

ISSUE 10

HEALTH

IS WEALTH



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AUGUST - SEPTEMBER 2025

AVOIDING: THE FRESHMAN 15

BACK TO SCHOOL: BACK TO THE BASICS... THE THE BIG THREE LIFTS

ASKING FOR HELP: SUICIDE PREVENTION AND AWARENESS

GREEN GOLD: THE POWER OF ALGAE



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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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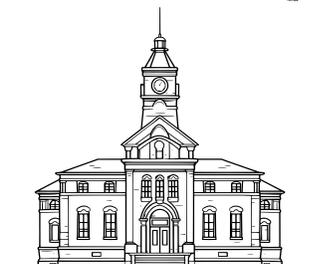
Strength Begins With Awareness

stay focused...

As we move into the late-summer stretch and settle into new routines, this issue is all about building smarter, not just harder. We're breaking down the Big Three lifts with precision, tackling the realities of the Freshman 15 with science-backed strategies, exploring how movement supports mental health during Suicide Awareness Month, and spotlighting algae as one of the most underrated nutrition tools for performance and recovery.

Whether you're stepping into a weight room, a new semester, or a new chapter, remember: progress starts with awareness... of your body, your mind, and your habits. Small, intentional changes now create strength that carries through the entire year.

BACKED TO SCHOOL



Health Tips

Morning Motivation: Kickstart your day with energy and a boosted metabolism.



Midday Recharge: Combat stress and sharpen focus with an afternoon sweat.



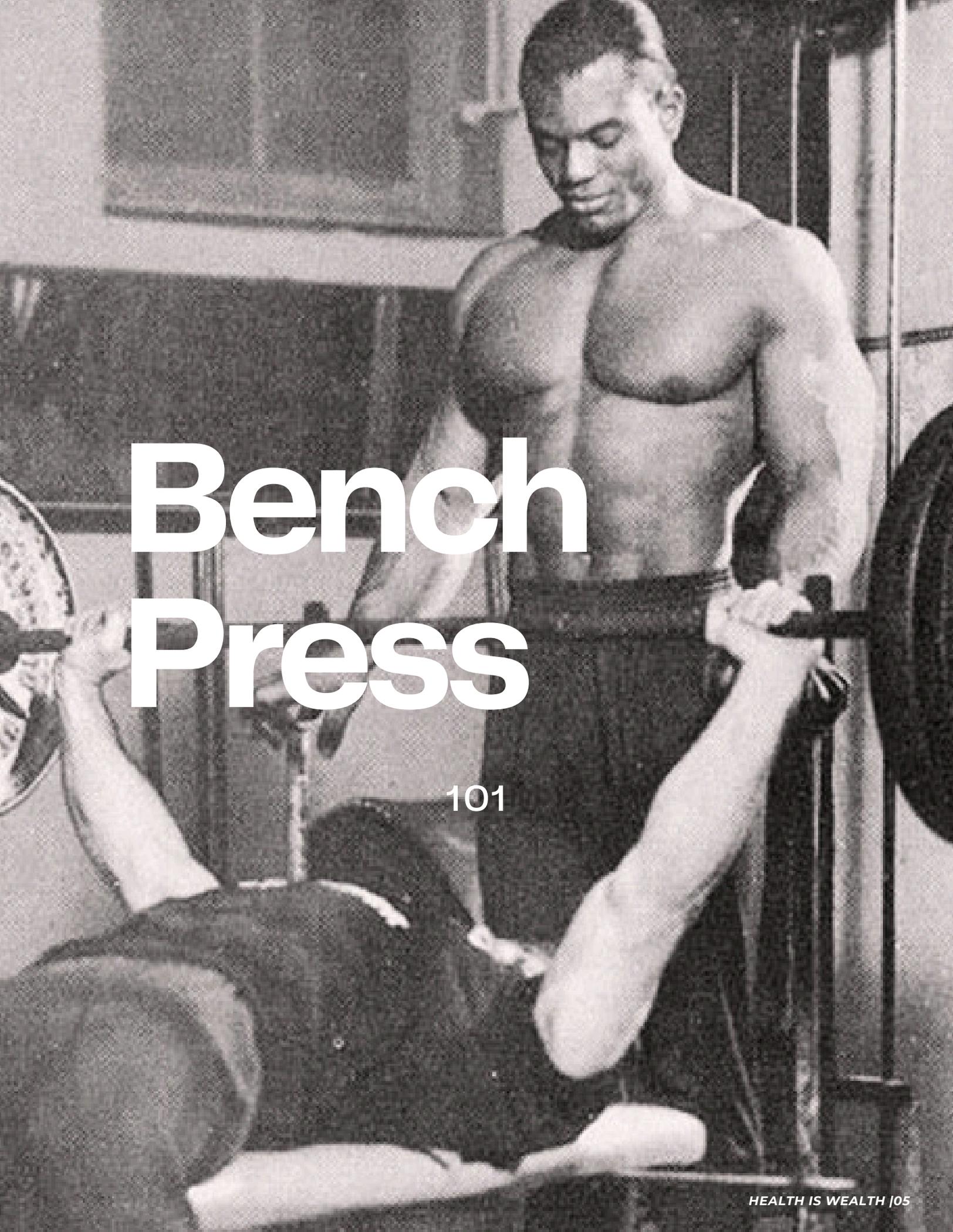
Evening Performance: Maximize strength and endurance for your best workout yet.



Heart Health & Sleep: Prioritize recovery with balanced rest for a healthier heart.



MANIFESTING



Bench Press

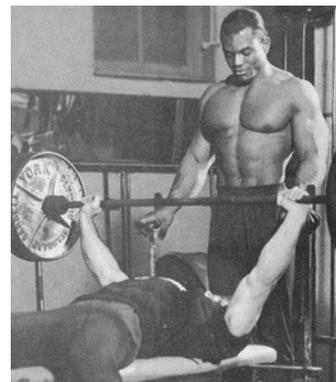
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A BRIEF HISTORY

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PRESSING THE LIMITS:



THE BENCH PRESS EVOLUTION, APPLICATION & STRENGTH STRATEGY

The flat barbell bench press is one of the most widely performed upper-body lifts today, yet it's a surprisingly modern invention. In the late 1800s and early 1900s, pressing was done almost exclusively from the floor using awkward globe barbells. Lifters relied on floor presses, "bridge lifts," and the dramatic "belly toss," where an arched torso and hip bridge helped launch the weight upward.

A major milestone occurred in 1899, when wrestler-strongman George Hackenschmidt floor-pressed 164 kg, a number that stood unmatched for nearly twenty years. His feat sparked interest in supine pressing as a pure measure of strength. By the 1930s-40s, dedicated benches and uprights began appearing in gymnasiums, offering more control, range of motion, and safety. By the 1950s, the bench press had eclipsed dips and overhead pressing as the dominant chest-builder and upper-body strength test in both bodybuilding and emerging powerlifting circles. As technique standards, spotting rules, and modern barbells developed, the bench press earned its place alongside the squat and deadlift as one of the powerlifting "Big Three," becoming a global Staple in strength and conditioning.

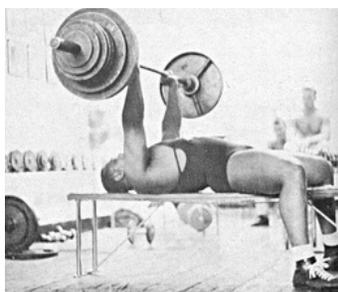
PROPER APPLICATION, FORM & TECHNIQUE

Setup: Retract and depress the scapulae, plant the feet firmly under or behind the knees, and create a stable arch through the upper back... not the lower back.

Grip: Hands just outside shoulder width, with wrists stacked over elbows.

Descent: Lower the bar to the lower chest with a controlled tempo while maintaining full-body tension.

Press: Drive through the feet, squeeze the glutes, maintain a locked rib cage, and finish the rep with strong triceps extension and a stable shoulder position.

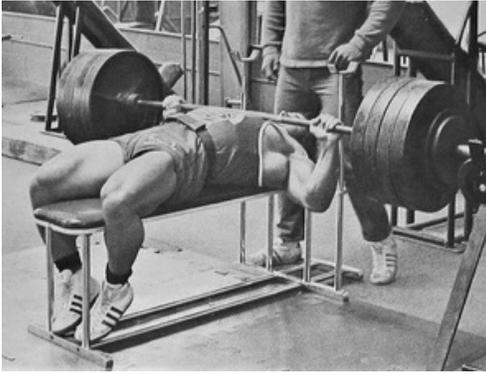


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BENEFITS

- **Upper-body hypertrophy:** Highly effective for pecs, anterior deltoids, and triceps.
- **Strength transfer:** Improves pushing performance for athletes, tactical operators, and combat sports.
- **Bone density & hormone response:** Heavy multi-joint pressing pressures the skeletal system and stimulates anabolic signaling.
- **Technical carryover:** Builds scapular stability and pressing mechanics transferable to dips, overhead work, and loaded carries.



Olivia Wilson and Jamie Chastain are celebrating three years of making music together by releasing a new album on March 11.



CONTRAINDICATIONS / RISKS

- **Shoulder impingement history:** Excessive elbow flaring or poor scapular control can aggravate shoulder pathology.
- **Uncontrolled lumbar arching:** Can irritate the lower back if not properly braced.
- **AC joint issues:** Wide-grip benching may worsen symptoms.
- **Post-surgical populations:** Requires modifications or regressions (floor press, push-ups, neutral-grip pressing).
- **Poor mobility:** Inadequate thoracic extension or tight lats can compromise bar path and shoulder health.

**ANCILLARY
(ASSISTANCE) LIFTS**

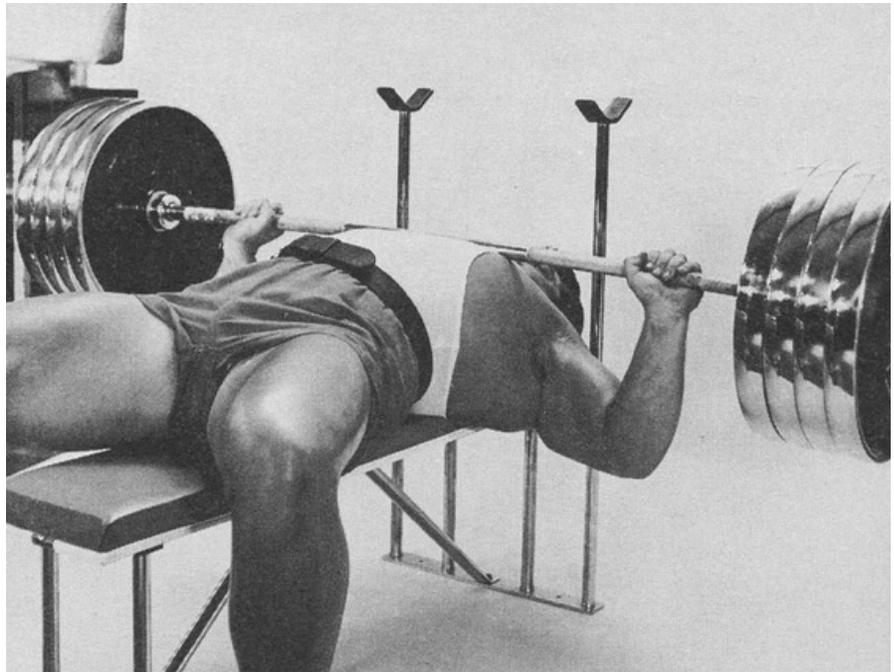
- Close-Grip Bench Press
 - Floor Press
- Incline Dumbbell Press
- Chest-Supported Row / Face Pulls
- Triceps Dips or Extensions

"Own the bar. Control the rep."



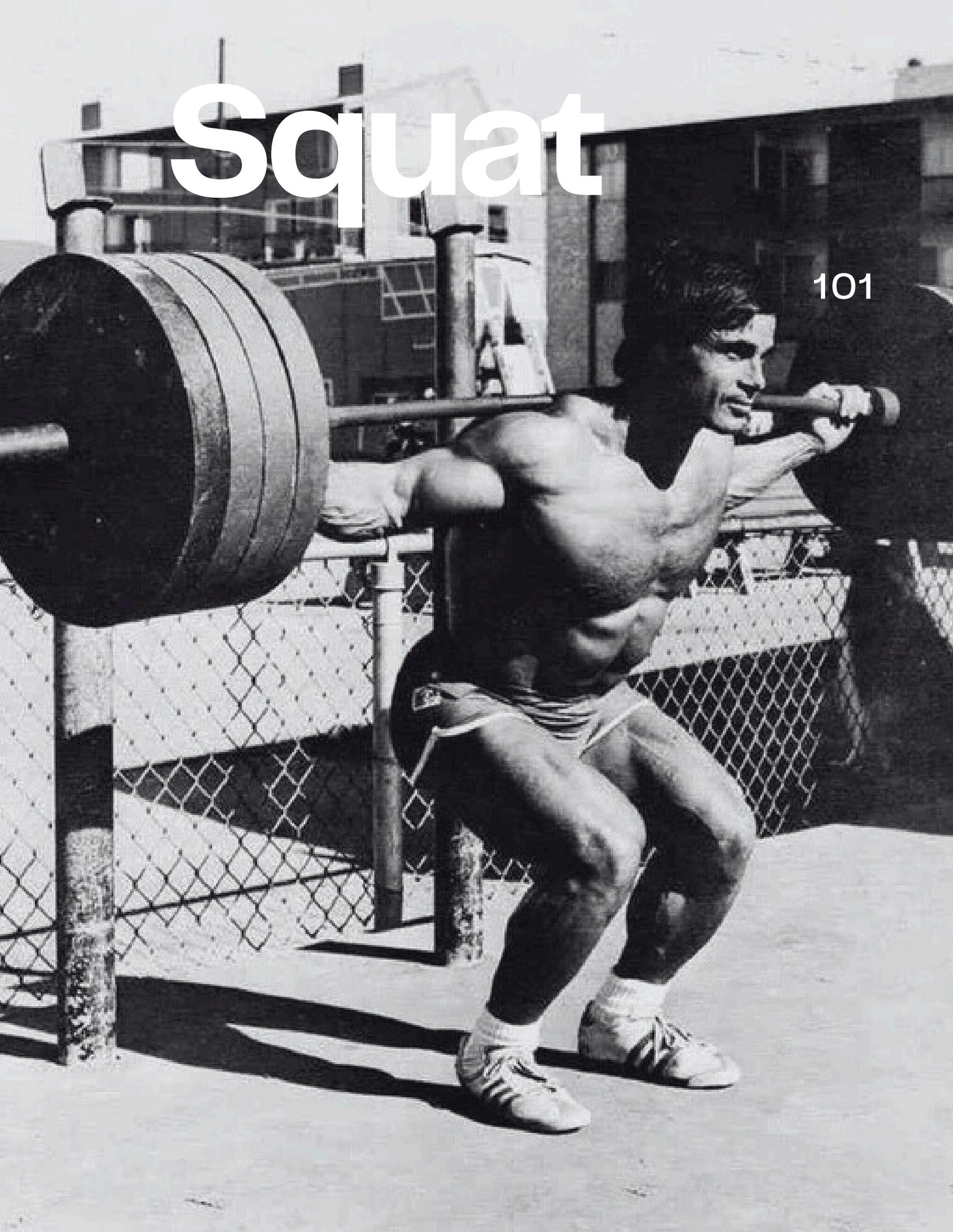
SOURCES

- Todd (1995), *Iron Game History*
- Willoughby (1970), *Super Athletes*
- Schwarzenegger & Dobbins (1985), *Encyclopedia of Modern Bodybuilding*



Squat

101



DEPTH & DOMINANCE: THE SQUAT'S EVOLUTION AND ENGINEERING

A BRIEF HISTORY

The human body has always been capable of squatting, but the barbell back squat is a 20th-century innovation. Early strongmen experimented with makeshift barbells in the late 1800s, but true heavy back squatting didn't appear until the early 1900s in Germany, when lifters began handling consistent loads across the upper back.

The earliest documented heavy squat comes from 1919, when Carl Moerke performed a landmark 240-kg back squat... an extraordinary feat given the crude bars, non-rotating plates, and absence of squat racks. In the 1920s-40s, with the spread of organized weightlifting and physical culture, deep squatting was adopted by Olympic weightlifters like John Davis and Tommy Kono to build unmatched leg strength and total-body power. Bodybuilders soon embraced it as the foundational mass-builder.

By the 1960s-70s, powerlifting standardized bar placement, depth rules, and technique, transforming the squat into one of the most analyzed movements in sports science. From strength athletes to military personnel, the squat remains the "king" for total-body power and resilience.

PROPER APPLICATION, FORM & TECHNIQUE

Bar Placement: High-bar for upright posture and quad dominance; low-bar for hip/glute emphasis.

Stance: Feet hip-width to shoulder-width; toes slightly out.

Descent: Keep a neutral spine, brace the core, maintain tripod foot contact, and allow knees to track over the toes.

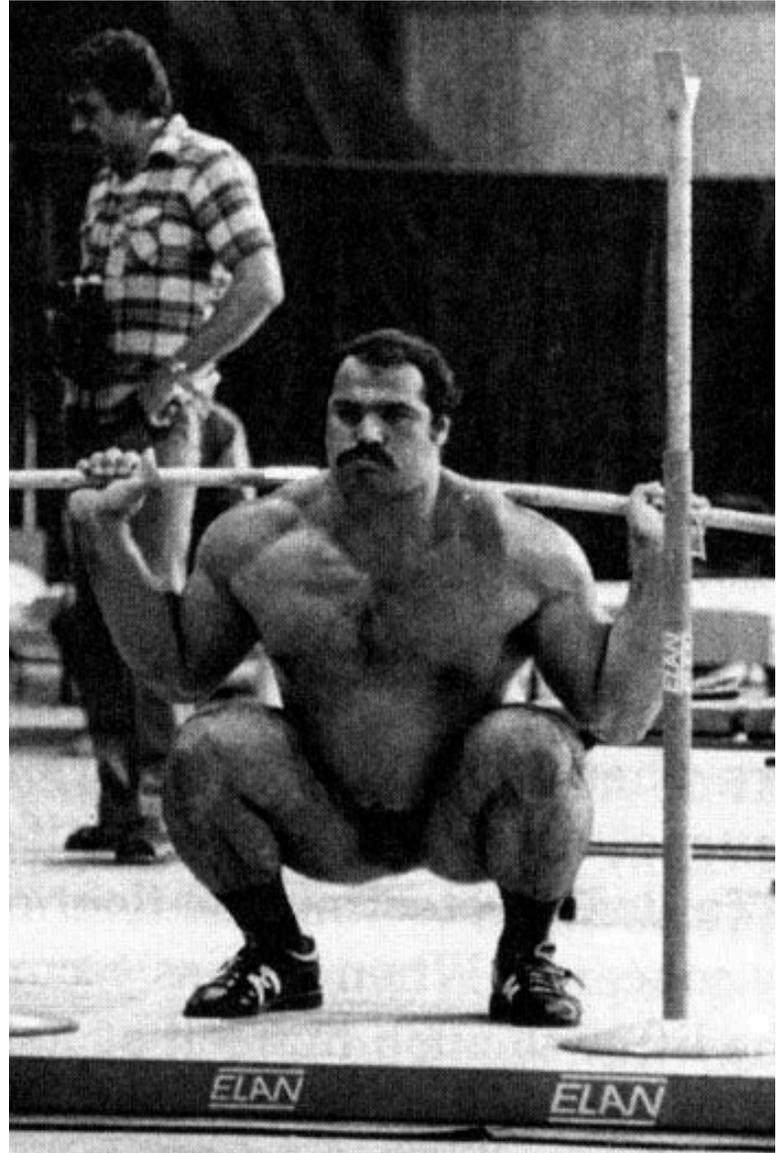
Ascent: Drive through the mid-foot, prevent valgus collapse, and keep the chest and hips rising together.

VALSALVA MANEUVER

The Valsalva maneuver: during a barbell squat is the intentional act of taking a deep breath into your belly and holding it tightly while bracing your core as you descend and rise. This breath-hold increases pressure inside your abdomen and torso, which:

- **Creates a rigid, stable trunk to protect the spine**
- **Helps transfer force more efficiently to the bar**
- **Improves strength and control under heavy loads**

Lifters usually release or reset the breath at the top of the rep, not during the lift.

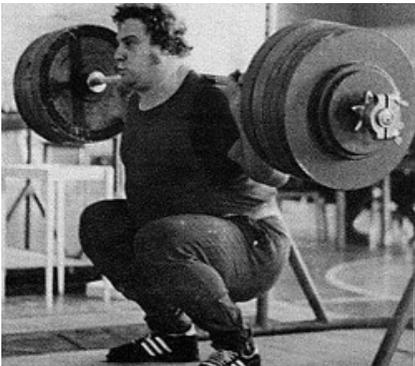


BENEFITS

- **Maximal lower-body strength:** Builds quads, glutes, hamstrings, adductors, and spinal erectors.
- **Athletic transfer:** Improves sprinting, jumping, and change-of-direction performance.
- **Hormonal response:** One of the most potent lifts for stimulating growth hormone and testosterone.
- **Core development:** Enhances torso rigidity and anti-flexion strength.
- **Functional resilience:** Improves gait, posture, and hip stability.



Olivia Wilson and Jamie Chastain are celebrating three years of making music together by releasing a new album on March 11.



CONTRAINDICATIONS / RISKS

- **Acute lumbar injuries:** Heavy spinal loading can worsen symptoms.
- **Severe knee pathology:** Ligament or cartilage injuries may require modified variations.
- **Poor ankle mobility:** Limits depth and can force compensatory patterns.
- **Hip impingement / FAI:** Requires stance adjustments or alternate squat variations.
- **Post-surgical populations:** Must progress from partial or goblet squat patterns.

ANCILLARY (ASSISTANCE) LIFTS

- Front Squat
- Romanian Deadlift
- Bulgarian Split Squat
- Pause Squat
- Hip Thrust
- Core anti-rotation work (Pallof press, dead bugs)

“ Stability. Depth. Dominance.”

SOURCES

- Horschig (2017), *The Squat Bible*
- Todd (1995), *Iron Game History*
- Kono (1964), *Weightlifting, Olympic Style*





Deadlift

101



DEADLY PULLS: THE DEADLIFT'S LEGACY, TECHNIQUE, BENEFITS & POWER BUILDERS

A BRIEF HISTORY

The deadlift is the most primal of the major lifts. Its origins trace back to the simple act of lifting a heavy object off the ground—a movement found in everything from military tasks to ancient strongman exhibitions. The first documented “ground lifts” come from 18th-century strongmen such as Thomas Topham, whose feats involved lifting massive barrels, iron frames, and stones from the floor. As strength culture developed in the late 1800s and early 1900s, standardized barbells allowed athletes to test deadlifts consistently.

Physical culture pioneers like George Jowett championed the deadlift as the purest demonstration of strength—no stretch reflex, no momentum, just raw power. In the 1920s, Hermann Goerner stunned the world by deadlifting 330+ kg raw with primitive equipment, setting a standard for the modern era.

Olivia Wilson and Jamie Chastain are celebrating three years of making music together by releasing a new album on March 11.

By the time powerlifting was formalized in the 1960s, the deadlift was naturally included as one of the sport's three competition lifts. Today it remains a foundational tool across athletic performance, tactical strength preparation, and general physical readiness.



PROPER APPLICATION, FORM & TECHNIQUE

Setup: Bar close to the shins, hips hinged back, lats engaged, spine neutral.

Grip: Double-overhand for training; mixed or hook grip for max attempts.

Pull: Take the slack out first, then push the floor away while keeping the bar close to the body.

Lockout: Finish by extending the hips, avoiding excessive leaning or hyperextension.

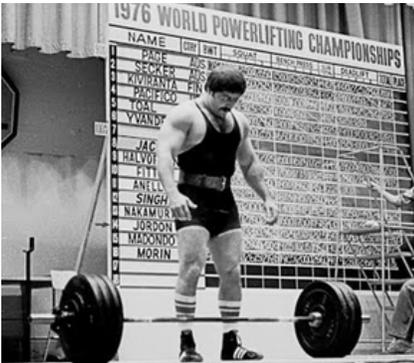


BENEFITS

- **Posterior chain development:** Builds hamstrings, glutes, erectors, and traps.
- **Grip strength:** Highly transferable to sports and tactical tasks.
- **Functional power:** Mimics real-world lifting demands.
- **Hormonal stimulus:** High systemic loading enhances strength and hypertrophy signaling.
- **Core integrity:** Improves bracing, anti-flexion strength, and lumbo-pelvic control.



Olivia Wilson and Jamie Chastain are celebrating three years of making music together by releasing a new album on March 11.



CONTRAINDICATIONS / RISKS

- **Acute lumbar disc injury:** High risk if technique or load is mismanaged.
- **Poor hinge mechanics:** Leads to rounding and increased spinal shear.
- **Femoroacetabular impingement:** May require sumo stance or trap-bar variations.
- **Hamstring strains:** Aggressive loading without preparation increases risk.
- **Grip limitations:** Can force compensations; straps or alternative grips may be needed.

ANCILLARY (ASSISTANCE) LIFTS

- Deficit Deadlift
- Rack/Block Pull
- Romanian Deadlift
 - Hip Thrust
- Good Morning
- Heavy Rows & Pull-Ups

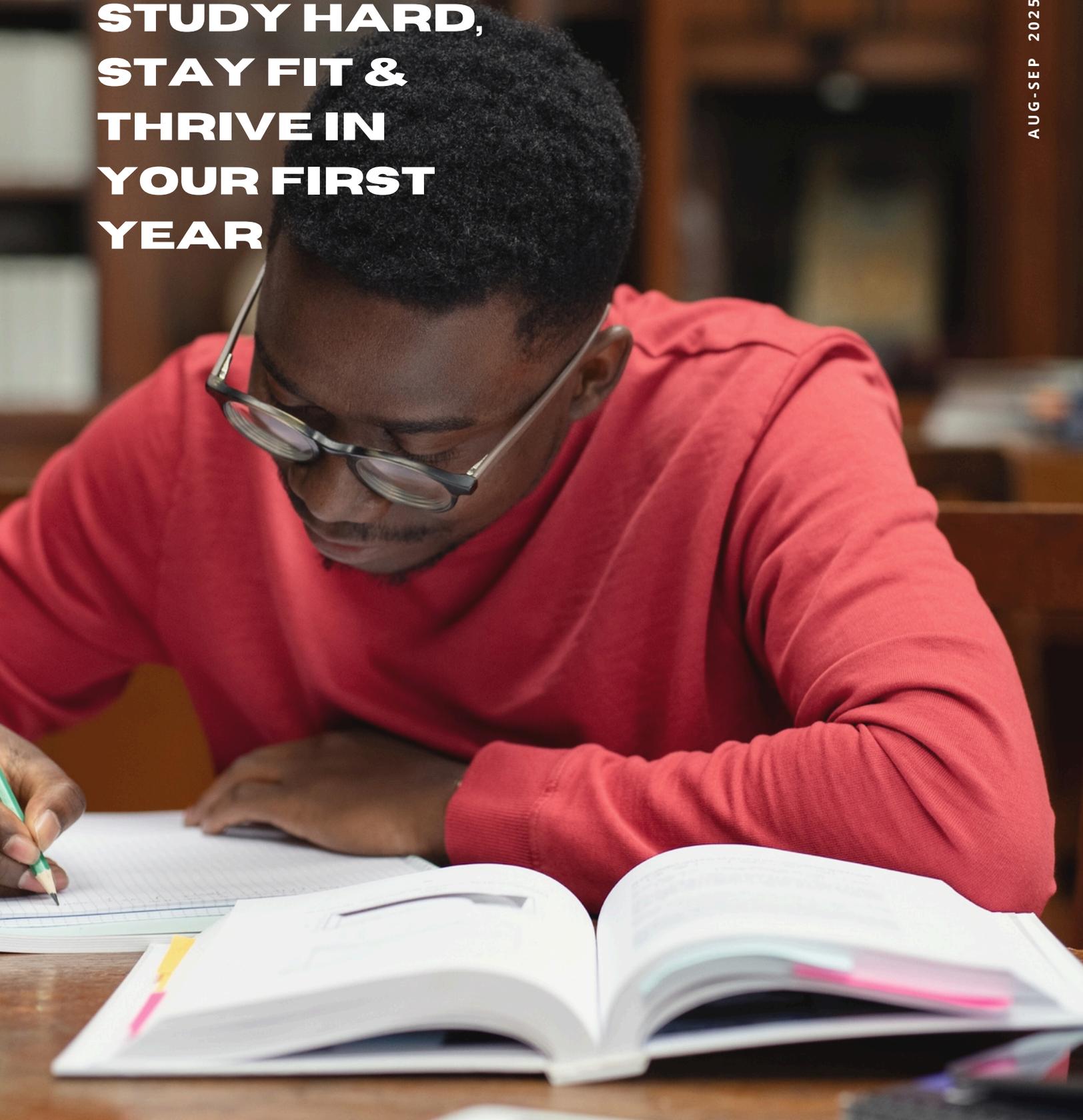
"Pick it up. Put it down. Get Stronger."

SOURCES

- Fair (1999), Muscletown USA
- Jowett (1926), Key to Might and Muscle
- Goerner records (1920s, documented by Müller & Jowett)
- McGill (2015), Ultimate Back Fitness & Performance



**THE
FRESHMAN 15
FORMULA:
HOW TO
STUDY HARD,
STAY FIT &
THRIVE IN
YOUR FIRST
YEAR**

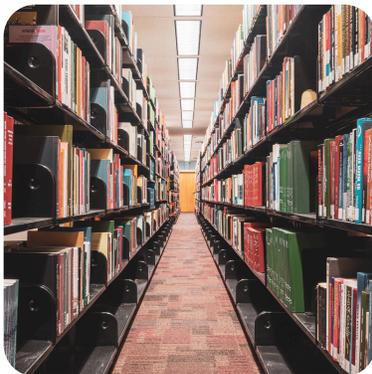


A REAL BUT PREVENTABLE PATTERN



YEAR ONE

WHY WEIGHT GAIN HAPPENS



The **“Freshman 15”** isn’t always a literal 15 pounds, but research consistently shows that first-year college students gain 5-8 pounds on average due to lifestyle shifts: irregular eating, high stress, late nights, reduced physical activity, and increased social drinking. The transition to independent living is the catalyst... not lack of discipline. The solution isn’t dieting; it’s building intelligent habits early.

- Eating on the go, skipping meals, or binge eating late
- Unlimited dining hall options & large portions
- Sleep deprivation altering hunger hormones
- Increased alcohol calories
- Stress eating during exams
- Less structured physical activity than high school
- High screen time + sedentary study patterns

HOW TO PREVENT THE FRESHMAN 15 (AND STILL ENJOY COLLEGE)

1. Master Your Schedule Like a Training Cycle

Create a weekly blueprint: class times, study blocks, training sessions, meals, and recovery windows. A structured schedule reduces stress, improves academic performance, and prevents decision fatigue.

2. Use the Dining Hall Strategically

- Build meals around protein + veggies + a smart carb.
- Avoid the “loop of temptation”... dessert bars and unlimited pizza.
- Grab fruit, yogurt, or boiled eggs instead of pastries for quick snacks.

3. Walk Everywhere

Aim for 7,500-10,000 steps/day. Walking is free, stress-reducing, and easy to maintain during exams.

4. Keep a 25-45 Minute Workout Routine

3-4 days per week is enough:

- Full-body strength circuits
- Dumbbell compounds
- Campus track sprints
- Bodyweight HIIT

Consistency > complexity.

5. Protect Your Sleep Like a GPA Booster

Students who sleep 7-8 hours perform significantly better academically and maintain healthier body composition. Lack of sleep spikes ghrelin (hunger) and lowers leptin (satiety).

6. Stress Management = Weight Management

Replace "study until burnout" with:

- 10-minute meditation
- Breathwork
- Recreation center sessions
- Outdoor walks
- Stretching

Stress reduction prevents late-night overeating and improves focus.

7. Alcohol Awareness

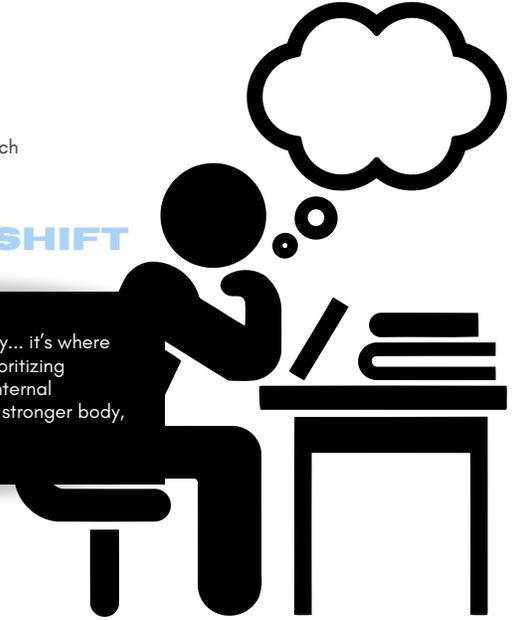
Alcohol contributes to hidden caloric surplus.

Practice "smart drinking":

- Limit binge patterns
- Hydrate between drinks
- Choose lower-calorie options
- Avoid drinking on an empty stomach

KEY MINDSET SHIFT

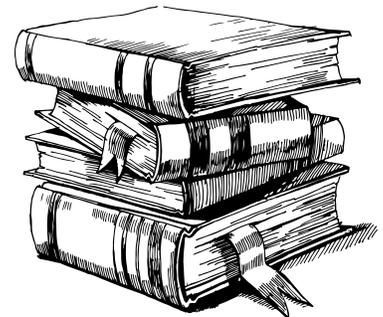
College isn't just an academic journey... it's where long-term health habits take root. Prioritizing wellness in your first year builds the internal architecture for a successful degree, stronger body, and stable mental health.



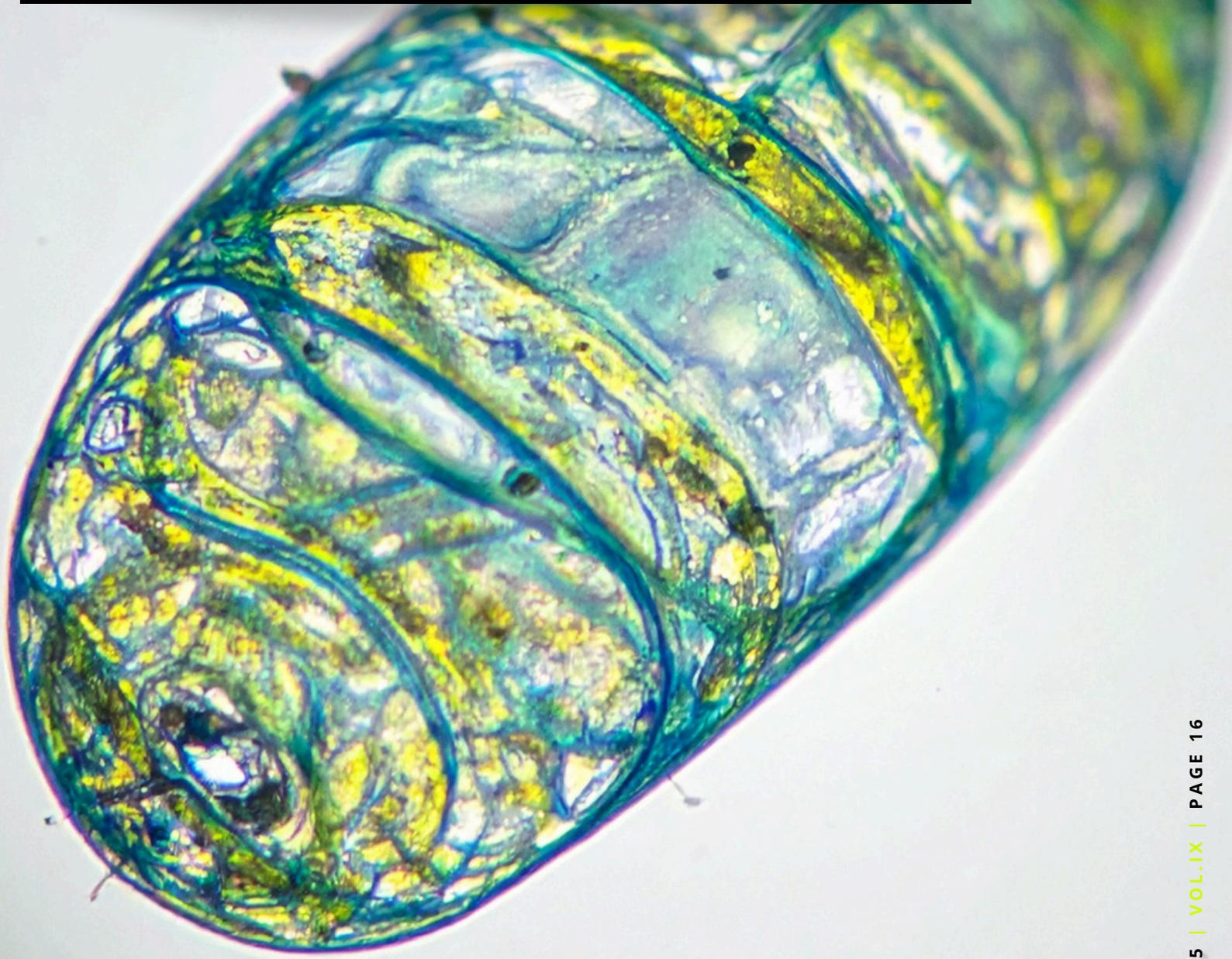
“ BEAT THE FRESHMAN 15 BY TRAINING YOUR CHOICES BEFORE YOUR MUSCLES. “

SOURCES

- American College Health Association (ACHA)
- Journal of American College Health
- Sleep Foundation
- Dietary Guidelines for College Students (NIDDK)



**GREEN GOLD: WHY
ALGAE MIGHT BE
THE SUPPLEMENT
YOU'RE
OVERLOOKING**



GREEN GOLD: WHY ALGAE MIGHT BE THE SUPPLEMENT YOU'RE OVERLOOKING

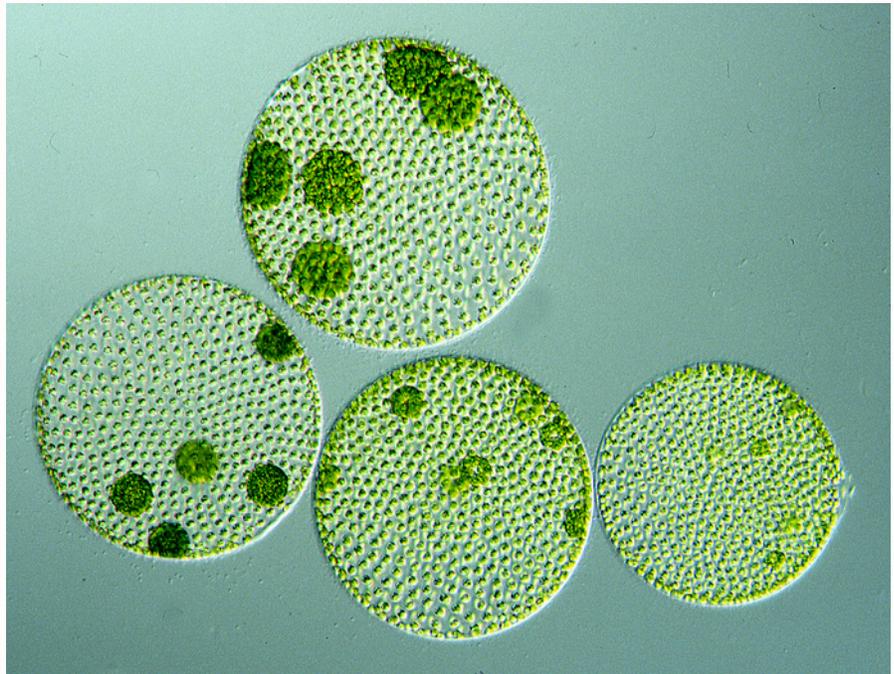
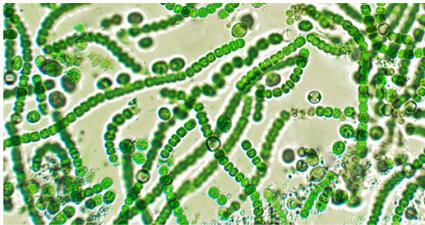
When most people think of algae, they picture something slimy floating in a pond—not something they'd want in their smoothie. But this “green gold” is quietly making waves in the health and performance world, and for good reason. Algae like spirulina and chlorella are nutrient-dense powerhouses. Gram for gram, spirulina contains more protein than beef, boasting all essential amino acids. It's also rich in iron, B vitamins, and antioxidants—nutrients athletes and high performers burn through quickly. Chlorella, on the other hand, shines for its detox potential, thanks to its unique ability to bind heavy metals and support liver function.

WHY IT MATTERS

What makes algae stand out is its omega-3 content, particularly EPA and DHA. Unlike plant-based ALA (the omega-3 found in flax or chia), algae provides the same long-chain omega-3s you'd normally only get from fish. For athletes, these fats play a direct role in reducing inflammation, supporting joint health, and aiding recovery. For everyday health, they benefit the brain, eyes, and heart. And unlike fish oil, algae-derived omega-3s are sustainable and free of concerns like mercury contamination. That makes them not just good for your body, but better for the planet.

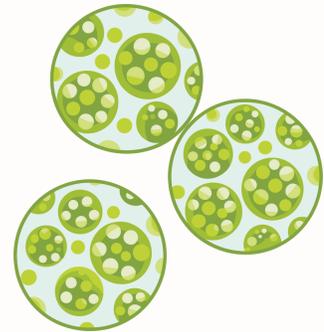
HOW TO USE IT:

Start small... 1-2 grams of spirulina or chlorella powder in a smoothie, or 250-500 mg algal oil capsules daily for omega-3 support. Like any supplement, consistency beats mega-doses. Algae isn't magic, but it's one of the few supplements that checks multiple boxes: performance, recovery, longevity, and sustainability. Not bad for something most of us once thought was just pond scum.



QUICK TAKEAWAYS:

- **Spirulina** → Protein, antioxidants, immune support
- **Chlorella** → Detox, gut health, micronutrient density
- **Algal oil** → Plant-based EPA/DHA for brain, heart, and recovery



SOURCES:

- Kulshreshtha A, Zacharia AJ, Jarouliya U, Bhadauriya P, Prasad GBKS, Bisen PS. "Spirulina in Health Care Management." *Current Pharmaceutical Biotechnology*, 2008.
- Wells ML, Potin P, Craigie JS, et al. "Algae as nutritional and functional food sources: revisiting our understanding." *Journal of Applied Phycology*, 2017.
- Ryan AS, et al. "Safety and efficacy of docosahexaenoic acid supplementation with algal oil in boys." *The American Journal of Clinical Nutrition*, 2009.

THE GREEN MACHINE

A Performance Smoothie Powered by Algae

A QUICK, FUNCTIONAL, ATHLETE-FRIENDLY RECIPE

**Built to enhance endurance,
reduce
inflammation, and keep your
metabolism firing...**

Algae supplements aren't just capsules and powders ... they can be blended into nutrient-dense recipes that support strength, recovery, energy, and overall wellness. One of the simplest and most effective ways to add algae into your routine is through a daily smoothie designed to fuel training, stabilize blood sugar, and deliver crucial micronutrients before or after a workout. Below is a quick, functional, athlete-friendly recipe built to enhance endurance, reduce inflammation, and keep your metabolism firing.



FEATURES



INGREDIENTS

- 1 tsp-1 tbsp spirulina or chlorella (based on tolerance)
- 1 scoop vanilla or unflavored protein (whey, plant, or collagen)
- 1 cup unsweetened almond milk (or coconut water for extra electrolytes)
- 1 frozen banana (potassium + natural sweetness)
- 1/2 cup pineapple or mango (digestive enzymes + vitamin C)
- 1 handful spinach or kale
- 1 tbsp chia or flax seeds (fiber + omega-3s)
- Optional: 1/2 tsp ginger or turmeric for added anti-inflammatory benefits

INSTRUCTIONS

1. Add liquid first (almond milk or coconut water).
2. Add greens, fruit, and protein powder.
3. Add spirulina or chlorella last to ensure smooth blending.
4. Blend on high until vibrant green and silky.
5. Add extra ice for a thicker, colder texture.

WHY IT WORKS

- **Algae (spirulina/chlorella):** Bioavailable protein, antioxidants, chlorophyll, and micronutrients for recovery and detoxification.
- **Banana + tropical fruit:** Quick energy and electrolytes for training sessions.
- **Chia/flax:** Healthy fats + gut support.
- **Protein:** Muscle repair and satiety.
- **Greens:** Additional minerals and vitamins to support immune function.

This smoothie is ideal pre-training, post-training, or as a nutrient-rich breakfast on busy days when time is tight but performance still matters.



SUICIDE PREVENTION & AWARENESS MONTH

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**A Strength-Centered Reflection
for Suicide Awareness Month...**

SEPTEMBER STANDS STRONG:

A STRENGTH-CENTERED REFLECTION FOR SUICIDE AWARENESS MONTH

A NECESSARY CONVERSATION

September is Suicide Awareness Month... a reminder that mental health is as essential as breath, water, and shelter. Strength is not the absence of struggle, and resilience is not silence. In the fitness, tactical, and high-performance communities, we often teach ourselves to “push through” pain rather than acknowledge it.

But truthfully, connection saves lives. Awareness saves lives. Asking for help saves lives.



UNDERSTANDING THE SILENT BATTLE

Suicide does not appear out of nowhere – it grows quietly in prolonged stress, isolation, unresolved trauma, identity shifts, or untreated depression/anxiety. Many people who contemplate suicide don’t want to die; they want relief from suffering. Recognizing that distinction builds compassion, and compassion is preventative.

WARNING SIGNS TO WATCH FOR

- Withdrawal from routines, friends, or hobbies
- Changes in sleep or appetite
- Drastic mood swings
- Talking about being a burden
- Increased alcohol or substance use
- Hopelessness or emotional numbness
- Giving away belongings or making “final” statements



THE FITNESS FACTOR: HOW MOVEMENT PROTECTS THE MIND



Movement won't fix everything, but it helps your brain fight back. It restores chemistry, improves sleep, activates confidence, and reconnects you with your body.

THE STRENGTH TO REACH OUT

Check on your people — especially the strong ones, the leaders, the quiet ones, the high performers.

A simple message can interrupt a downward spiral: "I'm here. You matter. You don't have to go through this alone." You never know who needs to hear it.



Physical training is not a cure for mental illness, but it is one of the strongest protective factors we have access to — accessible, powerful, and scientifically validated.

1. Exercise reduces depressive symptoms

Research shows even 10–20 minutes of movement per day can lower depressive severity by stimulating neurochemical balance (dopamine, serotonin, endorphins).

2. Training builds structure and purpose

Routine creates stability. A workout becomes an anchor point in the day — something predictable, empowering, and forward-moving when everything else feels chaotic.

3. Strength training builds self-efficacy

Lifting weights teaches: "I can do hard things. I can progress. I can improve." That mindset counters hopelessness.

4. Cardio improves stress resilience

Aerobic exercise increases hippocampal function and reduces chronic stress hormones. Running, rowing, walking, or cycling can physically interrupt anxiety spirals.

5. Community training reduces isolation

Gyms, classes, martial arts, running groups — all create connection. Connection = protection

6. Nature + movement improves emotional regulation

Outdoor training — rucks, hikes, runs — has a measurable calming effect on the nervous system.

“ **ASKING FOR HELP ISN'T WEAKNESS... IT'S THE MOMENT YOUR STRENGTH FINALLY SPEAKS.** ”

PROTECTIVE FACTORS (WHAT HELPS)



- Strong social support and community
- Physical activity + consistent routines
- Healthy sleep patterns
- Purpose-driven habits
- Mindfulness, spirituality, grounding practices
- Access to mental health professionals
- Reduced substance use
- Safe, open conversations without judgment



IF YOU'RE STRUGGLING

You are not a burden.
You are not weak.
You are not alone.

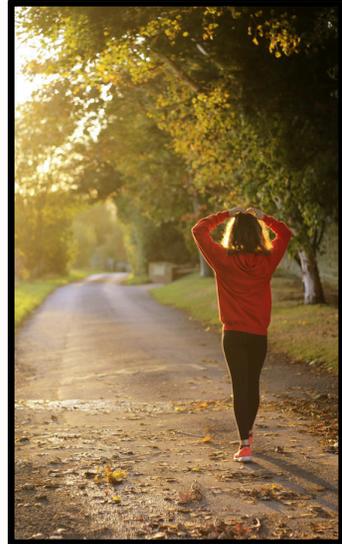
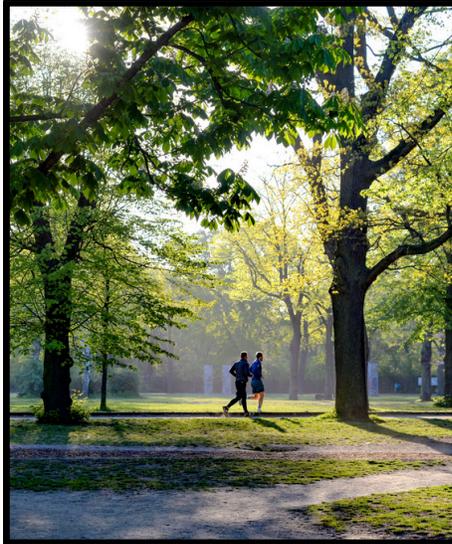
Help is strength. Not asking for help costs more.

If you or someone you know is in immediate crisis, call or text:
988 – Suicide & Crisis Lifeline
(United States)

Someone will answer. Someone will listen.

SOURCES

CDC – Suicide Prevention Data
American Foundation for Suicide Prevention
WHO Mental Health Guidelines
ACSM – Exercise & Mental Health Position Stand



References

Deadlift

- Fair (1999), Muscletown USA
- Jowett (1926), Key to Might and Muscle
- Goerner records (1920s, documented by Müller & Jowett)
- McGill (2015), Ultimate Back Fitness & Performance

Squat

- Horschig (2017), The Squat Bible
- Todd (1995), Iron Game History
- Kono (1964), Weightlifting, Olympic Style

Green Gold

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MONTHLY E-NEWSLETTER
AUG-SEP 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.

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THERE WILL
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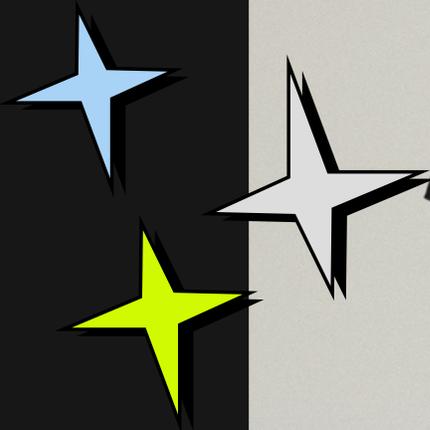
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OUR HISTORY

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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