SYP: Annotated Bibliography (Chicago)

Artifact 1:

Lee, Stephanie. "7 Nutritional Hacks." Bodybuilding.com. February 10, 2014. Accessed February 13, 2014. <http://www.bodybuilding.com/fun/7-nutritional-hacks-for-> greater-health.html.sleep.

This source explains some underground health tips mostly pertaining with food preparation. For example before eating cashews walnuts or peanuts’, one should soak them in salt water in order to activate key enzymes, vitamins and minerals within the nut itself. This includes omega 3 omega 6 and vitamins such as calcium zinc and iron.

A decent source. This source may help me in my eat section. I may not include it in my presentation however it will most likely be utilized during my fieldwork. I’ll be eating plenty of salad nuts and fruit and want to make sure I get every benefit I can from my sustenance.

Artifact 2:

"Benefits of Sleep." Healthy Sleep. 2014. Accessed February 11, 2014. http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep.

Again, decent source. We all know sleep is good, but why? This source does an ok job of explain the necessary factors in a good night’s sleep. Just like artifact 1 I may not include this in my presentation of paper however in my fieldwork sleep in a major component and I am sure to utilize. The most interesting part of this article is the question it brings up: why do we feel bad if we sleep too much? This got me thinking that perhaps in my experiment I track at what point sleep because over abundant and makes my feel “bad.”

Artifact 3:

http://www.youtube.com/watch?v=NM\_SM3mHj\_Y

Useless Artifact. Just a couple huge guys explaining the importance of flexibility. It’s apparent from this source that flexibility is extremely important for muscle growth and development. In this video, yoga is brought up and I plan to look into more of this. I will use this information during my presentation briefly when I mention why flexibility was a focus of my training division. This video also did not provide ways to measure flexibility, for this I have prior knowledge that I will put to use.

Artifact 5

Tunks, Jane. "6 Healthy Low Fat Pasta Recipes." Muscleandfitness. February 2014. <http://www.muscleandfitness.com/news-and-features/galleries/nutrition/6-> healthy-low-fat-pasta-recipes/slide/7.

Great source. Provides hundreds of recipes of “healthy” nature. This source is really a collaboration of many nutritionists looking at the aspects of certain dishes. It has encouraged me to think outside the box with my nutrition plan ideas. Perhaps instead of a definite plan I could simply follow a set of guidelines and based on those guidelines I could extract and eliminate certain meals from this source and make up my own eating plan.

Artifact 8

Lloyd, Sam. "Body Fat Loss Advise Going From 11% to 7%." The Sam Effect. Accessed February 13, 2014. http://thesameffect.com/body-fat-loss-advice/.

This forum breakdown the hype over body fat. The suggested bf% for people at my age is between 10-15%. I don’t want to push myself to be the healthiest I can be and then be unhealthy. After all humans were not designed to drop that low, we are naturally programmed to have fat on our bodies. At the beginning my goal was going to be 7% but after looking through the comments on this artifact I find myself leaning more towards 10. I’ll need to do more research

Artifact 9

Stevens, Esme. "Alkaline Foods." Thebestofrawfood. 2010.

http://www.thebestofrawfood.com/alkaline-foods.html.

Blood alkalinity is a difficult aspect to manage in ones health. Alkaline foods are foods that raise the the amount of oxygen that your blood takes in. The most alkalizing foods are RAW green leafy vegetables, non-sweet [fruits](http://www.thebestofrawfood.com/fruit-alphabetical-list.html) and (wheat) grasses. The opposite of alkaline foods are acid foods. Because I will be measuring the ph level of my blood, this list of foods is sure to come in handy.

Artifact 10

This video provides a great stretching session that is supposedly the main building block of achieving a split (A goal in the flexibility realm of my training). Between the “pancake” stretch, side over lat stretch and “palm the floor stretch” I am quite familiar with these positions however the order in which this video suggests I perform them is new. The girl is really pretty so I’ll probably be watching the video multiple times. My hopes are to complete this goal by the time I present and to do so I can do this whole routine every Monday Wednesday and Friday morning.

Artifact 11

http://gizmodo.com/5474247/the-science-of-sleep-tracking-gadgets-and-the-decision-tree

This website is an info report on a sleep tracker called GIZMODO. They break down the stages of sleep from light to REM to deep and where we dream. They also explain the crucial stage of sleep to be at in order to get a full rest. The beginning of the site explains the importance of sleep and how good sleep could result in better eating and training habits: my goal exactly. They proceed to sell this product which I am debating buying. With it, tracing my sleep and progress of sleep to give myself a constant would be a great way to conduct personal research.

Artifact 12

<http://articles.elitefts.com/training-articles/no-bullsht-three-cues-to-improve-your-squat-bench-and-deadlift/>

A great site for explaining the proper technique of performing compound muscle exercises i.e. squat deadlight and bench press. Specifically with the deadlight, this sight explains a common technique known as “snap the neck.” After reading about it I realize that the basic upper body swing can be catastrophic and extremely dangerous. During my own training program I plan to utilize this new movement of bringing the chin into the neck in order to active spinal bands to better support my back, avoiding injury. I will be recording my progress on the dead lift and for this to be useful information I need to be consistent with my performance of the exercise. The same applies for the bench press and squat.

Artifact 13

<http://www.muscleandfitness.com/news-and-features/galleries/training/more-ways-shock-your-chest-growing/slide/2>

Chest workout, everyone’s favorite. Most websites provide the basic exercises for chest growth however this page makes a point to introduce modified workouts in order to “trick” your muscle memory in order to effect different areas of a muscle group or the same areas in a new manor. My favorite tip they gave was the idea of partial repetitions. This chest stratagem calls for ¾ and even half reps once you have reached max pressure on a muscle group. For example if I were benching I would do 6 sets at full range of motion (ROM) then once I could not complete a ROM do 3 reps at ¾ and proceed to half, but no lower to prevent injury. I need to do some more research because in the past I have heard that doing an exercise until failure can be largely ineffective if not done correctly. Personally I am curious as to how far can I use this technique? Is it possible that I could apply this tactic to other exercises? The journey continues…

Artifact 14

<http://www.muscleandfitness.com/workouts/workout-routines/god-war-workout>

Just like the 7% body fat diet this workout is approximately 4-5 weeks long and is based of the video game “god of war.” The character in that game was electronically “cast” by Brandon White, A personal trainer and fitness model who has appeared over a dozen times in Muscle & Fitness, white is also an avid God of War fan. Brandon composed this workout plan based on his own training before rolling the video game. I don’t plan to do the entire program however I do plan to extract the tips and some exercises to build into my own training program.

Artifact 15

http://healthyliving.azcentral.com/measure-muscular-endurance-4486.html

This sight will be a major artifact and beneficial source in my project. This sight explains the importance and meaning of muscular endurance as well as test to do in order to measure them. Muscular endurance is the ability to do a sustained amount of work over an extended amount of time. For example pushups/min. Doing a max VO2 tests may be a bit outrageous in my field work, especially since it takes approximately ten minutes to run a beep test and at least double that to get everything set up properly. However with the tests this site provides, like the curlup or bench test (that can be performed in under 5 minutes) could be much simpler and less erroneous.