



## CHI -eNews

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### ARC Training



#### **'P'repair to Periodize: Sport & Fitness Performance**

Chad Benson is one of four special guest speakers presenting at CHI Camp Hawaii in Honolulu April 15th-18th, 2010. Chad has expertise with myofascial release, trigger point therapy, functional movement testing and sport rehabilitation. Chad will illustrate and discuss important corrective techniques and strategies that can prevent muscle imbalance and instability.

Learn how to train smarter and achieve greater athletic performance without personal health problems or injury.

Click YouTube link > [Chad Benson](#) Click Website link > [www.ARCtraining.ca](http://www.ARCtraining.ca)

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### No Pain No Gain

Downhill skiing, interval training, sprinting and intense weight training causes the muscles to produce lactic acid as a by-product of anaerobic metabolism. Pushing & pulling weights to the point of near failure or "absolute failure" causes high levels of lactic acid and pyruvic acid to form, which drives muscle and blood pH down into the acid zone.

Although such alterations in blood pH eventually cause the shutdown of the very enzyme systems essential to the contraction of muscle and the production of energy, there is evidence that human growth hormone (hGH) release is respondent to the build-up of hydrogen ions (the acid part of lactate acid) concurrent to this form of training.

In other words, greater quantities of lactic acid are associated with higher blood levels of hGH. So the adage "no pain, no gain" is true, as pain in this case reflects the discomfort or "burning sensation" experienced as lactic acid builds up, which then leads to greater releases of growth hormone.



Maximizing hGH release is best achieved by training harder in less time, as hGH is released in bursts. Intensity of training is always a factor of achievement, regardless of the sport or activity. Degree of intensity will vary from one individual to the next, as our ability to push ourselves onward to higher levels of development is highly relative to the intangible components of human motivation and desire.

Training hard is not always fun, but it is definitely more productive. With health and safety in mind, Masters Age athletes (40+) and seniors should not be afraid to “put out”. The idea is to build up tolerance to the stress of exercise slowly but surely. Consistency and persistence wins the race.



### Audio Excerpt SNU V7N11 (part 3)

Click Audio link > [George Boedecker](#)  
then click [Download Preview](#)



Click YouTube link > [Chi Principles of Sports Nutrition No.1](#)

Click Website link > [CHI Camp Hawaii April 15<sup>th</sup>-18<sup>th</sup>, 2010](#)

Click Article link > [Sports Injuries: Prevention is the Best Medicine](#)

## CSNA Graduate Quote

*“Optimum health simply put allows for a longer, and a more pleasant life. Less time is wasted attempting to rekindle health, and more time is spent enjoying a healthy energetic life.”*

~ George Tausan CSNA – Burnaby, BC Canada



As always...stay well and live free!

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West Side Sunset Oahu HI

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