

Make your New Year's Resolution now! Start the change now. If you wait until 2014, then your missing out of accomplishments, good habits, and success that could happen two months earlier, plus a higher chance of continuing them throughout the year. I cannot remember where I acquired this but its words follow true, "If it is important to you, will find a way. If not your will find an excuse".

The foundation of Training to be Balanced is proper execution of quality movement. This baseline leads into all forms of performance ranging from injury prevention to increased sport activities to feeling better about themselves to looking better when going out on the town. We strive to be balanced in all realms of conditioning. The awareness of proper execution of quality movement allows you to perform any methodology of training, no matter your fitness level or age.

Age is a curious phenomenon. Age is only the number of years anyone has been on this planet. It truly does not have much to do with your looks, feeling, or whether you can perform a physical activity. At T2BB, we gear age as what you have done to your body in the amount of time set on this earth. Think back and ask yourself, "what have I done to my body in the past 10-20 years?" How many are you going to say, I have been conservative, cautious, and really basic with my activity in all my years? It is difficult to believe, especially in this valley, that that statement holds water. Rather, it seems that it is sort of a contest to get children to ski at the earliest possible age.

Point in case, no matter your age, we can train you at your fitness level and progress with quality of effort, you are more than likely able to reduce the onset of injury or lessen the severity. There is not one of the 100 plus members T2BB has that has not been injuries, had surgery or been hurt in some way. There is no getting around it, almost everyone has something wrong with him/her and he/she still wants to continue a healthy active (high level in most cases) life.

This is what T2BB is all about. Progressing a person at a high level of fitness based on previous injuries, tightness's, surgeries..etc. Make no mistake; this is not the treatment of physical therapy. This is a term called reconditioning. Quality of movement, age and previous injuries are all planned out in his/her program and play a factor to success.

There is a quandary in the mainstream sport media and the perceptions of society those who get injured in sport or accident. When a high profile athlete gets injured or a child gets hurt in some school sport, the first question asked is, "when can they return?" This is really Ludacris. The diagnosis has not even been presented and sports announcers as speculating his/her return to competition. A star high school volleyball player gets hurt in a game and already some parents are wondering when he/she can return to play.

Let's take the ACL reconstruction for example, seeing many most likely reading this has had one or knows someone who has had one. This information is based on my experience as an exercise professional and as a physical therapist assistant in the field. It will take a year to a year and a half for the ACL (will use the right knee) reconstruction to completely heal. Now that does not mean he/she can not do anything physical within even two months, I am just stating that it takes that time for complete healing. They are discharged from Physical Therapy and the doctor has release them to do what ever physically. Let's say he/she has return to ski racing.

How long has that right ACL side been race skiing after cleared? The left side has been fine for the healing process and the right is ready for function (by law the physical therapist is to return the patient to function, not ski racing). An individual will race on a left side that is ready for it

I would like to write about what the foundation of Training to be Balanced is all about. It is the norm of what many are use to in performance to become stronger, higher, faster, feeling good..etc. But what I feel separates us from the rest is our commitment and awarements to form of movement. My staff is all deciated to that highest measure of sustained mobility forever. Of course you can pound the body to exhausted where you feel like your going to toss your cookies, which we do. But to be able to do it saftely forever is another story. This is where we excel. We take into account what you have done to your body, the hardships, injuries, surgeries, because that play a huge factor down the road especially if you want to ski in your 70s. form is what keeps up in biz because we look at he entire body. When we are young we don't want to address these issuer's until they become a problem, like our society sometimes. Tanya's quotes. Age is not how old you are but what you have done to your body in the last 10-20 years. Injuries is something

we all have deal with no matter what. Age is a function of what you have done your body and how you have taken care of it. Like your mountain bike, or skies...how well to they last? As long as you take care of them. Injury is no different. As just because you have been threw a lot of injuries does not mean you know how to take care of them.