+ sunscreen, reapply every 2 hrs
- Use UV-blocking sunglasses
- Support skin with hydration & antioxidants



“Performance isn’t only built in the gym – it’s protected in the field. Treat sun protection like any other tactical readiness protocol. With deliberate UV defense, you’ll preserve recovery, maintain long-term health, and stay mission-ready all summer long.”



Heat Resilience Equals Mental Resilience

As temperatures climb in summer, athletes, outdoor enthusiasts, and tactical professionals face more than just sweat and sunburn. Heat exposure challenges both body and mind, and your ability to tolerate it is a direct indicator of your mental toughness and operational readiness. Ignore it, and performance suffers. Respect it, and resilience grows.



“Training in the heat isn’t just physical, it’s a mind game.”

WHY **HEAT** MATTERS

When the body overheats, multiple systems are taxed simultaneously:

- Cardiovascular strain: Heart rate increases as blood is diverted to the skin for cooling.
- Muscle fatigue: Energy expenditure rises, reducing strength and endurance.
- Cognitive load: Concentration, decision-making, and reaction time deteriorate with rising core temperature (*Journal of Applied Physiology, 2010*).

“**Even moderate heat stress can make tasks feel twice as hard, while extreme exposure without adaptation can lead to heat exhaustion or heat stroke, conditions that impact both health and performance.**”

THE MENTAL-PHYSICAL LINK

Heat tolerance is as much a mental skill as a physiological one. Studies show that athletes who train progressively in hot conditions not only adapt physically but also develop improved focus, stress tolerance, and decision-making under pressure (*International Journal of Sports Medicine, 2019*).

Key takeaway: Your mental resilience rises in tandem with heat resilience. Conversely, neglecting heat adaptation can lead to early fatigue, mental lapses, and a collapse in operational performance.

OPERATIONAL HEAT RESILIENCE STRATEGIES

1. Gradual Heat Acclimation

- Begin with short, low-intensity outdoor sessions and gradually increase duration and intensity over 7-14 days.
- Heat acclimation improves sweat efficiency, stabilizes heart rate, and reduces core temperature rise.

2. Hydration Protocols

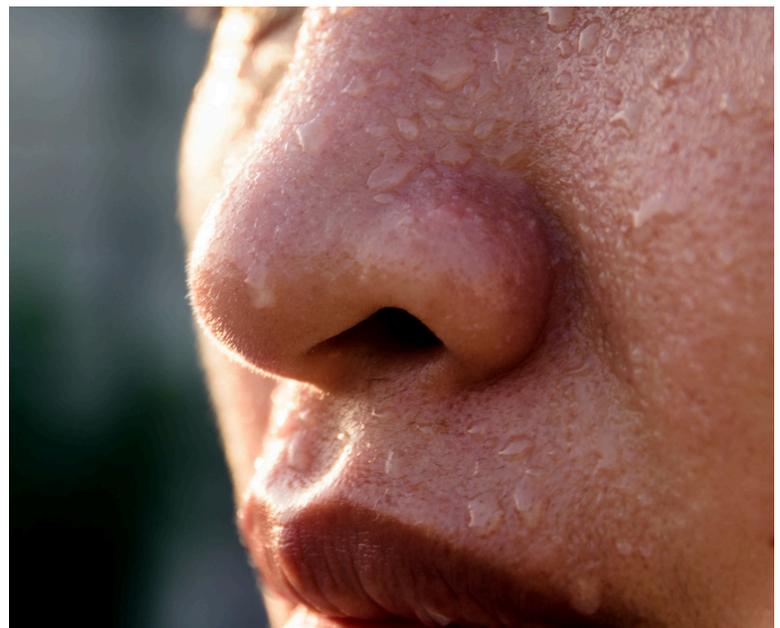
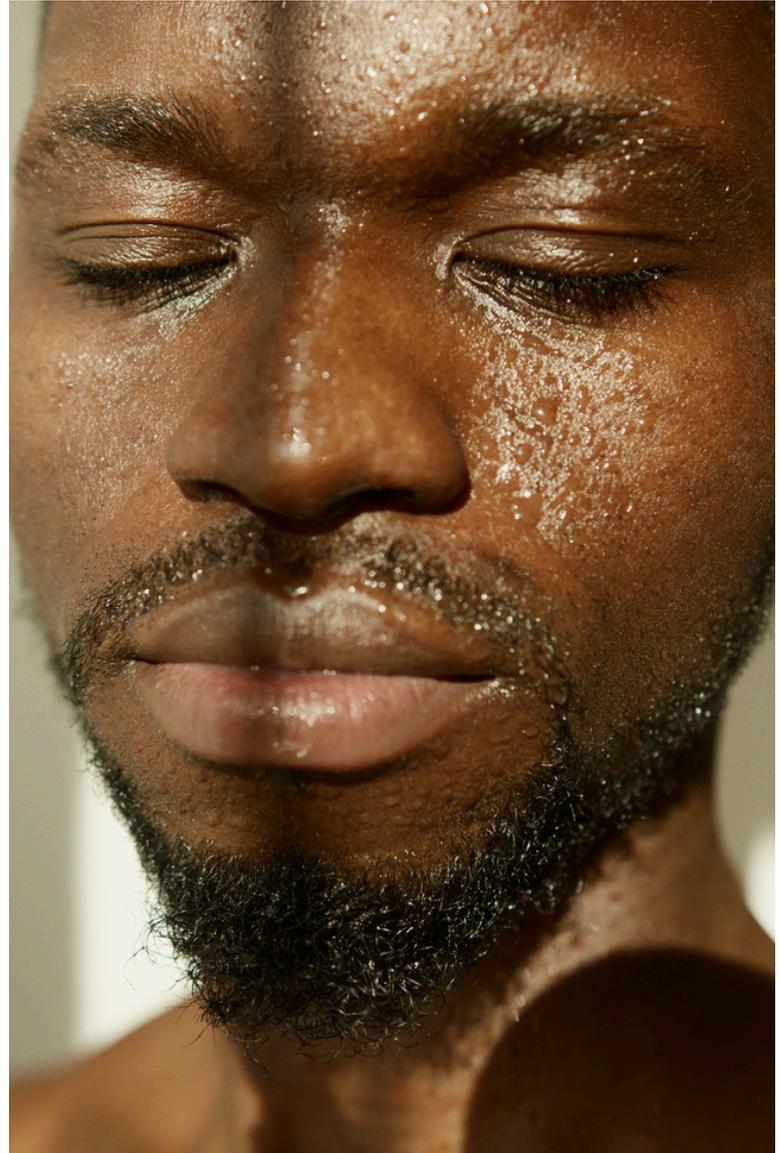
- Sweat leads to fluid and electrolyte loss. Combine water with electrolytes during prolonged exposure.
- Monitor urine color and body weight changes to ensure adequate hydration (*Journal of the International Society of Sports Nutrition, 2017*).

3. Cooling & Recovery Tactics

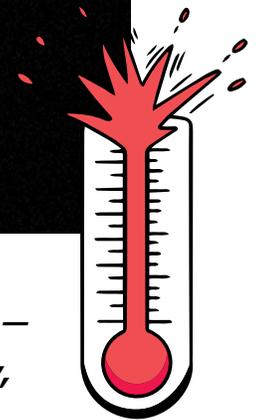
- Pre-cooling: Cold showers, ice vests, or chilled fluids before workouts.
- Mid-training: Shade breaks, misting, or cooling towels.
- Post-training: Rehydration, light stretching, and passive cooling.

4. Mental Conditioning

- Visualize enduring heat and maintaining form under stress.
- Use breathwork and mindfulness to regulate perceived exertion.
- Focus on process over outcome to maintain mental control when discomfort spikes.



“YOUR MENTAL RESILIENCE IS FORGED IN THE FURNACE OF HEAT ADAPTATION.”



Heat is a stress test – not just of your body, but of your mind. Embracing heat resilience training enhances cardiovascular efficiency, muscular endurance, and cognitive performance while building mental toughness. Summer isn't just a season to endure; it's a training environment for operational resilience. Adapt, or risk collapse.

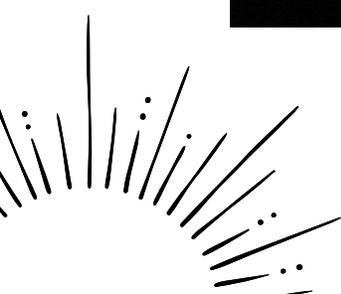
RED FLAGS: WHEN HEAT BREEDS COLLAPSE

- Nausea, dizziness, or confusion during activity
- Excessive fatigue or inability to maintain pace
- Muscle cramps that do not resolve with rest and hydration
- Core temperature above safe limits ($\approx 104^{\circ}\text{F}$ / 40°C)

If these appear, pause immediately, cool the body, and hydrate. Heat collapse is preventable but unforgiving.

HEAT RESILIENCE CHECKLIST

- Start with gradual heat exposure
- Hydrate and replenish electrolytes
- Use cooling strategies before, during, and after training
- Practice mental conditioning and breathwork
- Monitor body signals and adjust intensity accordingly



Refuel & Refresh: The Ultimate Summer Post-Training Smoothie

“Recovery isn’t optional, it’s part of the mission!”

Summer workouts are tough: heat, sweat, and high-intensity effort deplete glycogen, electrolytes, and hydration. The key to maximizing recovery and performance is timely nutrition — and a post-training smoothie can deliver carbs, protein, antioxidants, and electrolytes in one delicious, convenient package.

Why a Post-Workout Smoothie Works

After intense activity, your body enters a recovery window; muscles are primed for glycogen replenishment, protein synthesis is elevated, and hydration status is critical. Research shows that consuming a balanced mix of carbohydrates and protein within 30–60 minutes post-exercise accelerates recovery, reduces muscle soreness, and prepares you for the next session (*Journal of the International Society of Sports Nutrition*, 2017).

Nutritional Benefits at a Glance

- **Protein** (~25g): Supports muscle repair and growth.
- **Carbohydrates** (~40–50g depending on fruit): Replenishes glycogen stores.
- **Electrolytes**: Potassium (banana, pineapple), magnesium (chia seeds), and sodium (optional pinch for long-duration sweating).
- **Antioxidants**: Vitamin C (mango, pineapple), polyphenols (optional spinach) help reduce oxidative stress from exercise.

Recipe: Tropical Recovery Smoothie

Serves 1 | Prep Time: 5 minutes

Ingredients:

- 1 cup unsweetened almond milk (or dairy milk) – hydration + electrolytes
- 1 scoop whey or plant-based protein powder (~20–25g protein) – muscle repair
- ½ cup frozen mango – quick carbs + vitamin C
- ½ cup frozen pineapple – anti-inflammatory enzymes + carbs
- ½ medium banana – potassium for electrolytes and glycogen replenishment
- 1 tsp chia seeds – omega-3s & fiber
- Ice cubes as desired

Optional Boosts:

- **1 handful spinach** – micronutrients without changing taste
- **½ tsp turmeric or ginger** – natural anti-inflammatory
- **1 tsp honey or maple syrup** – extra carbs for extended workouts

Instructions:

1. Combine all ingredients in a blender.
2. Blend until smooth and creamy.
3. Pour into a tall glass and enjoy immediately.

Pro Tips for Maximum Recovery

- **Time it right:** Consume within 30–60 minutes post-training.
- **Hydrate first:** Drink water or an electrolyte beverage before the smoothie if you sweated heavily.
- **Customize macros:** Adjust protein and carb content based on training intensity and body weight.
- **Keep it cold:** Cold or frozen fruits help with post-training thermoregulation during summer heat.

Last Sip..

*Recovery is a mission-critical component of performance, and nutrition is your frontline tool. This **tropical smoothie** provides the right combination of **protein, carbs, electrolytes, and antioxidants** — making it the perfect summer refuel strategy for athletes, fitness enthusiasts, and outdoor warriors.*



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JUNE-JULY 2025

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



AS LONG
AS YOU'RE
BREATHING...
THERE WILL
BE UPS AND
DOWNS 



HEALTH IS WEALTH, CONSCIOUSNESS IS
KEY... NEVER SETTLE, BET ON
YOURSELF, KEEP GOING...



Keep Going!...

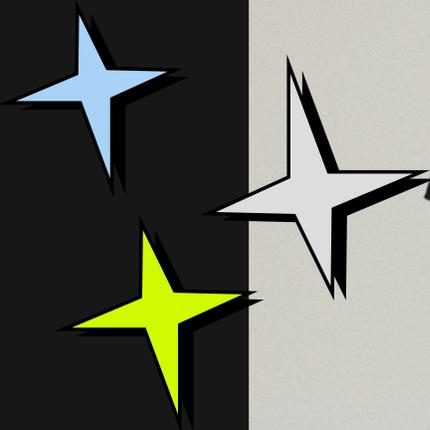


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Prospr 9 Running Club



We just felt like runnnin'....

Returning Fall 2025

Register now...



Brooklyn, NY

www.prospr9.com

Prospr⁹

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 both online and in-person



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, Studies Preparation, & Readiness. **And the 9?**

It symbolizes the nine Pillars of Elite Wellness, a comprehensive framework to dominate every domain of performance.



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, Nutrition, Goal planning



Fitness

Assessments, science-based personalized approach



Performance

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



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NYC. MIA. DAL. LOS