

Tom's not-so-secret secret

This past week many of us have been basking in the Patriots' glory and celebrating the big Super bowl win; what an amazing game –filled with great lessons for all of us all; never, ever give up, it ain't over until it's over, treasure family and do it all with love-not anger!

One topic that's been all over the media is, how can Tom Brady perform at that level at his age? How is it that he is getting stronger, faster and better as time goes by? At an age when most football players have seen their better days and hung up their cleats, Tom Brady is defying all the rules and is showing no signs of slowing down! What's his secret? Is he a super human who has attained a level of wellness that can't be reached by us mortals? We may not be able to match his ability to handle a football but we can certainly reach his level of health and stamina-if we are willing to work at it, become more disciplined and follow natural law. Whether on the football field, in life, in our family or at work, the outcome is directly proportionate to our level of wellness and the more time, energy and focus we place on it, the better the result. Do you want more energy, a stronger immune system, better relationships, be more productive at work? It all starts from within and the more you support rather than hinder the flow of life, the greater results you will see.

So what are some of the habits that contribute to Tom Brady's level of performance? Well, first and foremost he is focused and determined to do his absolute best. When he was in this mid 20's, he was feeling sore and "old" and he realized that if he was going to have a fighting chance at maximizing his performance, he had to change his habits. He studied and implemented what he learned and he stuck to it and with time he realized that this new and improved lifestyle was paying off-hugely- in terms of how he felt, how he healed and recovered, how he could run faster, throw with great precision and it all spilt over into his life off the field as well. Here are a few examples of how T.B. stays on top of his game and life;

1. Tom eats very cleanly; he prescribes to the 80-20 diet. This is not 80-healthy and 20-junk but consists of 80% vegetables (alkaline or basic foods) and 20%protein, such as meat (acidic foods). This allows for a non-inflammatory body that is disease resistant; a body that doesn't ache from toxic build up and that can perform and endure better. He chooses to stay away from white flour, sugar and loads up on healthy fats like coconut oil, avocado and nuts as well as green leafy veggies. He chooses grass fed beef because of its high omega 3 fatty acid content as well as hormone free poultry.
2. Tom gets his sleep! Reportedly he goes to bed at 9 pm during performance season to get his 8-9 hours of necessary sleep. It's when we sleep that we heal and reset all our hormones and without adequate rest, the breakdown exceeds the repair. That's not going to work if you want to live well and be happy! (Keeping it real; when you have teenagers in the house, this early bed time may be difficult but we can always try our hardest!)
3. Tom focuses his work outs on endurance, flexibility and strength training but with emphasis on flexibility. He does yoga to keep his muscles flexible yet strong so that he can go from 0-100 when need be.
4. Tom does not drink, smoke or take drugs
5. Tom sees his chiropractor regularly in order to keep his spinal joints aligned and therefore his nerve system firing on all cylinders. This also positively affects all his body systems, including his immune system and allows for a strong brain body connection.

There really are no secrets to living a life of high performance, health and longevity; the research is all out there and it's unequivocal; the more you supply your body with that which it needs and the more you stay away from that which weakens it, the happier, healthier and more successful you will be at life. Do the right things over and over until it become your new normal. Don't try to change your life overnight but add one new good habit every week (or every month if it feels overwhelming). A year from now you will be so glad you started!

“You are what you repeatedly do-excellence then is not an act but a habit”

For more information on how to lead a healthier life, please visit www.bonfirehealth.com

Cheers,

The Wellness committee