

Iowa Strength and Conditioning



Nutrition tip: 6 Reasons to get on Calcium!

1. **Calcium is fundamental to strong bones and teeth**
2. **Calcium plays a key role in fat loss.**
3. **Calcium is a prime mineral involved in muscle contraction**
4. **Calcium levels tend to be low in most college students because their diets are too low in dairy products**
5. **In high protein diets calcium is excreted in the urine because of high levels of dietary phosphorus.**
6. **Calcium supports post-exercise testosterone production.**

“THE IOWA WAY”

There's only one corner of the universe you can be certain of improving, and that's your own self. So you have to begin there, not outside, not on other people. That comes afterward, when you've worked on your own corner.

--Aldous Huxley

Taking responsibility for our own attitudes, actions, and neglects is far more difficult than managing and directing other people's lives.

Giving advice to another, for example, is much easier than practicing what we preach. If we would apply our advice to our own lives, we would have less time to criticize, correct, or interfere in someone else's difficulties. Moreover, we would be amazed at how many alternatives we have within our own grasp that could solve, or at least alleviate, the problems in our lives.

TODAY - Let me realize I am far more positive and productive when I concentrate my efforts and thoughts on changing myself and my own actions. Give me the courage to act on my own internal wisdom.

