

Iowa Strength and Conditioning



The Importance of Vitamin D!

This week's tip is ionic because it creates an interesting dilemma based on last week's article about the dangers of UV rays. Many of us go out of our ways to avoid spending much time in the sun for the exact health concerns mentioned last week. Because of this most people have a vitamin D deficiency, and research increasingly links that to a number of health problems such as weak bones and muscles. Even more disturbing for athletes is that a deficiency in vitamin D can mess with your testosterone.

While the exact reason is unknown, high vitamin D levels are associated with elevated levels of testosterone. In fact in a recent study, researchers found that subjects who supplemented with vitamin D for four weeks while strength training increased their power output compared to a placebo group. This is obviously very concerning to athletes. It is recommended that you supplement vitamin D by taking 1000-2000 IU twice daily with food. An important note to consider is that there are two supplemental versions of vitamin D. Be sure to get the more effective D3 and not D2.

“THE IOWA WAY”

Every man, as to character, is the creature of the age in which he lives. Very few are able to raise themselves above the ideas of their times.

Voltaire

This is a particularly interesting and relevant quote for a few reasons. Voltaire is saying that it is almost impossible to develop strong character if you are living in an age where character, integrity and selflessness are not central to society's makeup. If this is the case then this is a particularly hard time to develop character. We hear more and more about the changing nature of today's student-athlete and how trying to instill in them the same values and qualities that coaches have tried to instill for decades is now a waste of time. We must adjust, adapt and sacrifice our own values in order to reach today's student-athlete.

I have seen from experience, this is NOT the case at Iowa! The “Iowa Way” is a direct representation of this great State and those who inhabit it. Iowa fans are blue collar, strong willed and principled individuals who put their faith, family and country before themselves. In return they want to see our athletic teams have the same culture and the majority do! The culture that has been created here is that we are going to do things the “right way”, even if that means it takes a little while longer to see the results. In the end winning will be that much sweeter and we will not have sacrificed what is truly important in order to succeed athletically!

