



# Coach RJ Health e-News!

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**"Don't put an age limit on your dreams."**

--Dara Torres

Ron Jones, MS-LLC

Corporate Wellness. Consulting. Health Promotion.



18 years of being involved in Wellness, 13 years of school, 5 years in Corporate Wellness...finally RJ is getting busy! The sagging economy has a way of driving the point that wasting money on "sick" care is obsolete! Wellness and prevention is exploding as I said it would years ago. We don't have much of a choice--change or implode from within due to obesity and failing health!

With billions of dollars up for grabs on Wellness and prevention, the sharks are circling the waters. Don't be fooled my fitness friends. There are plenty of idiots out there calling themselves trainers, coaches, and so-called fitness experts that have NO business being in my business! Many of the professionals in health, fitness, and wellness are circling the wagons and rousing the posers and scam artists. Case in point! The other day a company called Beach Bodies that markets all kinds of fitness equipment ([P90X](#), etc.) sent me a generic e-mail saying I could be one of their online fitness coaches. NO experience required! Earn thousands! They will train me! Requirements? Buy \$50 of their BS, pay more money for monthly web fees, sign up a couple of other coaches, and exercise EIGHT days per month! Damn! 13 years of college wasted! Tens of thousands in student debt I didn't need! Seriously, the above marketing scam is completely bogus but a great example of the caliber of people jumping into the Wellness fire--that need to get OUT! This country needs help--serious and professional help which is not gained by "no experience required" fitness coaches. Eight days a month to set the example as a fitness leader

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in America Beach Bodies! Ha! I'm at 600 straight days of exercise! Take your eight days, rip off marketing, unqualified fitLESS coaches, and go home before you hurt someone!

I've been fixing serious back and shoulder pain for years in minutes per week. That is REAL--not hype or a web marketing scam. Need fitness? Hire a pro. Want to be a fitness pro? Put your passion for doing good and helping people before your profits. Then you can die knowing you made the world a better place without hurting people. I can die tonight satisfied for a job WELL done. But I'm not dead yet--I need to get out this e-News! So let's get it on! Lean Beret Rail rips on Energy Drinks this month, Booty Call Buns of Steel workout, hiking with kids, and more!!!

## The Lean Berets *Avengers of Health!*



**Our new website is almost ready to launch! We'll be up and running by September!**

Soon you can join the LEAN Revolution, and get on the hard rockin' side of health. **See y'all on the front!**

**Give us Freedom through FITNESS,  
or give us death!**

## "Pain Rx, Walking To School, Energy Drinks & Strokes in Kids"



**Methadone** is gaining popularity as a pain reliever for back pain, joint injuries, and other ailments--along with its abuse. Methadone is now being reported as the fastest growing cause of narcotic death. No surprises. When you have a nation obese and out of shape, you have PAIN! Want something natural to eliminate unnecessary pain? Exercise daily and stop killing yourself with toxic and overconsumed foods and portions. Quote me! "Movement heals!" Not methadone.

**California kids are walking to school more!** Golden State budget issues have caused reduced bus availability. Light in the clouds my fitness friends! California has some of the fattest and least fit kids on the planet--some walking will do them good! Walking is not just about fitness though... there are numerous social and safety issues involved like abductions, predators, traffic control, etc. Do your part in YOUR community to promote health through walking to school.

**Red Bull, Heart Attacks, and Strokes?** I just read a [preliminary report](#) that just ONE Red Bull energy drink can elevate the risk for heart attack and stroke in youth. I've been skeptical of these for years--especially with kids. I've had too many personal reports from clients, parents, and coaches about seizures that are attributed to energy drinks. Keep

## Fast Fitness!



### Buns of Steel Matrix!!!

Booty call y'all!!!! This is a great workout for increasing hamstring strength along with core stability, and yes, lighting up your own butt like it's on FIRE! Got hammy weakness? Fear not! Get on the ball with this workout and fix it fast!

[Check It Out!](#)

### [Buns of Steel!](#)

## Ron Jones Links

RonJones.Org  
Mental Skills Workbook  
Dynamic Warm-Up DVD

[Join Our Mailing List!](#)



**Avengers of Health!**

your eyes on this one as it develops...I used to say that one Bull won't kill you...now I'm beginning to wonder...***make sure to see Kevin's Gut Check below for more on energy drink dangers!***

## Gut Check! "Bouncing Round the World"



This month's ***Gut Check!*** by ***Kevin Rail*** addresses the completely out of control world of energy drinks! Obese people completely out of shape slamming "energy" drinks just to get through the day...just send me to the firing squad myself from the pain and frustration!

[Clear away the chemical hyperactivity as you read](#)  
[Lean Beret Rail's exposure of energy drinks the](#)  
[their rocket ride to heart rate hell.](#)

## Fit-4-Life Kids: "Ecotherapy, Lean, & Green"



Want to pack a punch for Fit-4-Life kids in your home? Take them outside for a hike! The photo is my corporate client Peter O'Neil holding his two youngest children along the Central Coast of California during our Montana De Oro nature hike. What his children

learned this day about life, nature, and health is beyond quantification!

But lets' give it a shot...Outdoor activity has a number of benefits for both kids and adults--here are just a few kid benefits:

- **Ecotherapy:** Research indicates that a significant benefit exists with outside exercise vs. inside exercise. Even when the same activity and exertion rate is performed, the people exercising outside had enhanced mood. ***Translation?*** They felt better and happier being outside! Teen suicide rates are way up. No wonder! They are inside too much in front of the damn TV, video game, or computer!
- **Lean:** Walking outside is GREAT exercise! It's harder to walk on a trail. ***Translation?*** You'll get more fit, have better balance, and improve agility over indoor static walking on a treadmill--and probably be more LEAN!
- **Teaching Green:** Do you want the next generation to be to both good stewards of their bodies and our planet? Then get them OUTSIDE into the environment with a nature hike! You cannot teach true appreciation for nature by watching it on TV or a computer screen. GET OUT--in nature with your kids!



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## Nutrition Nibble: "Potatoes"



Nature's "energy bar" in the form of a spud! A 10 oz. raw potato packs about 200 carbo calories like a candy bar but without any artificial ingredients and added sugars. They are good sources of Vitamin C and potassium plus come with a fiber-enriched wrapper you can eat! (Source: ACSM Fit Society Page)

## Mental Skills Training: "Omega Brain Waves"



While working at the US Olympic Training Center for USA Track & Field Elite Development a few years ago, I learned a few points on brain waves and how they influence athletic training and human performance. One of the most interesting updates that year at the OTC was USA Track & Field's new omega brain wave testing. USATF is now evaluating the low-frequency "omega" brain waves to determine central nervous system (CNS) recovery as opposed to monitoring heart rate to determine recovery. The central nervous system controls heart rate and takes the longest to recover compared to the cardiovascular and muscular systems. The CNS can be negatively impacted by mental as well as physical stressors. For example, USATF has found that even when our athletes have been in a low-demand workout cycle that did not require maximum physical effort, if they had excessive psychological stress it compromised their CNS and subsequently compromised their workouts. More proof that the mind controls the body and that the mind cannot be disregarded in athletic training!

There is still I do not know about Omega Waves and training, but the take home point is that psychological stress can have a MAJOR negative impact on human performance!

[For more on Mental Skills Training & Performance Psychology, see my workbook and workshop options.](#)

## Amazing Body Fact! "Blood Vessels"



**You have about 93,000 miles of blood vessels in your body!** Put some good fuel into them, and you'll have highly efficient circulation as well! Like Jack LaLanne says, "Your bloodstream is the river of life!" And your river is 93,000 miles long!

## Wellness @ Work: "Joint Pain & Movement"

I've had a lot of inquiries lately from corporations asking me what I'm doing and how to begin an on-site corporate wellness process. My first strategy is to go after joint movement with my **RJ Dynamic Warm-Up**. If you can get a person moving better in the joints at their current age, ability, weight, and level of fitness, then you will move your employee better with less pain. More efficient movement equals safer movements with less compensations. Safer movements mean less injuries. Less injuries mean your company SAVES money while maintaining production!

**Never underestimate the power of moving WELL!** Time? Hours in a gym lifting heavy weights? Ha! Hours stretching? Ha! Equipment Required? None! Five minutes per day with your own body weight--that's all you need for significant improvement if you know how to move well during those five minutes.

Moving well five minutes per day with the **RJ Dynamic Warm-Up** sure beats methadone addiction for pain doesn't it?!

[\*\*More about my Dynamic Warm-Up moving people well.\*\*](#)

**"Think Root Cause. Act Prevention." --Ron Jones**

## WELLaware: "BS Billboard of the Month"



Filling station irony! We spend billions on high-tech fuel as we worship our cars more than our bodies! Then park the car after filling up and dump junk food into our "personal" gas tanks--our stomachs!

**The above Double Cheeseburger FAT ATTACK?**

440 calories, 210 fat calories, 23 grams fat, 11 grams saturated fat, 48% total fat, 1150 mg sodium, and 54% of your total fat value for the day in just 5.4 ounces! How's that for performance? Great if you plan on speeding to the morgue!!!

[\*\*See and THINK for yourself...then use the high-tech fuel for the car to burn rubber away from fast foods!\*\*](#)

## Kettlebell Korner



Okay--at this point kettlebells have become so ingrained into my training methodology that I need to make monthly KB Komment!

My best piece of advice to anyone interested in KB training is to be SAFE! Even many experienced fitness pros do not understand the simple and effective Russian KB. Some think they do--but they do not. Anyone grabbing a KB like a dumbbell weight doesn't get it or the safety considerations. If you truly understand a kettlebell and how to use it--you'll use it for life Comrade!

Where do you start? Check out my Kettlebell section below. Pavel's Enter the Kettlebell is a great place to start with DVDs. Other references are listed to help too. [Learn more about kettlebell safety and training.](#)

## Fitness Safety: "Ankle Reflectors"



I've been using **Jogalite Slimband** ankle reflectors for years. I use this product during 24-Hour ultraendurance cycling events like the Furnace Creek 508, and use them for routine bike rides, walks, and runs on public streets or along the bike path in low-light conditions. These lightweight bands are incredible! They even reflect during daylight hours.

Simply Velcro the strap lightly around your ankle for added safety.

**You can purchase a pair for only \$5.95** through Team Estrogen. I've ordered hundreds of these reflectors for programs and corporate clients over the years. [Order your own here then be safe by being SEEN!](#)

## Cool Tools: "Tennis Ball Markers"



Something really simple this month! If you need a lot of markers or cones for speed, agility, and quickness drills or balance exercises, all you need are some old tennis balls! Here are my tennis ball tips:

- **Find a tennis coach!** They probably have hundreds of "dead" balls they don't know what to do with and will give them away for FREE!
- **Machine wash them on HOT then air dry.** They clean up nicely even if not quite as fuzzy due to age.
- **CAREFULLY** place them on a good cutting surface with heavy gloves on your hands. **Cut AWAY from your body**, and cut the balls in half.
- Place them on ground for super bright markers that easily collapse

when accidentally stepped on. They are compact and easy to store and transport. Cost? Practically nothing with exception to some laundry soap!

## On the Road with Coach RJ...



I'll be meeting other top Wellcoaches and psychology professionals in September at Harvard Medical School's Coaching Psychology Conference in Boston. I'm really excited about this conference that has been over two years in the making!

## Next Month...September.08!



Find out in September when I slow down enough to write the next e-News!

***Health--it's ALL good. Keep moving America... we need it more than ever.***

Please pass along my **Coach RJ Health e-News** to people interested in **High-Performance Health**.

In Life-Long Health--ALWAYS!

**Ron Jones, MS-LLC**  
Corporate Wellcoach  
Atlanta-Los Angeles  
**Get Fit. Be Strong.**

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Ron Jones LLC | 480 Congress Parkway | Lawrenceville | GA | 30044