

Iowa Strength and Conditioning



Don't Bake This Holiday Season!

Is it difficult to believe that people pay to raise their risk of skin cancer? Using a tanning bed is among the most dangerous activities of winter, or any other season, reports a review by the World Health Organization's International Agency for Research on Cancer. Tanning beds are so harmful that the IARC placed them in the highest cancer-risk category: "carcinogenic to humans." So if you think the fake 'n bake is safe, wise up – UV Rays from tanning beds are just as damaging to DNA as the ones at the beach.

*Taken from *Women's Health*, October 2010

"THE IOWA WAY"

Humility is not thinking less of yourself, it's thinking of yourself less. ~ **Rick Warren**

Humility is defined as:

The state or quality of being humble; freedom from pride and arrogance; lowliness of mind; a modest estimate of one's own worth; a sense of one's own unworthiness through imperfection and sinfulness; self-abasement; humbleness.

The definition above is that found in most dictionaries and is something that is occasionally viewed as a negative quality for an athlete. I do not think that this train of thought could be any further from the truth. Humility may be the most critical quality for an individual to possess in order for his or her team to be as successful as possible. Humility is always doing what is best for the team and putting the team's goals and successes ahead of your own. This can be very difficult to accomplish, especially for an entire team of 15, 25 or 110 student-athletes, but it is only when each athlete on a team possesses humility that that team is able to reach its full potential!

