

MIND OVER BODY:

Improve Your Game and Conquer Pain

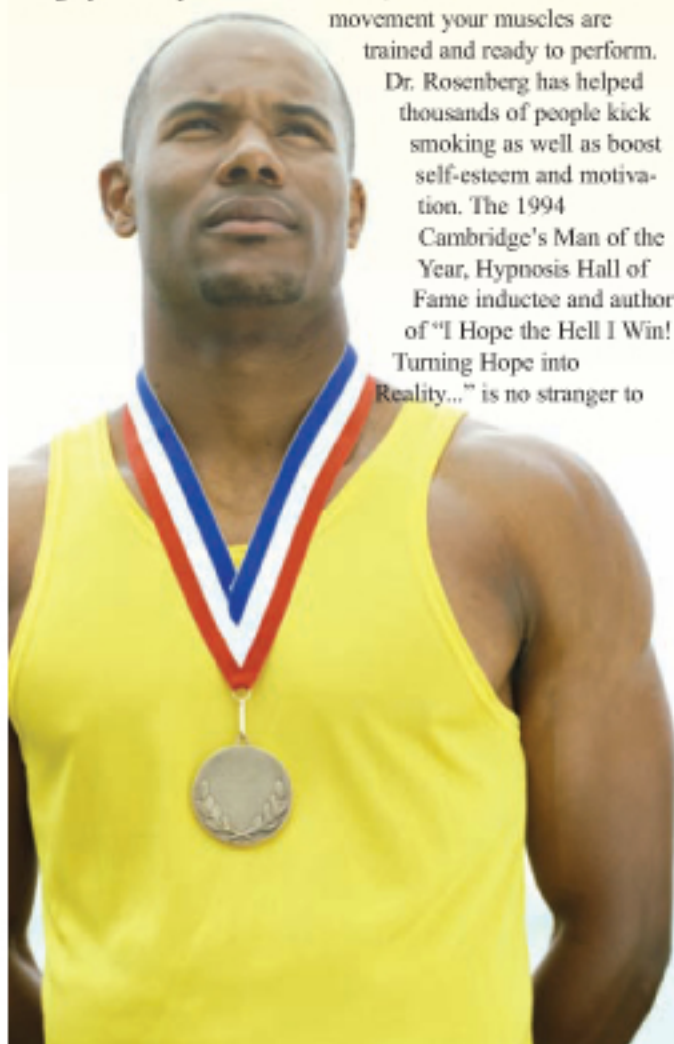
Dr. Steven M. Rosenberg

Many professional athletes rely on mental focalization to help gain concentration, ease nerves, defeat pressure and even pain, game after game. Whether stepping onto the court for recreational enjoyment or a professional tournament, every player is not only battling the opposing offense, but at times, himself. Self-consciousness, lack of motivation, a roaring crowd of spectators or even a jibbing competitor, an athlete is consistently faced with obstacles that hinder concentration.

"Visualization is the key to performing well and enjoying what you are doing," says Steven M. Rosenberg, Ph.D. "It is your mental rehearsal," he adds. When visualizing the perfect swing, shot, or throw your muscles and nerves contract and react, even though your body remains still. Then, when it's time for the real movement your muscles are

trained and ready to perform.

Dr. Rosenberg has helped thousands of people kick smoking as well as boost self-esteem and motivation. The 1994 Cambridge's Man of the Year, Hypnosis Hall of Fame inductee and author of "I Hope the Hell I Win! Turning Hope into Reality..." is no stranger to



working with high-profile athletes either; Rosenberg served as the official psychotherapist for the Philadelphia Flyers.

Conquer Pain

By mentally relaxing specific muscle groups, the athlete's body becomes loose; the mind calms and is able to focus on the game rather than anxious nerves. Focalization can even defeat pain and discomfort. "For example, if experiencing back pain, focus warmth on that area – such as direct sunlight – to create better circulation. The imagined warmth will soothe, comfort, and relax the muscles," advises Rosenberg.

The One-Minute Mental Tune Up

A breathing technique encouraged by Rosenberg can be used prior to a big game or any everyday challenge. Take a deep breath through the nostrils and fill the lungs with air to capacity. Exhale through the mouth while slowly counting backwards from five to one. Repeat three times. Return to normal breathing and press your left thumb against the left index finger while visualizing the words, "Positively relaxed and in the moment. You've oxygenated your brain. You're now calm, alert and able to really perform well," says Rosenberg. Put these techniques to the test the next time you lace up, and watch for moments of visualization executed by the pros.

Rosenberg received his PhD in Counseling Psychology from Southwest University in 1982. Two years later, Rosenberg became the first psychotherapist to be hired by a professional sports team, the Philadelphia Flyers. He has been featured in a number of local and national media outlets, including Best Life Magazine, Best of Philly 2010, GQ, PhillyFIT Magazine, Fox 29, and NBC 10, and CBS networks. Dr. Rosenberg has released a number of audiotapes ranging in subject from smoking to self-esteem which are available on his website, www.quitmore.com.



Philadelphia's Premier Personal Training Company

Now Offering Executive Wellness Coaching

- Medically Supervised
- Nutritional Plan
- Personal Training

...total health and wellness programming for the busy executive.

FACTS Fitness

3819 West Chester Pike • Newtown Square, PA 19073

610-355-3236