

## Tips for Speeding Recovery

by  
Dr. Ashley Worobec

All athletes, whether recreational or professional, should have cycles of differing intensity built into their training programs to allow their bodies to maximize benefits! This is referred to as “periodization of training”, meaning that there are periods of hard work and periods of rest within the long-term training schedule. For marathoners, this periodization is often broken up into four-week cycles (three weeks of hard training, followed by one week of active rest), whereas for football players...

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### Strength Coaches are NOT Doctors!

What is a strength coach? A person skilled in training methods, athletics and sports that can motivate, educate and push athletes and clients to reach their physical and mental potential.

What are strength coaches not? We are not Doctors, we help with nutrition and basic supplementation. There is a reason there are Naturopathic Doctors, Sports Medicine Doctors and a plethora of other highly skilled professions who are to be used in combination with a Strength Coach. The ultimate Coach; one who can forget selling and making a few extra dollars and really help someone by referral.

When a Strength Coach starts prescribing supplements to clients and crosses that line of nutritional advice and doctor and promises things they have no fundamental knowledge of, it needs to be looked at long and hard. Do you know what happens when you take an organic compound and change the hydroxyl around? I sure don't and I'll take a wild guess that you don't either. I do know that some companies do this when making fish oils and claim it is natural! As soon as you change ANY compound or molecule it becomes a synthetic product. Do you know which products do this? Do you know what this does to the body after ingested from a cellular level? Again, I'm assuming no. If you do you are probably in the wrong profession.

The problem is SOME Strength Coaches don't look at the variables and sell promising sleep fixes and other cures for ailments that can be most likely fixed with proper nutrition habits. Yes, supplements at the basic level can help and aid a lot of problems but one needs to realize when the point of referral is needed.

If an Athlete needs to get faster, needs to get more physical, or needs to build mental toughness a Strength Coach is the one and only person to see. We are at the cutting edge of training to make people and athletes stronger, faster, more agile, more competitive, and better people in the long run.

If you're looking for a Strength Coach, do your homework. Ask yourself if they really want to help people, not just make a few extra bucks. How can you tell? Well...do they try and push supplements? More than a multi vitamin, fish oil, and basic protein and you should be asking yourself...hmm...what is his/her real objective? Don't get me wrong we all want to make money, but as a Strength Coach helping people, making them healthier, will breed success and that success will be measured in healthy clients not dollars and cents.

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