

Digital Edition - June 2017

Recovery

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Adventure On!

Pugsly & Earle's Wacky Adventure

by Lyn P

Ending the War on Emotion

by Dave Smith

New Connections in Recovery

by Roger Watts, PhD

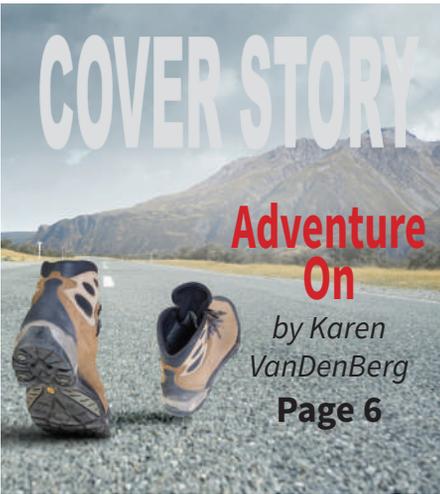
Healthy

by Sheryle Cruse

Interview with: **Dennis Hofmaier**

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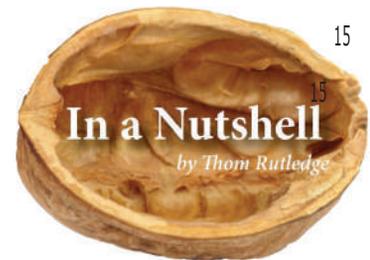
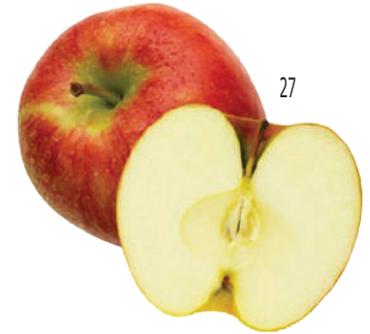
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Strength Training in Recovery

by Batista Gremaud

Just like we used to have corded then cordless phones, flip phones and now smartphones, the new generation of young adults is flocking to gyms, knowing how much stronger they become. They feel great and have so much fun with the freedom and control of their body image, as opposed to some older folks thinking in obstinate ignorance, that yoga and aerobics, which use different muscle fibers, can achieve the same level of success in recovery. Zumba classes are now being replaced with people doing weightlifting exercises.

“In reality, optimum health depends on the body’s wiring and ability to fire properly.”

Our nervous system controls the function of every cell, tissue and organ in our body; it coordinates them together, enabling our bodies to work in perfect harmony. If the electrical box in your house is outdated, you will probably blow a fuse when you run too many appliances at the same time, because the system is on overload. Eventually your electrical system will need to be upgraded or rewired. And so it is with the body when impacted with too much intellectualism, stress, no time, or mindless, compulsive exercise behavior—it stops working the way it was intended to. Performance is what the fitness industry promotes as an avenue to success in general fitness today—teaching us to do more than we can achieve comfortably by going for the pain, and or ignoring pain signals, potentially leading to injuries and creating burn out.

In reality, optimum health depends on the body’s wiring and ability to fire properly. We need to be properly grounded in order to activate the body’s



natural healing properties, achieve a quiet mind and a balanced life. That is why we must learn to protect and strengthen our nervous system. This can be done by intelligently increasing our physical strength through weight lifting and establishing a “Brain - Muscle Connection”. Emotional and physical strength are connected. Strength training provides sustainability by allowing you to feel like Rambo without the risk of injuries, long term. It also offers an unrivaled stress management tool, with many added health benefits for physical and emotional well-being and becomes your best friend through the ups and downs of life.

The point here is that therapists and people in recovery must consider strength training programs as a chief tool in helping achieve a speedier recovery and enjoy long term emotional sobriety. Why? Because all movement in the body is feeling-based. Strengthening the nervous system helps to control impulsiveness, addictions, fluctuations in mood behavior, and gives a feeling of success and accomplishment.

Think about it this way. If the blackboard is blank, it can be scary, because it represents the unknown. When you mark something on the board, you begin to feel better; it represents a visual sensory experience, which is comforting. Sobriety is like that! Strength training allows you to take the first step into the unknown and feel safe and strong. As Arnold says “I’ll be back!” and so will you, because your new found strength will make you feel so good, you will be looking forward to what lies ahead without fear of failure, or being unaccepted as your authentic self.

After all, today may be tough, but tomorrow might just be terrific, so you’ll want to stick around. Life is great with strength training!



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