

# Iowa Strength and Conditioning



## A Key Nutrient you are not Getting Enough of: Magnesium

This lightweight mineral is a tireless multitasker: it's involved in more than 300 bodily processes. Plus, a study in the *Journal of the American College of Nutrition* found that low levels of magnesium may increase your blood levels of C-reactive protein, a key marker of heart disease.

**The shortfall:** Nutrition surveys reveal that men consume only about 80 percent of the recommended 400 milligrams (mg) of magnesium a day. "We're just barely getting by," says Dana King, M.D., a professor of family medicine at the Medical University of South Carolina. "Without enough magnesium, every cell in your body has to struggle to generate energy."

**Hit the mark:** Fortify your diet with more magnesium-rich foods, such as halibut, beans, whole grains and nuts. Then hit the supplement aisle. Few people can reach 400 mg through diet alone, so Dr. King recommends ingesting some insurance in the form of a 250 mg supplement. One caveat: scrutinize the ingredients list. You want a product that uses magnesium citrate, the form best absorbed by your body.

Taken from 5 key nutrients you are not getting enough of "menshealth.com"

## "THE IOWA WAY"

**Accept the challenges so you can feel the exhilaration of Victory!**

### **Gen. George S. Patton**

One of our primary responsibilities as a strength and conditioning staff is to find ways to get athletes and complete teams out of their comfort zone. It is not until you push through your perceived mental and physical barriers that you are truly able to make significant progress as an individual and a team.

Gen. Patton's quote is so fitting in this case because it can be used to describe the journey of every single Hawkeye student-athlete. We compete in the greatest Conference in Division I Athletics, and in order to do so, there will be countless challenges and obstacles standing in your way. Winning in any form is sweet, but when you have truly sacrificed your entire being to overcome, what was once, an insurmountable obstacle, then you can feel the purest and most exhilarating form of joy and achievement from victory!

