

Rapid Chronicle

//JUNE 2024



In this segment, "Rapid Chronicle", we present the latest developments, insights, and highlights from the dynamic realm of Rapid Sport Fitness. Where Training Meets Performance!

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ATHLETES SHOWCASE

ATHLETE SPOTLIGHT



MACARTON LOUIS NICKSON

TRAINED BY COACH JOSHUA

"I would like to tell you that in the past 2 years I have played for the

- India U20
- I league
- 2 Division I - league
- ISL.

RSF has helped me a lot in terms of There are five components of physical fitness.

- 1.Body composition
- 2.Flexibility
- 3.Muscular strength
- 4.Muscular endurance
- 5.Cardiorespiratory endurance

A well-balanced exercise program which includes activities that address all of the health-related components of fitness.

Their off season program is well balanced for all the football players in terms of field sessions and off field sessions. This has helped me to perform better in my career."

- Macarton Louis Nickson



ASHIM GARG

TRAINED BY COACH JOSHUA

"For an ACL operated athlete like myself, RSF is the place for rehab if anyone wants to get back to playing sport again after surgery. An extremely professional, knowledgeable and high-energy place. The people are experts of their domains and set a positive culture. Right from the initial assessment on Day 1 to regular training days with my personal trainer, everyone kept me motivated.

The infrastructure is fantastic, 3 floors to provide you everything you'll ever need. Gym, 3v3 foot- ball turf, ice bath among other types of infra."

Strongly recommended!

- Ashim Garg

THE POWER OF MOVEMENT

- AAKANSHA RAO

How Physical Activity Boosts Your Mental Health

It's no secret that exercise makes us feel good. Physical activity triggers the release of endorphins, often referred to as the body's natural mood lifters. These chemicals interact with receptors in our brains, reducing pain perception and producing feelings of euphoria. But the benefits go beyond that immediate post-exercise glow.

Research has consistently shown a strong link between regular physical activity and reduced symptoms of anxiety and depression. A study published in the Journal of Clinical Psychiatry found that individuals who engaged in regular exercise experienced a 25% reduction in depressive symptoms compared to those who were less active. Similarly, a meta-analysis published in JAMA Psychiatry concluded that exercise is associated with a significant reduction in symptoms of depression.

The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:



But how does exercise wield such power over our mental health? Let us go beyond the research and look internally. One explanation lies in its ability to modulate stress hormones such as cortisol. When we're under stress, our bodies release cortisol, which can contribute to feelings of anxiety and depression over time. Exercise acts as a buffer against this physiological response by helping to regulate cortisol levels. World-wide standards prescribe a weekly allowance of 150 minutes of moderate to vigorous exercise.

THE POWER OF MOVEMENT

- AAKANSHA RAO

Now that we understand the immense impact of physical activity on mental health, the next step is incorporating it into our daily lives. Here are some practical tips to get started:

- 1. Find activities you enjoy:** Whether it's hiking in nature, dancing to your favorite music, or practicing yoga, choose activities that bring you joy. When you enjoy what you're doing, you're more likely to stick with it.
- 2. Start small and gradually increase intensity:** If you're new to exercise, don't feel pressured to run a marathon on your first day. Start with manageable activities and gradually increase the intensity as your fitness improves.
- 3. Set realistic goals:** Instead of focusing solely on weight loss or physical appearance, set goals that prioritize how you want to feel. Whether it's boosting your energy levels, reducing stress, or improving sleep quality, setting realistic goals can help you stay motivated.
- 4. Make it social:** Exercise doesn't have to be a solitary activity. Invite friends or family members to join you for a workout, or join group fitness classes where you can meet like-minded individuals.
- 5. Be consistent:** Consistency is key when it comes to reaping the mental health benefits of exercise. Aim for at least 150 minutes of moderate-intensity exercise per week, spread out over several days



Perhaps this personal anecdote from one of our own patients will help you get into the groove -

"Exercise has been a form of therapy for me. When you move your body, you change your mind, and when you move your mind, you change your body".

-Vinita Punwani



SPORTIVE REFLECTIONS

- CHELSTON PINTO

WOMEN IN SPORTS
ELITE TRIALS AND CONDITIONING CAMP

TO HELP INDIAN WOMEN PLAYERS PLAY IN FOREIGN LEAGUES

- STRENGTH & CONDITIONING
- SPORTS PHYSIOTHERAPY
- YOGA
- PERFORMANCE NUTRITION
- ON-FIELD TRAINING & MATCH DAYS
- SCOUTING

→ 3 WEEK SCOUTING & CONDITIONING CAMP

1ST JUNE - 22ND JUNE, 2024
at RSF, Koramangala & SUFC, Ulsoor

MORE INFORMATION

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Women in Sports Elite Trials Edition 3 Set to Kick Off in Bengaluru!

We are thrilled to announce that the Women in Sports Elite Trials Edition 3 will take place in Bengaluru from June 1 to 15!

From the previous two editions, we have seen outstanding talents like Bala Devi, Jyoti Chouhan, Soumya Guguloth, Kiran Pisda, MK Kashmina, and Elangbam Panthoi getting opportunities to play for higher-ranked clubs in Europe and Australia.

Exciting New Additions at Rapid Sport Fitness

This year, we are introducing some exciting new elements to enhance the athletes' experience and performance:

Day 1: Performance assessment

June 1-9: Strength and conditioning camp, which includes sports physiotherapy, Iyengar Yoga, and performance nutrition

June 10-15: Scouting camp with training sessions and a match day on

June 13 from 4 to 6 PM



SPORTIVE REFLECTIONS

- CHELSTON PINTO



Elite Opportunity

We have called up 20 elite players from across the country to participate in this camp. These athletes will have the chance to secure professional contracts abroad, furthering their careers and showcasing Indian talent on the international stage.

Join Us in Supporting Our Athletes

We invite you to support these remarkable women in their journey to make their dreams come true and put India on the footballing map. Your encouragement and support are vital in helping us achieve this goal.

Our vision extends beyond this camp. We aim to support more sports and athletes in the future, progressing towards putting India on the sporting map.



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KORAMANGALA, BENGALURU

