

WELLNESS.  
FITNESS.  
PERFORMANCE

ISSUE 11



OCT-NOV 2025

A commemorative Veterans  
edition, honoring the  
courage, sacrifice, and  
enduring spirit of all who  
have served.

HEALTH

IS WEALTH



Wit & Grit

 **Prospr<sup>9</sup>**  
**WELLNESS. FITNESS. PERFORMANCE.**

(W = Fd)

Health is wealth, Consciousness is key...

Summer 2025

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ISSUE

# CONTENTS

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

– @prospr 9

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<b>EDITOR'S NOTE</b>	3
Strength, Resilience, and the Seasons That Shape Us	
<b>WELLNESS</b>	12
<i>Still in the fight</i>	
<b>FITNESS</b>	11
<i>The Road to 26.2</i>	
<b>PERFORMANCE</b>	23
<i>Fuel in the Fall</i>	
<b>REFERENCES</b>	27
<i>Site Your source</i>	
<b>ADVERTISING</b>	29
<i>Prospr 9 Running Club Returns...</i>	



# Editor's Note



## Strength, Resilience, and the Seasons That Shape Us

Fall brings its own kind of training... quieter, deeper, more intentional. The days get shorter, the air sharpens, and we're reminded that resilience is not forged in comfort but in consistency through the colder months.

This issue honors strength in all its forms: the endurance of marathon season, the awareness of cancer prevention, the courage of our veterans, and the discipline required to nourish the body and mind as the temperature drops. Wherever you are in your journey, stay grounded, stay focused, and remember... preparation is power. The work you do now carries you into the new year stronger than you began.



### 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

POW★MIA



YOU ARE NOT FORGOTTEN





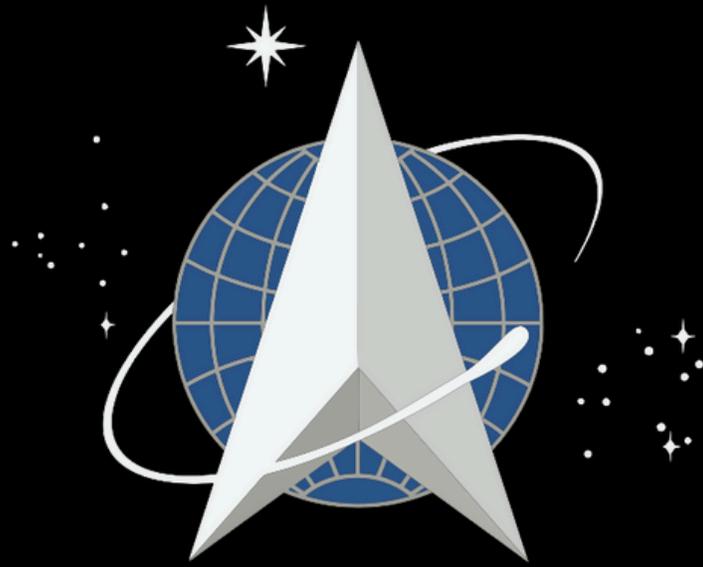




**UNITED STATES ARMY**  
1775







**UNITED STATES SPACE FORCE**  
**M M X I X**

# STILL IN THE FIGHT: HOW MINDFULNESS AND MOVEMENT SUPPORT VETERANS LIVING WITH PTSD

Veterans Day Feature - Oct/Nov 2025

## A DIFFERENT KIND OF BATTLE

Veterans Day isn't just about uniforms, ribbons, and parades. It's about the battles that keep going long after the deployment ends... the ones that don't show up on MRIs or in formation. For many veterans, those battles have a name: post-traumatic stress disorder (PTSD). It's not a character flaw, not "weakness," and not something you can just "shake off."

It's the brain and body doing their best to survive what they've been through. This article isn't about replacing therapy, medication, or professional care. It's about two powerful allies that can work alongside them: mindfulness and fitness. Think of them as tools you can control, even when a lot of other things feel out of your hands.

## UNDERSTANDING PTSD IN VETERANS (AND WHY IT LOOKS SO DIFFERENT)

PTSD is a mental health condition that can develop after exposure to life-threatening or deeply distressing events — combat, IED blasts, military sexual trauma (MST), serious accidents, disasters, or witnessing harm to others. Veterans are at higher risk because deployment combines multiple stressors: danger, sleep deprivation, moral injury, loss, and constant vigilance.

### Common symptom clusters include:

- Intrusive memories (flashbacks, nightmares)
- Avoidance of reminders of the event
- Negative shifts in mood and beliefs (guilt, shame, hopelessness)
- Hyperarousal (being on edge, angry outbursts, difficulty sleeping)

*But PTSD isn't one-size-fits-all. There are different patterns and types that show up in the veteran community.*

## DIFFERENT TYPES OF PTSD YOU MIGHT SEE

### 1. "Classic" PTSD (Standard Presentation)

This is what most people picture: intrusive memories, avoidance, negative mood changes, and hypervigilance lasting longer than a month after trauma. Veterans might have:

- Nightmares or flashbacks of specific events
- Startle responses to loud noises
- Irritability, anger, or emotional numbness
- Pulling away from family, work, or social situations

### 2. Delayed Expression PTSD

Sometimes the symptoms don't fully land until months or even years later. A veteran might come home "fine," get busy with work and family, and then — after a trigger, a life transition, or losing structure — intrusive memories and anxiety hit hard.

This is called delayed expression PTSD: the full diagnostic picture doesn't show up until at least six months after the trauma. For a lot of vets, this looks like "I thought I was over it... and then it all came back."



### 3. Dissociative Subtype of PTSD

Some veterans don't just remember the trauma — they disconnect from the present moment when triggered. This subtype includes:

- Depersonalization: feeling detached from your body or sense of self
  - Derealization: feeling like the world around you is unreal, foggy, or dreamlike
- On the outside, a vet might look "shut down" or distant. Inside, their nervous system is hitting the emergency brake to escape overwhelming distress.

### 4. Complex PTSD (C-PTSD-like Presentations)

While "complex PTSD" is formally recognized in newer international diagnostic systems, the pattern shows up in many veterans whose trauma was chronic or repeated — multiple deployments, ongoing abuse, captivity, MST, or stacked trauma over years.

In addition to core PTSD symptoms, C-PTSD-style presentations often include:

- Strong emotional swings or difficulty regulating emotions
- Deep shame, guilt, or a damaged sense of self
- Ongoing relationship and trust issues
- Feeling permanently "changed for the worse"





### 5. Trauma Type: Combat, MST, and Beyond

Some vets connect PTSD only with wildfires and explosions, but trauma in the military can also include:

- Combat and direct engagement
- Moral injury (things done, seen, or ordered that conflict with personal values)
- Military Sexual Trauma (MST)
- Training accidents, friendly fire, or non-combat disasters

Different traumas can lead to different triggers and coping patterns... but all of them are valid and deserving of care.

**VETERANS ARE AT 58% HIGHER RISK OF SUICIDE THAN THOSE WHO HAVEN'T SERVED.**



## WHERE MINDFULNESS FITS IN

Mindfulness is not about “emptying your mind” or pretending everything is fine. It’s about learning to notice what’s happening inside you... thoughts, sensations, emotions... without immediately reacting or judging yourself. For veterans with PTSD, mindfulness can help:

- Interrupt autopilot reactions (*fight, flight, freeze*)
- Reduce avoidance by allowing safe, gradual contact with difficult feelings
- Improve emotional regulation, so anger and fear don’t run the show
- Increase body awareness, catching early signs of activation before it spirals

Clinical programs like Mindfulness-Based Stress Reduction (**MBSR**) have been studied specifically in veterans with PTSD. Research shows that MBSR can lead to modest but meaningful reductions in PTSD symptoms, depression, and anxiety, and improvements in quality of life. Veterans often describe feeling less hijacked by their thoughts, more able to “step back” from triggers, and more present with family and daily life.

## HOW FITNESS HELPS THE VETERAN BRAIN

You already know what training does for your body. The underappreciated piece is what it does for your nervous system.

Research in veterans has shown that consistent physical activity... especially a mix of aerobic exercise and resistance training can:

- Reduce overall PTSD symptom severity
  - Improve sleep quality and energy levels
  - Decrease anxiety and depressive symptoms
  - Lower physiological arousal (heart rate, blood pressure, stress hormones)
  - Improve cognitive function and concentration
- On a brain level, movement helps:
- Release endorphins (natural painkillers and mood boosters)
  - Increase BDNF, which supports healthy brain plasticity
  - Regulate dopamine and serotonin, which impact motivation and mood
  - Support better stress response regulation over time
- In other words: training teaches your brain that it can ramp up and come back down safely. For veterans with PTSD, that’s huge.

# HOW FITNESS HELPS THE VETERAN BRAIN

## 1. "Floor and Core" Sessions

Before heavy lifting, start with:

- 3-5 minutes of breath work (box breathing or slow nasal breathing)
  - Light mobility combined with awareness:
  - Notice how your feet feel on the floor
  - Notice your breathing as you move
  - Notice what your mind is doing — without judging it
- You're priming the nervous system, not just the muscles.

## 2. Tempo Work as Moving Meditation

On squats, presses, or rows, use controlled tempos (e.g., 3 seconds down, 1 second pause, 1 second up) and cue yourself to:

- Count the tempo in your head
  - Stay fully present with the muscle tension and bar path
  - Redirect wandering thoughts back to the rep you're in
- The goal is not a PR ... it's presence under load.

**PTSD IS SLIGHTLY MORE COMMON AMONG VETERANS THAN CIVILIANS. AT SOME POINT IN THEIR LIFE, 7 OUT OF EVERY 100 VETERANS (OR 7%) WILL HAVE PTSD. IN THE GENERAL POPULATION, 6 OUT OF EVERY 100 ADULTS (OR 6%) WILL HAVE PTSD IN THEIR LIFETIME.**



## 3. Cardio as Nervous System Training

Use low-to-moderate intensity cardio (walking, cycling, rowing, rucking) 2-4 times per week:

- Choose a pace where you can still breathe through your nose or hold a conversation
- Pay attention to your breath, stride, and surroundings
- Finish with 2-3 minutes of slow walking and deliberate breathing to signal "stand down" to your nervous system

## 4. Buddy Systems and Groups

Whenever possible, plug into group classes, veteran fitness groups, or training partners. The movement helps, but so does connection — one of the strongest protective factors against suicidal thoughts and worsening PTSD.



## **PRACTICAL WAYS TO BLEND FITNESS AND MINDFULNESS**

If you're a veteran dealing with PTSD, depression, nightmares, anger, or numbness, your worth is not defined by:

- Your deadlift
- Your mile time
- Your body fat
- Your MOS, rank, or medals

Fitness and mindfulness are tools, not tests. They can support your healing, but they are not a substitute for:

- Professional mental health care
- Trauma-focused therapy (like EMDR or CPT)
- Medication when appropriate
- Crisis support when you're in danger

If your thoughts turn dark — especially toward self-harm or suicide... training is not the first-line solution. Reaching out is.

- In the U.S., you can call or text 988 (Suicide & Crisis Lifeline).
- Veterans can press 1 to reach the Veterans Crisis Line.
- You can also chat online through the VA or 988 websites. You are not "too broken" to be helped. You are not a burden. You are still in the fight and you don't have to fight it alone.



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# Strength in Awareness: Training, Prevention & Performance During Breast, Testicular & Prostate Cancer Awareness Season

Wellness - Oct/Nov 2025 Issue

October and November are powerful months in the wellness world... Breast Cancer Awareness Month in October, and Testicular and Prostate Cancer Awareness Month leading into November. Together, they serve as a reminder that health isn't just about how we lift, sprint, or perform... it's about the systems inside the body that allow us to do those things in the first place.

Cancer risk doesn't discriminate by strength, age, or athleticism. But the good news is this: fitness, routine, and proactive lifestyle strategies significantly lower risk, improve outcomes, and help people stay stronger before, during, and after treatment. This is the intersection of awareness and performance... where early detection meets everyday discipline.

## UNDERSTANDING THREE MAJOR CANCERS AFFECTING MEN & WOMEN

### 1. Breast Cancer

The most common cancer among women worldwide – and while rare, it can also affect men. Risk increases with age, family history, hormonal factors, alcohol intake, obesity, and physical inactivity.

#### Key early signs:

- New lumps or masses
- Changes in breast shape or skin texture
- Nipple discharge or inversion
- Persistent pain or swelling

Early detection saves lives... mammograms, self-exams, and regular clinical screenings matter.

### 2. Testicular Cancer

The most common cancer in men ages 15–44, often striking athletes, students, soldiers, and high performers who assume “I’m too young for that.”

#### Key early signs:

- Lump or swelling in one testicle
- Dull ache in the groin
- Feeling of heaviness
- Sudden fluid buildup

Self-exams take less than one minute but can be life-saving.

### 3. Prostate Cancer

One of the most common cancers in men... especially after age 50. African American men and men with a family history face higher risk.

#### Key early signs:

- Frequent urination
  - Trouble starting or stopping urine flow
  - Pain or burning
  - Pelvic discomfort
  - Erectile dysfunction
- Screening (PSA tests and digital exams) increases early detection dramatically.



# How Fitness Reduces Cancer Risk: The Science

Training isn't just about performance... it changes the internal environment of the body.

## 1. Exercise Lowers Systemic Inflammation

Chronic inflammation is linked to cancer growth. Movement decreases inflammatory cytokines and improves immune surveillance.

## 2. Strength Training Balances Hormones

Resistance training improves insulin sensitivity, testosterone balance, estrogen metabolism, and reduces fat tissue... all major factors in hormone-related cancers.

## 3. Cardio Improves Immune Function

Light-to-moderate cardio boosts natural killer (NK) cell activity... your body's built-in defense system.

## 4. Maintaining a Healthy Bodyweight Matters

Obesity increases the risk of breast, prostate, and testicular cancer recurrence. Training + proper nutrition lowers adipose-driven inflammation and hormone disruption.

## 5. Exercise Reduces Treatment Side Effects

Research shows that training can reduce fatigue, preserve muscle mass, support mobility, and improve mental resilience during cancer treatment.



## Performance Strategies for Cancer Prevention & Survivorship

Whether you're training for prevention or rebuilding after treatment, these strategies support both longevity and performance:

### 1. 150-300 Minutes of Weekly Aerobic Training

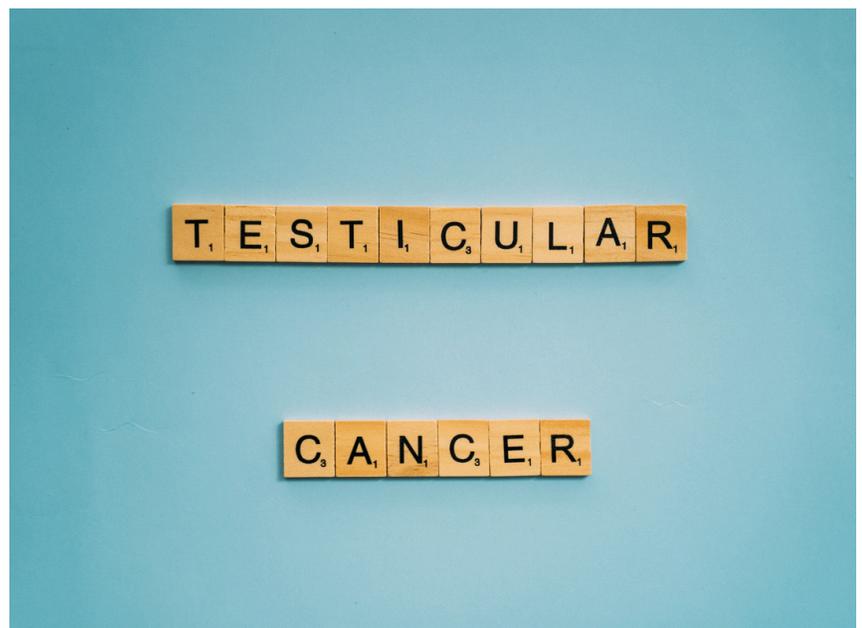
Walking, cycling, rowing, running, hiking... keep intensity moderate to vigorous. This improves immune function and hormone regulation.

### 2. Strength Training 2-4 Days per Week

Prioritize:

- Squats and hinges
- Presses and pulls
- Loaded carries
- Bodyweight conditioning

Strength training reduces recurrence risks in multiple cancers.



### 3. Anti-Inflammatory Nutrition

Focus on:

- Cruciferous vegetables (broccoli, kale)
- Omega-3s (salmon, sardines, algae DHA)
- Berries, turmeric, ginger
- High-fiber grains
- Low-alcohol lifestyle
- Adequate protein intake

Nutrition doesn't cure cancer — but it shifts risk in your favor.

### 4. Sleep & Stress Regulation

Chronic stress and poor sleep disrupt immune function, increase cortisol, and compromise cellular repair.

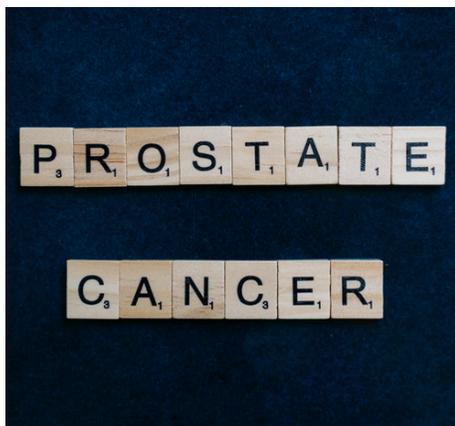
Aim for:

- 7-9 hours nightly
- Breathwork
- Mindfulness
- Nature exposure
- Therapy when needed

Your parasympathetic system is part of the recovery process.

### 5. Regular Screenings — The Most Important Performance Metric

- Mammograms: Starting at age 40-50 (earlier if high risk)
  - Self breast exams: Monthly
  - Testicular exams: Monthly
  - PSA tests: Age 45-50 depending on risk
  - Colon screenings: Starting at age 45
- Strong bodies matter. But early detection matters more.



## Strength Is Preventative Medicine

You can't out-train genetics.

You can't out-run screening guidelines.

But you can build a lifestyle that drastically reduces your risk and strengthens your body's defenses:

- Train consistently
- Eat intentionally
- Sleep deeply
- Manage stress
- Know your numbers
- Get screened
- Stay connected

Awareness is not fear... it's responsibility. And fitness is not just about muscle... it's about longevity, resilience, and the ability to protect your future self. Your training today is your cancer-prevention investment for tomorrow.

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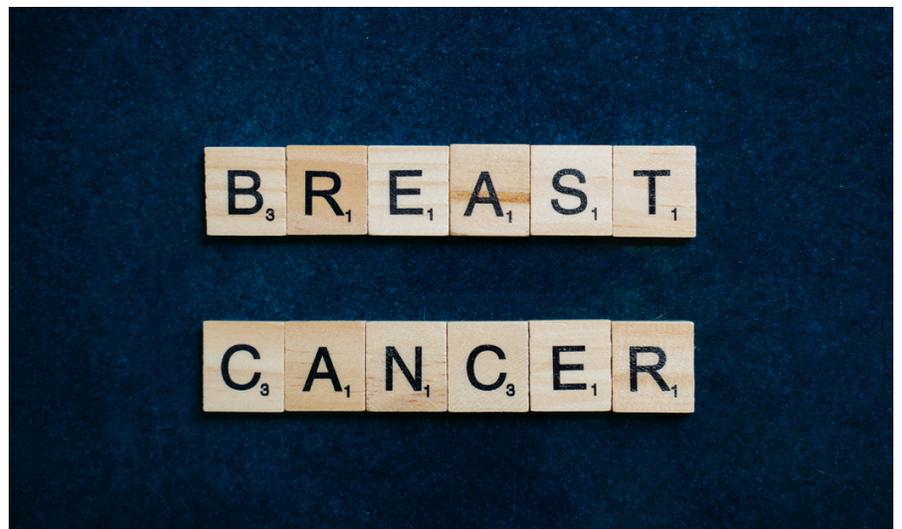
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# THE ROAD TO 26.2: SCIENCE-BACKED PREPARATION FOR WELLNESS & PEAK PERFORMANCE

*Inspired by the 2025 TCS New York City Marathon*

Every November, over 50,000 runners flood the five boroughs for the TCS New York City Marathon... a race that transforms the city into a living testament to human endurance. But completing 26.2 miles isn't just about willpower. It's about physiology, preparation, discipline, and a structured approach to training.

Whether you're aiming to run the marathon next year, building your aerobic base, or simply improving your overall wellness, the principles behind marathon preparation can sharpen your performance across the board. This is your science-based roadmap.

*Every November, over 50,000 runners flood the five boroughs for the TCS New York City Marathon... a race that transforms the city into a living testament to human endurance. But completing 26.2 miles isn't just about willpower. It's about physiology, preparation, discipline, and a structured approach to training.*



## Prepping for Peak Performance...

### 1. Build the Engine First: Aerobic Base Training

Endurance is built on the foundation of the aerobic energy system, which supplies more than 98% of the energy used during a marathon. A strong aerobic base:

- increases mitochondrial density
- enhances fat oxidation
- improves cardiovascular efficiency
- reduces reliance on glycogen

#### How to build it:

- 70-80% of weekly mileage should be in Zone 2 (easy conversational pace).
- Add one long run per week (gradually increasing by 5-10%).
- Keep intensity low enough to avoid overtraining.

*Think of it as engine-building.. not speed work.*

## 2. Strength Training:

### The Marathoner's Secret Weapon

Contrary to old myths, lifting weights does not slow runners down. In fact, strength training:

- increases running economy
- reduces injury risk by reinforcing connective tissues
- improves force production and stride efficiency
- reduces muscle fatigue late in the race

Recommended strength split (2-3x/wk):

- Squats or split squats
- Deadlifts or kettlebell hinges
- Step-ups or lunges
- Core anti-rotation/anti-extension work (Pallof, dead bug, planks)
- Upper-body pulling for posture

This combination keeps runners powerful, injury-resistant, and stable during long miles.

## 3. Fueling & Hydration:

### Performance Starts in the Gut

Marathon prep requires gut training, not just running training. The body must learn to absorb carbs, electrolytes, and fluids while running. Daily Nutrition Guidelines

- Carbs: 5-7 g/kg for moderate training; 7-10 g/kg for peak weeks
- Protein: 1.6-2.2 g/kg for muscle repair
- Healthy fats: omega-3s for inflammation + recovery

During Long Runs (90+ minutes):

- 30-60 g carbs per hour (gels, chews, sports drinks)
  - Sodium: 400-800 mg per hour
  - Fluids: ~500-750 mL per hour depending on sweat rate
- This prevents "bonking," GI distress, dehydration, and electrolyte imbalance.



## 4. Recovery: The Real Training Happens Here

Endurance training is stress, recovery is adaptation.

Neglect recovery = stalled progress + injury risk.

Prioritize:

- 7-9 hours of sleep
- Post-run protein + carbs within 60 minutes
- Mobility work (hips, ankles, T-spine)
- Foam rolling and soft-tissue care
- Cold plunges or contrast therapy (optional but beneficial)

Sleep is especially potent: runners who sleep poorly show higher injury rates, slower recovery, and impaired immune function.

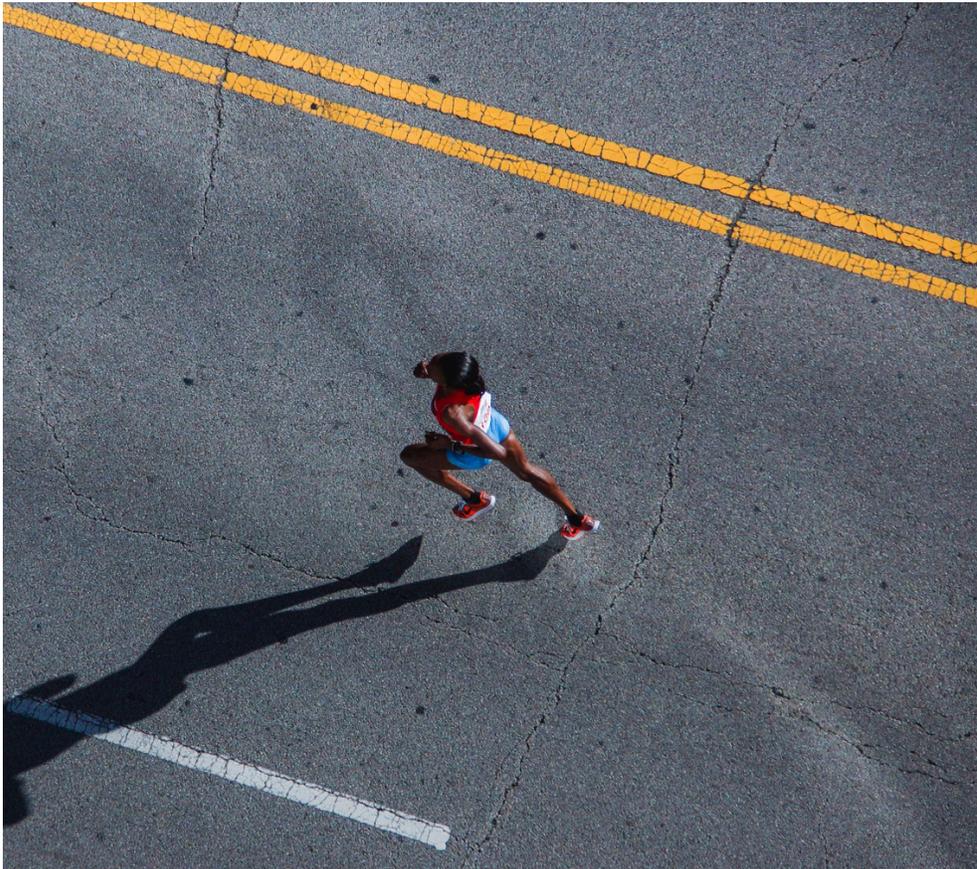
## 5. Mental Preparation: The Marathon Mindset

The marathon is as much psychological as physical.

Elite endurance research shows that mental endurance improves through:

- Visualization
- Familiarity with race routes
- Pacing strategies
- Positive self-talk
- Training with groups or partners
- Mindful running to reduce stress and improve pacing perception

The brain controls fatigue perception — train the mind, and you extend the body's limits.



## 6. Injury Prevention:

Train Smart, Not Just Hard

The most common marathon prep injuries include:

- Achilles tendinopathy
- Plantar fasciitis
- Patellofemoral pain syndrome
- IT band syndrome
- Tibial stress reactions

Prevention Strategies:

- Increase weekly mileage gradually
  - Warm-up with dynamic movements
  - Rotate running shoes every 300-500 miles
  - Add trail or soft-surface runs
  - Maintain strong hips and core musculature
- Remember: consistency > hero workouts.

## 7. The Taper:

Your Peak Doesn't Happen in Peak Week

The taper — typically 10-14 days before race day... reduces training volume by 30-50% to restore glycogen stores, reduce inflammation, and sharpen neuromuscular readiness. Runners who taper effectively see 2-5% performance improvements, according to sports physiology studies.



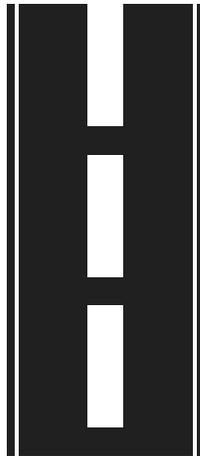
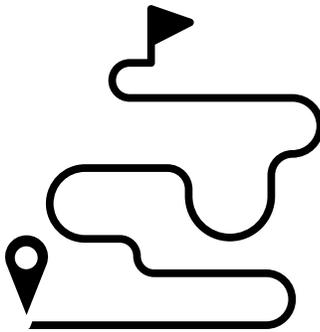
## 8. Race Week & Race Day Tips

Race Week:

- Don't introduce new foods or gear
- Carb-load gradually (don't binge)
- Hydrate consistently
- Sleep as much as possible

Race Day:

- Stick to your pacing plan
- Fuel early, not when you're already crashing
- Break the race mentally into boroughs or 5-mile chunks
- Enjoy the moment — NYC energy is unmatched



Whether you run the NYC Marathon or simply train like you might someday, marathon preparation teaches one universal truth: Your body is capable of remarkable adaptation when training, recovery, nutrition, and mindset align.

This season, let the energy of the TCS Marathon inspire your own version of endurance... in your training, in your routines, and in your long-term health strategy.



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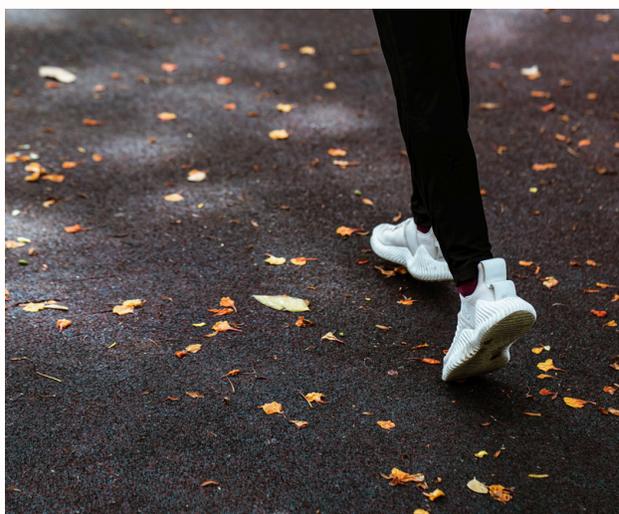
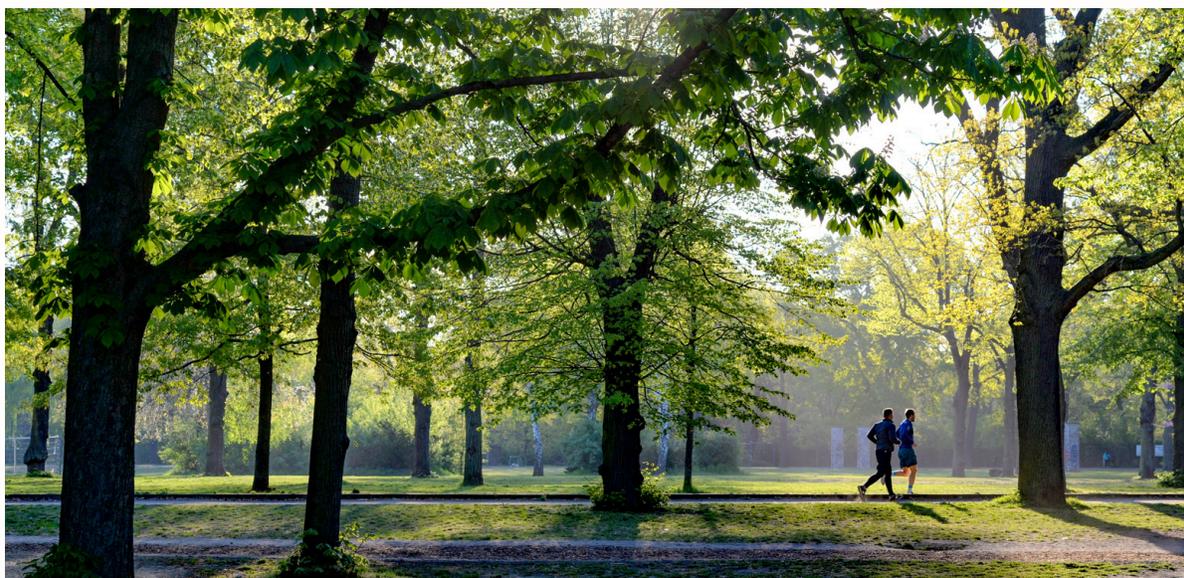
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## FUEL IN THE FALL:

### HOW TO EAT FOR STABLE ENERGY, STRONG METABOLISM & PEAK PERFORMANCE DURING THE COLDER MONTHS

As fall settles in and daylight shortens, your physiology shifts in ways that directly impact your energy levels, appetite, blood sugar stability, mood, and training performance. The colder seasons bring unique metabolic challenges: earlier sunsets disrupt circadian rhythms, cravings shift, hydration decreases, and holiday eating patterns collide with heavier training blocks and higher stress.

The good news? The right nutrition strategy during October and November can keep your metabolism sharp, your workouts strong, your immune system resilient, and your mood stable.. even as daylight dwindles. This is your science-backed guide to fueling the body and brain as temperatures drop.



## 1. Understand the Fall-Winter Hormonal Shift

Shorter days and reduced sunlight influence several key hormones:

- **Melatonin (sleep-wake regulation)**

Earlier darkness increases melatonin production sooner in the evening, making many people feel fatigued earlier—even when workload stays high.

- **Serotonin (mood regulation)**

Less sunlight = lower serotonin, which can increase cravings for carbs, sugar, and “comfort foods.”

- **Cortisol (stress hormone)**

The body often maintains higher baseline stress levels in colder months, especially with work deadlines, holidays, and reduced outdoor activity.

- **Insulin (blood sugar regulation)**

Decreased physical activity and increased simple-carb comfort eating can impair insulin sensitivity and cause energy crashes.

## 2. Eat for Blood Sugar Stability – The Foundation of Energy & Mood

**Stable blood sugar** = stable energy, stable mood, stable cravings.

Build meals around the “Performance Plate”:

- **Protein** (palm-sized) each meal to slow digestion and improve hormone balance

- **Slow-digesting carbs** (oats, quinoa, squash, sweet potatoes, beans)

- **Healthy fats** (olive oil, nuts, seeds, avocado)

- Fiber-rich vegetables for gut health + metabolic control

**Avoid “Sugar Spikes → Crashes → Cravings” by:**

- Not skipping breakfast

- Adding protein to every snack

- Choosing whole, warm meals over sugary comfort foods

- Pairing carbs with fats or protein for slower absorption

This approach prevents the mid-day crash and evening overeating that are extremely common this time of year.

### 3. Support Metabolism & Performance With Thermogenic Foods

Your metabolism naturally works harder in the cold... so you can use nutrition to amplify that thermogenic effect. Helpful thermogenic foods include:

- Lean proteins (highest thermic effect of all macronutrients)
- Chili peppers, ginger, turmeric
- Green tea, matcha, oolong tea
  
- Cinnamon (improves insulin sensitivity)
- Warm soups and broths (increase satiety and hydration)

Why this matters:

Eating protein-rich, warm meals in fall/winter increases metabolic rate, reduces cravings, and improves body composition.

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#### Hydration (the silent fall/winter killer)

Colder weather reduces thirst cues. But dehydration still wrecks performance. Aim for:

- 60-90 oz of water daily
- Electrolytes during long runs, lifts, or sauna sessions
- Warm liquids (herbal teas, broths) to increase hydration compliance



### 4. Eat to Power Strength & Endurance in Cooler Weather

The colder months are primetime for strength cycles and endurance preparation (NYC Marathon season, off-season lifting blocks, etc.). Your nutrition needs rise accordingly.

#### Pre-Training Fuel

To prevent energy crashes and support high-quality sessions:

- Carbs + protein 60-90 minutes before training  
Examples: Greek yogurt + granola, oats + protein powder, a banana + whey

#### Post-Training Recovery

To restore glycogen and repair muscle:

- Protein (20-40 g) + carbs (30-60 g)  
Examples: chicken + rice, protein shake + fruit, salmon + potatoes
- 

### 5. Strengthen Immunity Through Nutrition

Training volume + colder weather + stress = immune vulnerability.

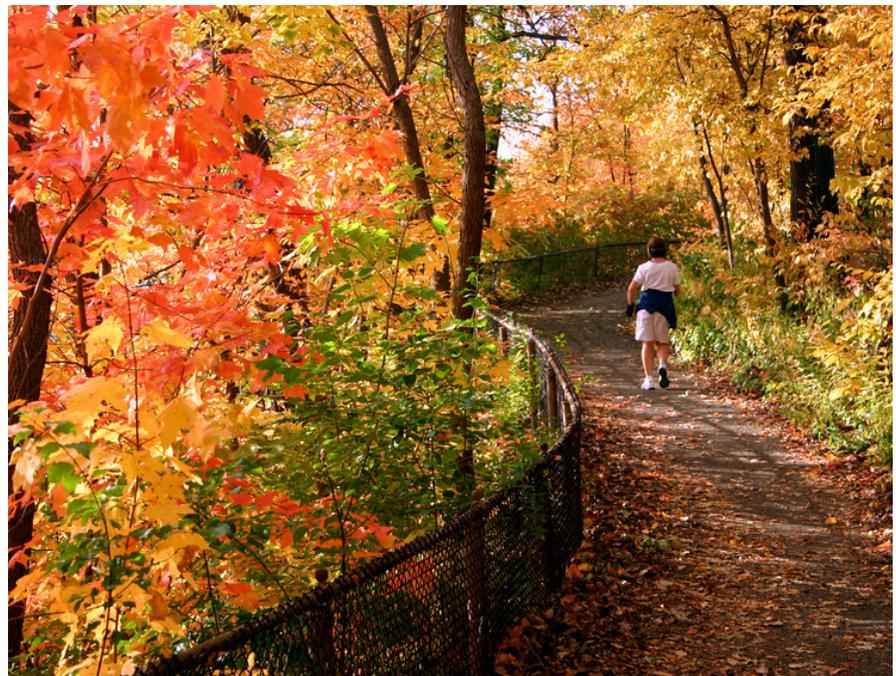
Support your system with nutrient-dense foods:

Critical immune-support nutrients:

- Vitamin D  
(sunlight drops drastically in Oct-Nov)
- Vitamin C  
(citrus, berries, bell peppers)
- Zinc  
(pumpkin seeds, meat, legumes)
- Omega-3s  
(salmon, sardines, algae DHA)
- Polyphenols  
(berries, green tea, turmeric, ginger)
- Fiber  
(gut health = immune health)

Even slight nutrition deficiencies can reduce recovery speed and increase susceptibility to infections.

---



## 6. Circadian-Aligned Eating... Your Hidden Fall Advantage

Your body's clock shifts when the days grow shorter. To optimize energy and mood:

- Eat your largest meals earlier in the day
- Avoid heavy meals late at night
- Try to keep meals within a 10-12-hour eating window
- Prioritize high-protein breakfasts to stabilize hormones early

This reduces evening cravings, stabilizes sleep, and improves recovery.

---

## 7. Create a Fall Eating Routine That Works Long-Term

Here's a simple structure your readers can follow:

### Morning:

- Hydration
- High-protein, high-fiber breakfast
- Light exposure (sunlight or daylight lamp)

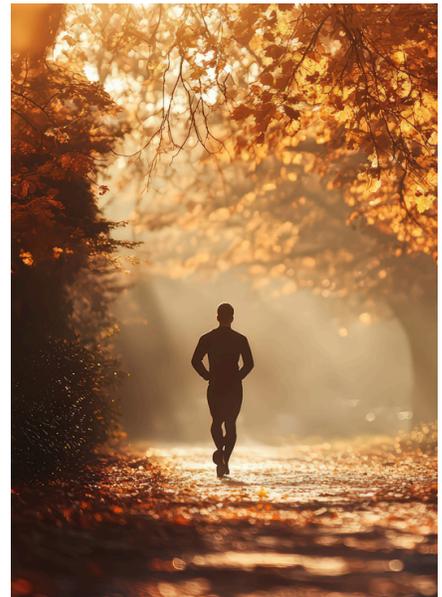
### Midday:

- Balanced performance plate
- Tea or warm hydration
- Healthy snack (protein + fruit or nuts)

### Evening:

- Warm, high-protein, vegetable-rich dinner
- Limited alcohol (inhibits sleep + recovery)
- Herbal tea, magnesium glycinate, and screen dimming

This rhythmic approach supports metabolism, prevents fall/winter weight gain, and sharpens performance.

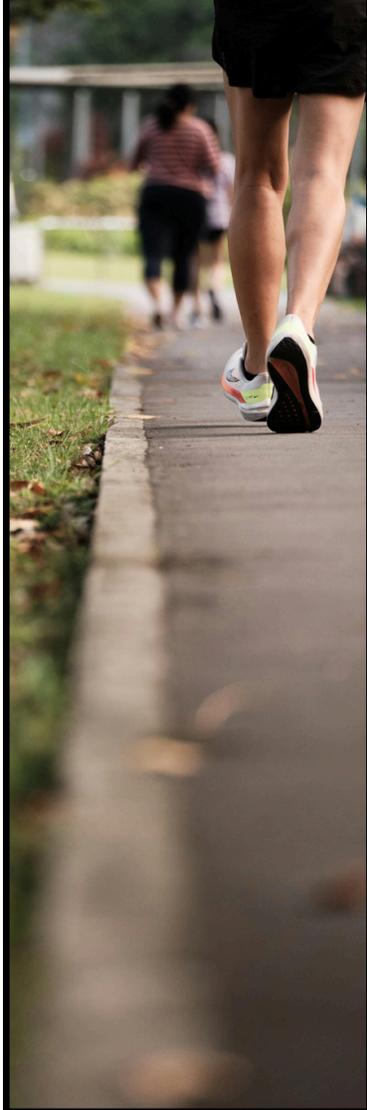


**Fall and winter don't have to mean low energy, poor sleep, weight gain, or declining motivation. With the right nutrition strategy, you can:**

- stabilize hormones
- maintain training intensity
- improve recovery
- boost immune function
- protect mental health
- stay lean, strong, and focused

*The colder months can be your most productive phase... if you fuel with intention.*





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OCT-NOV 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*



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KEY... NEVER SETTLE, BET ON  
YOURSELF, KEEP GOING...



DON'T DIE AVERAGE...

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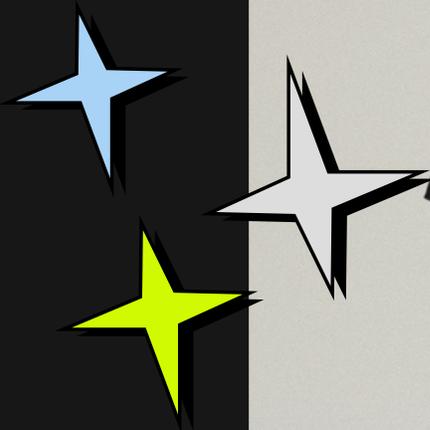
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# Prospr<sup>9</sup>

**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 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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