

WHAT MAKES AN ATHLETE?

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Ask yourself the question, “What makes an athlete?” You are likely to think of things like training, genetics, diet and the like. But what really is it that sets good athletes apart from the rest of us?

There are certain characteristics which good athletes have in common. Some of these necessary elements of top physical performance include:

- 1) Aerobic capacity – This is the level of cardiovascular fitness developed in longer periods of exercise such as long distance walking, running and biking.
- 2) Anaerobic capacity – This would include elements of power, speed and strength. Sports requiring explosive, short bursts of energy such as football, tennis, sprinting, short distance swimming, etc.
- 3) Agility – The ability to change speed and direction while maintaining balance.
- 4) Flexibility – Essential for performance and injury prevention.
- 5) A proper conditioning program.

The individual who follows a properly designed program, training in these areas, is assured improved performance and health. Whether you are just beginning to exercise, are a “weekend athlete,” or an elite competitive athlete, and feel you have not met your true natural athletic potential, you may benefit from a properly designed program.

For more information or assistance with a customized conditioning program, contact an experienced personal trainer, strength and conditioning coach or this office. Log on to www.creatingfamilywellness.com or call 507-281-4878.