

# CasePerformance

## March Newsletter

### Part I



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“For Sport, For Life”

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Hello,

I hope that the month of March has treated everyone well. I'm confident that you're a step or two closer towards achieving one of your short/long term goals. Things are active here for the CasePerformance team members.

Our [strength](#), [running](#) and [nutrition](#) consultations are going well. If you're interested in finding out about our group discounts please send us an [email](#).

## I. A Look at This Month's Newsletter

We kick this month's newsletter off with our CP Community Member of the Month interview featuring physical preparation and nutrition coach Zach Moore who shares with us his background, including how he got involved with physical training, as well as training, nutrition and supplement strategies. Additionally, Zach touches on non-nutritive recovery techniques such as “mindfulness”!

Following our interview, we get to our CP Community Member Discussion where Chris Gile, DC, shares with us *Good Health & Fitness – Look no further than a healthy spine*. In it, Chris discusses how slight alterations in the spine and other joints can impact overall health and fitness.

Needless to say, I think you'll enjoy Part I of our newsletter!

Respectfully,

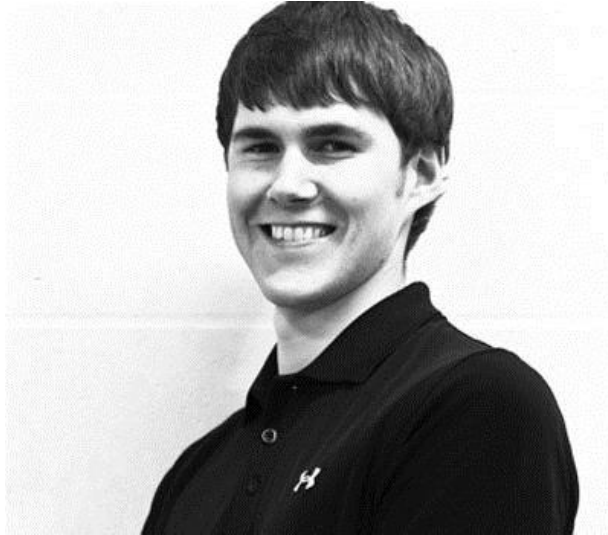
Sean Casey

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## II. Community Member of the Month...



*Zach Moore – Fitness Enthusiast*

This month's CasePerformance Community member of the month is Zach Moore who comes to us from Bloomington, Indiana, USA. After finishing graduate school with a degree in economics, Zach's career aspirations took a turn and he decided to pursue a career working in the training and nutrition field. What led to this turn of events and where do his current passions lie? To find that out, you'll have to read on!

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**I want to thank you for taking the time out of your training, work and social commitments to join us today. We are honored with your presence.**

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Thanks so much for having me, Sean! I always look forward to reading your newsletters so it is a real privilege to be featured in one.

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**Tell us a little about your background... Were you active as a youth?**

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In short, yes, I was very active as a kid. I played pretty much every sport my school offered - basketball, baseball, football, tennis, and golf. I also grew up in a small town in southern Indiana that had a ski “resort.” It is basically a big hill and they blow fake snow in the winter. I was up there almost every day in the winter snowboarding.

In high school, I played golf all four years, tennis two years, and football two years. I ended up playing tennis in college for two years before I had to quit due to two surgeries on the same knee.

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**As mentioned in the intro, you were an economics major (while attending university) whose career took a bit of a turn, landing you in the fitness field. How the heck did that happen????????**

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Haha yeah people are pretty surprised when I tell them I have a graduate degree in economics. It is a pretty long story and I am still not exactly sure how I ended up where I am, but I am happy I am here :-)!

Basically, as I mentioned above, I was very active while growing up. After my knee surgeries, doctors told me I should never play tennis again or do anything ballistic. I was really upset to say the least.

*“... there was no way I was taking that for an answer so...”*

I decided there was no way I was taking that for an answer so I started reading and learning as much as possible about the knee - anatomy, biomechanics, etc. In doing so I came across Mike Robertson’s “Bulletproof Knees.” It was a really good resource at the time and I realized he owned a gym (Indianapolis Fitness and Sports Training -

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IFAST) about 15 miles away from where I was attending grad school at the time.

Long story short, I became a member and loved it. My knee pain disappeared! It was at this time that I realized that I had a passion for helping others get out of pain and/or those just wanting to be more active and have a better functioning body.

I decided to apply for an internship at the gym and ended up starting a day after graduating with my master's degree in economics. It was a scary move because I was heading into an unpaid internship and I was turning down several opportunities in economics. But, I knew I loved it so I went for it. After the internship, they hired me full-time and I became a trainer/strength coach there for about four years. I learned a lot and loved it!

I eventually ended up applying to work with Precision Nutrition (PN) in 2013 and started with them full time in 2014. I am still working with PN today as a nutrition/lifestyle coach and also work with a handful of clients through my own LLC, [Zach Moore Fitness](#).

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**What kind of unique challenges do you have from a training standpoint? How do you go about working around them?**

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I was actually born missing half of my right arm just above the elbow. I honestly never viewed it as much of a limitation. As I mentioned above, I played a ton of sports.

I started lifting weights my freshman year of high school because I was on the football team. I basically just lifted with my left arm and used machines for my lower body. I never tried to squat or deadlift, or work my right arm. My coaches just let me do my own thing.

After I got back into lifting weights after my second knee surgery (I had stopped for a while because my tennis coaches weren't big on lifting weights – they thought I might get too bulky☺), I decided that I really wanted to figure out how to squat and deadlift. I also knew that I needed to strengthen my right upper body to improve the significant asymmetry I had in both strength and size.

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Therefore, I began my quest to modify, and learn, a ton of exercises. I even taught myself to power clean with both arms. I won't cover them all here, but I will link to some videos below if the readers are interested.

Power Clean: <https://www.youtube.com/watch?v=PMBbduAPJeA>

KB Swing: <https://www.youtube.com/watch?v=ICMGcucVJ7A>

DB Bench Press: <https://www.youtube.com/watch?v=7vSU-YmoF0A>

Deadlift: [https://www.youtube.com/watch?v=wbFx\\_zmB9to](https://www.youtube.com/watch?v=wbFx_zmB9to)

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**What would you say are your favorites from a pure enjoyment standpoint? Why are they your favorites?**

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It would have to be squats. Back squats, front squats, safety squat bar squats, any of them. Most guys want a big upper body and bench, but I have always wanted a strong squat and a Tom Platz lower body☺

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[**Editor’s Note** – CasePerformance had the honor of [interviewing Tom Platz](#). Needless to say, we envy his lower body as well!]

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## What does your typical training week look like?

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I love to lift weights! I just came off a pretty intense strength phase so I am now decreasing the intensity and upping the volume to promote hypertrophy and work capacity. I am on an 8-day cycle. A typical “week” looks like this:

Day 1: Full Body Strength

Day 2: Upper Push Hypertrophy

Day 3: Lower Hypertrophy 1

Day 4: Upper Pull Hypertrophy

Day 5: Off or Cardiac Output (see next question)

Day 6: Lower Hypertrophy 2

Day 7: Upper Hypertrophy

Day 8: Off or Cardiac Output (see next question)

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## Do you have any non-nutritive strategies to help with recovery between workouts?

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I like to perform roughly 30-45 min. of cardiac output work on most off days from the gym. I typically just hop on my stationary bike at home and watch some TED talks or youtube



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vids while keeping my heart rate in the 120-150 range. It is a great way to promote recovery.

I also love getting outside for a walk with my wife. We live in an area with some great walking trails and it is really nice to step away from the screen (I work from home at a computer most of the day), get some fresh air, and clear my mind.

*"... meditation, mindfulness based exercises, or just some simple breathing drills... has honestly been the biggest game-changer for me... "*

Lastly, meditation, mindfulness based exercises, or just some simple breathing drills are great to facilitate recovery. This area has honestly been the biggest game-changer for me in the past year or so. I tend to be a person that always has 1,000 things running through my mind and it is very hard for me to shut down. Just taking 5-10min. each day to stop, breathe, and be in the moment has made a huge difference in my stress and recovery.

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**Switching gears here a bit, a topic I always get questions about is nutrition and supplements. What are some meal strategies that you've found to be effective? Any favorite supplements?**

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This is a tricky question because my answer will most likely differ based on who the information is for. But, for the person who just wants to be fit and healthy, you can't go wrong with eating whole foods MOST of the time and focusing on leaving a meal feeling satisfied, not stuffed (about 80% full, as we say in PN).

I believe that MOST people know what they should be eating. It is rarely a lack of knowledge (although sometimes it is – see my eating disorder story below) that prevents people from putting together effective nutritional strategies. It more has to do with a lack

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of consistency and preparation. Rarely do we need to discuss meal timing, frequency, macro ratios, etc.

I encourage clients to experiment to determine what foods, meal frequency, meal timing, etc. makes them feel best. Some people really enjoy low carb, while others feel better on high carb. Some people enjoy 3 meals a day while others prefer 5-6 meals a day.

The BEST strategy is the one that fits their lifestyle and they can be the most consistent with.

Now, if someone is interested in peak performance and/or aesthetics, then we might need to go a little deeper, but most of the time there are more important factors to address first.

For me personally, I feel best with a fairly high carb intake (~40-50%), moderate protein (~30%), and low-to-moderate fat (~20-25%). I eat 3-4 meals most days that contain at least 25-30 grams of protein. The most common foods I eat are: potatoes (all varieties), rice, fruit, veggies, avocados, coconut, meats, eggs, yogurt, and protein powder.

I stick mostly to whole foods because they make me feel the best and I really enjoy what I eat. However, I am definitely not afraid to have some processed foods if that is what I am craving, or if it is being served.

As far as supplements, here is what I am currently taking:

- \* Creatine
- \* Protein powder (mainly for convenience, but it also taste darn good)
- \* Vitamin D (not much sun here this time of year)
- \* Magnesium
- \* Melatonin
- \* Fish Oil
- \* Sodium Bicarbonate (just started experimenting with this thanks to Sean Casey and Adel Moussa)

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\* Digestive enzyme (so far I haven't really been noticing a difference with this)

*“As always, it depends on the person...”*

Now, I do not necessarily believe everyone needs these things. For example, if you eat plenty of fatty fish then you probably don't need fish oil. If you get a lot of sunlight you might not need Vitamin D. As always, it depends on the person. I hope you are noticing a theme☺ Very rarely do

I make definitive statements regarding nutrition because we are all so different.

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**Do you have any favorite recipes that you'd care to share with us today?**

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Honestly, I rarely use recipes. I like to just throw some foods together and see how it ends up!

One of my favorite such concoctions is the following:

Diced up potatoes (any variety) or rice and a sliced up banana covered with cacao powder, PB2, yogurt, and protein powder.

It may sound a little strange, but it is so good!

Pictured to the left is an image of this gourmet delicacy (although it is missing the yogurt).

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**One of the issues you've discussed on your blog, [zmoore.com](http://zmoore.com), is your history with an eating disorder (I refer everyone to his article, "[My Battle With An Eating Disorder](#)"). How did you work through these issues?**

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Yes, this is something I didn't talk a lot about above, but it is another big reason I got into nutrition and fitness.

It all started around my sophomore year of college. I won't go into a lot of the backstory because it is explained in the blog post, but I ended up very skinny and unhealthy. I had several hormonal issues and was almost hospitalized.

It happened around the same time I had my second knee surgery so as you can imagine, I hit a pretty low point. I was very inactive because of my injury and my self-confidence, which was through the roof as a high schooler, was nowhere to be found; mostly because of my low bodyweight and low testosterone (this dropped significantly because of the low food intake).

*“The two biggest factors that helped me turn this around ...”*

The two biggest factors that helped me turn this around were my family and learning more about nutrition. My wife (girlfriend at the time) and family sat down with me one evening and we talked about my eating disorder. They were very upset and scared. This was a very big turning point and I knew that I had to make a change - not only for them, but also for myself.

So I began learning about nutrition to try and turn things around. As I explain in the blog, the whole thing started because I was attempting to eat more healthy. I knew very little about nutrition at the time and my idea of healthy was zero fat and very little food.

One of the books that got me eating more food and lifting weights was Dr. John Berardi's “Scrawny to Brawny.” I began following some of the meal strategies in that book and I started feeling and looking better. I was also lifting again at this time and my knee pain was improving.

It was definitely positive reinforcement, and my family continued to cheer me on. I could not have done it without them.

If your readers would like to read more, I have a [second part to the blog post](#) linked above that discusses a little more of my recovery which you can read.

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The whole experience was actually somewhat of a blessing because I would most definitely not be where I am today had I not went through that experience. It was a very tough time, but I learned a lot about myself and believe it has made me a much better coach.

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**Any final thoughts/advice you're willing to share with us at CasePerformance?**

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Nutrition does not have to be complicated. Experiment. Find what works for you and fits your life.

I think that is about it. I also want to say thanks again for having me, Sean, and keep up the good work!

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**I'd like to add that thoroughly answering these questions takes a lot of time and effort on your part. Thus, on behalf of our readers here at CasePerformance, I want to once again thank you for taking time out of your busy day to join us. Keep up the great work! And for those who'd like to get in touch with you, where can you be found?**

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You can always reach me at [zach@zmoore.com](mailto:zach@zmoore.com). My website, which is currently being updated so I apologize for the speed and poor layout, is [www.zmoore.com](http://www.zmoore.com). You can also find me at the following:

Facebook: <https://www.facebook.com/zach.moore.73>

Twitter: [@zmirvin](https://twitter.com/zmirvin)

Instagram: [@zmfitness](https://www.instagram.com/zmfitness)

Youtube: <https://www.youtube.com/user/zmirvin>

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## III. Community Member Performance Discussion

This month's CP Performance Discussion comes to us from my good friend Chris Gile; a board certified chiropractic physician practicing out of the Chicago, Illinois (USA) area. I've known Chris for 30 years – we grew up next door neighbors and he's a pretty sharp guy. In this Performance Discussion, Dr. Gile discusses how chiropractic care can benefit highly active individuals.

**Good Health & Fitness: Look no further  
than a healthy spine and joints.**



Whether you are a professional athlete or a weekend warrior, all competitive individuals have one thing in common: They want to have the best possible performance each time they lace up their athletic shoes. Unfortunately, athletes often fail to perform at their peak levels due to injuries and/or misalignment issues affecting proper muscle firing patterns. This is seen in both well trained athlete as well as those who participate on a limited basis.

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## **The Chiropractor's Role**

Athletes place a high physical demand on their bodies asking it to work like a finely tuned machine. Strenuous training and competition schedules leave little time for injuries. Perhaps this is why almost every professional team in sports has a chiropractor looking after its athletes. For example, 95% of all NFL teams employ chiropractors regularly to treat their players.<sup>1</sup>

Chiropractic care not only helps with the treatment of these injuries but can also be extremely helpful in preventing these injuries from ever occurring.

## **Preventing the injury**

Anatomically, our muscles have tiny receptors called mechanoreceptors that report back the length and tension on our muscles. When these muscles are overused or stretched beyond the normal range of motion, mechanoreceptors send a message to the brain to correct. In athletics, we simply tell our brain to ignore these cues in order to continue at maximum functionality. Unfortunately, ignoring these built in safety measures make our bodies more susceptible to injury.

When having a chiropractic adjustment, the chiropractor introduces a high velocity low amplitude thrust into the joint to return spinal segments or specific joints that are misaligned to their normal position. This adjustment not only aligns the spine and joints correctly but also stimulates the brain via the aforementioned mechanoreceptors, allowing it to react correctly, thus preventing future injuries from occurring in the first place.

Additionally, the spinal cord gives off tiny spinal nerves at each level that innervate our entire body. These nerves exit the cord via a very small hole in between each vertebral segment. Any small compression of these nerves can affect large areas of our body including muscles tone, breathing, heart rate, and digestion. A vertebral misalignment will compromise the integrity and function of that spinal nerve. As such, chiropractic care achieves far more than getting rid of pain; I believe it has the ability to restore and revitalize the integrity of your nervous system as a whole.

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## **Performance Enhancement**

As hinted to above, I believe chiropractic care can enhance performance even when no significant injury is present. When even a single vertebra is out of place (a subluxation), one can experience diminished function of their nervous system, limiting the overall coordination of their entire musculoskeletal system. For instance, if the subluxation is in an area that affects the function of the shoulder, the milliseconds difference in muscle-firing patterns can mean the difference between a well-placed high-speed strike and a ball in the dirt for a pitcher. Similarly, if the subluxation involves the lower back, and this athlete is a professional golfer, the difference in core stability can mean a loss of several yards off the tee.

## **Evidence & Research**

Relatively speaking, there has been little formal published research in the area of athletes and chiropractic care. One study, appearing in The Journal of Chiropractic Research and Clinical Investigation, reported that athletes who received chiropractic care exhibited up to a 30% increase in athletic ability after 12 weeks of treatments. These subjects were tested in skills such as power, reaction time, agility, balance, and power. Improvements were significantly different than those who did not receive chiropractic treatments during the same period.<sup>2</sup>

It's important to keep in mind that chiropractic physicians not only employ the adjustment as a means of treatment but also kinesiology taping, physical therapy, e-stim, therapeutic ultrasound, and deep tissue lasers are all modalities used to get the body back to its peak performance much faster.

Anecdotally speaking, many professional athletes have gone on record, attributing their great performances to chiropractic care. This is what some of these athletes had to say about chiropractic:<sup>3</sup>

*“Performing at my best is important to me and should be to everyone. I am blessed that my Dad is a chiropractor. Getting adjusted regular – along with practicing other good health habits that my Mom helped me to establish – are all part of my goal to win in life and on the field.”*

- Aaron Rodgers (Quarterback of NFL Green Bay Packers, and Super Bowl XLV MVP)



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*“Lifting weights and seeing a chiropractor on a regular basis has made me a better golfer. I’ve been going to chiropractors as long as I can remember. It’s as important to my training as practicing my swing.”*

- Tiger Woods (professional golfer, world ranked #1 for a record 623 weeks)

*“I did a lot of things to stay in the game, but regular visits to my chiropractor were among the most important.”*

- Jerry Rice (13-time ProBowl NFL football player, and Super Bowl XXIII MVP)

## **Wrapping Things Up**

So whether you are a professional athlete or just a weekend warrior, regular chiropractic care can not only get you back to the competition faster post injury, it can prevent future injuries and elevate your levels of competition.

### *References and sources:*

1. Baron, SH. A look at the role of chiropractors in the NFL – Chiropractic Economics 2005. Issue 14. Source –[www.chiroeco.com/article/2005/issue14/SP1.php](http://www.chiroeco.com/article/2005/issue14/SP1.php)

2. Lauro A. Mouch B. Chiropractic effects on athletic ability – The Journal of Chiropractic Research and Clinical Investigation (1991); 6: 84-87

3. [www.foundation4cp.com](http://www.foundation4cp.com)

**Editor’s Note** – If you find yourself in the Chicago area and are looking to have a chiropractic treatment, I encourage you to reach out to Dr. Chris Gile. His clinic, Synergy Wellness is located on

4256 N Arlington Heights Ste 100  
Arlington Heights, IL 60004

Dr. Gile can also be reached via email at [dr@gile@synergywellness.us](mailto:dr@gile@synergywellness.us)

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## IV. Meets/Events/Clinics

### **Strength Sport Events**

I have not been notified of any strength sport competitions.

### **Endurance Sport Events**

#### **Mississippi Valley Running Association Heritage Trail Run**

What: A 5k/10k run

Where: Dubuque, IA, USA

When: May 9th

For more information [CLICK HERE](#)

For a general listing of running events going on in your area, [CLICK HERE](#)!

\*\*\* Please know that CasePerformance does **NOT** receive any financial or other incentives if you choose to participate in any of the above events.

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## Clinics

### **Building Better Athletes Elite Performance Clinic**

What: A one day clinic covering all ends of training for sport and performance featuring...

Where: Dubuque, IA, USA

When: May 2nd

For more information [CLICK HERE](#)

Presentation Line-Up...

### **Science of Speed - Michael Zweifel CSCS (Owner and Head of Sports Performance at Building Better Athletes)**

Thorough discussion on the mechanics of speed development. Learn what takes place during acceleration and sprinting, muscle activities, and how to coach the different phases of sprinting.

### **Practical Sports Nutrition for the Fitness Professional - Sean Casey CSCS, RD, CISSN (Head of Sports Nutrition at Building Better Athletes)**

Focus on a practical approach to help individuals optimize the training experience via nutrition intervention. Topics covered include determining energy needs, fitting the food with the lifestyle, supplementation & special issues that fitness professionals need to be aware of while working with athletes

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## **The Experimentation and Use of Velocity Based Training: Ideas and Concepts - Mike Mandot MS, CSCS (Head of Strength and Conditioning at University of Dubuque)**

There are many applications for using velocity based training feedback, a major one being maximizing power output via tracking movement velocity. Coach Mandot will discuss his experience with using velocity based training (Using a Tendo Unit) and how he implements it with his athletes and how he purposes it to be effective.

## **The Common Link in Athletes 8 to 80 - Dan Johnson (Owner of Spine and Sport Chiropractic)**

Dr. Dan Johnson works on the Sports Medicine side getting athletes back to the playing field. In this presentation, Dan will take a look at how thoracic spine motion/mobility and sitting affect athletes of all ages.

## **How CrossFit and Strength and Conditioning Can Blend - Phil Gothard (Owner of CrossFit Dubuque)**

The Strength and Conditioning world and CrossFit world often clash on different topics, but Coach Gothard will discuss how the two can blend and benefit from each other. You don't have to take a single side of this discussion, instead know the two are different and how each can learn from the other.

## **Scientific Principles Associated with Developing Peak Power in the Athlete - Jed Smith MS, CSCS (Head of Strength and Conditioning at University of Northern Iowa)**

Coach Smith is known for his ability to develop power in athletes, after all the ability to express power is a key quality in high level athletes. His talk will delve into the scientific principles of developing peak power and how to apply these principles to your training.

For more information [CLICK HERE](#)

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That wraps up Part I of this CasePerformance newsletter. Hope you enjoyed it. Stay tuned for Part II of the Newsletter where we share news of note at the CasePerformance & partner websites before touching on the CP Performance Discussion, *“Bananas, Baby Carrots & Green Powders vs. Fruits & Vegetables.”*

Until then... Train smart, train hard and leave the excuses to someone else!

Respectfully,

[The CasePerformance Team](#)