

Elite High Performance Centers



Our Game is Your Performance



"Training at Elite these past six years has not only taken my game to new heights in the CFL when I am at an age when my play should be declining, but it has also ingrained a work ethic in me and a passion for improvement and excellence that will continue to serve me just as well off of the field when I retire."

-Doug Brown
Winnipeg Blue Bombers

IF YOU LIKE FOOTBALL... you are probably hovering around your flat-screen waiting for the next couple of weeks to unfold...some pretty great football being played these days.

IF YOU LOVE FOOTBALL...you are probably getting ready for your 2011 Season. Your turf-sessions, weight room sessions, running component and your diet should already be pointing you in the direction of the end-zone for 2011.

I know there is not a lot about mid-winter in Winnipeg that says "football", but in a few months when the tundra thaws and the cleats come out...that is not the time to start getting into shape.

Let's make it easy for you. Whether you live in Winnipeg or Winkler...you don't need a world-class trainer to start you on your journey to Football Fitness. All you need is effort and start using a few basic principles to getting that body into Football shape.

- 1- Nutrition- Stop the pop. Increase your water consumption to between 2 and 4 litres a day; fill the rest of your day with juices and milk.
- 2- Hit the road- A base of aerobic conditioning is KEY to your Football success. 3 sessions a week of 20 minutes at a time can yield huge results...and lose some of those excess kilos at the same time.
- 3- Don't have a gym...don't sweat it. Push ups, chin-ups and crunches are a great place to start. It doesn't take anything but effort to get these done and the results will pay off on the field!

These three basic tips are a great place to start when you are getting ready for your 2011 Season.

Stay tuned next week....for some more advanced training tips.

Enjoy the Playoffs...and get your butt off the couch.

Let's get better,

Jeff Fisher

ELITE HIGH PERFORMANCE CENTERS Director

