

FABCON 06, Deutsche Sporthochschule Köln, 11.11.2006
Vortrag „From Sport To Life“ von Mark Verstegen, Scottsdale (US-Staat Arizona)

Mitschrift

Prof. h.c. Dr. Buschmann:

„Meine sehr verehrten Damen und Herren, ich hoffe, Sie haben sich gestärkt, so dass wir zum zweiten Teil unserer Veranstaltung kommen können, FABCON 06, Teil 2. Ich denke, heute Morgen hatten wir sicherlich schon mit Herrn Professor Oevermann ein absolutes Highlight, und ich denke, dass wir das jetzt eventuell noch toppen können, oder mindestens auf gleichem Niveau weiterfahren und durch die gesamte Nachmittagsveranstaltung wird Sie jetzt Herr Professor Predel führen. Herr Professor Predel ist Prorektor der Sporthochschule Köln und Leiter des Herz-Kreislaufinstitutes und Herr Predel wird auch anschließend die Podiumsdisussion führen. Deshalb herzlich willkommen Professor Predel. Sie werden heute Nachmittag weiter von ihm betreut.“

Prof. Dr. Hans-Georg Predel:

„ Ja, vielen Dank Jürgen Buschmann. Meine sehr verehrten Damen und Herren, ich darf mich ganz kurz vorstellen, Georg Predel ist mein Name – diejenigen, die schon etwas mitleidig geschaut haben: *das soll Marc Verstegen sein?* und mich dabei abgecheckt haben – ich bin leider kein internationaler Trainingsexperte, aber zumindest Sportmediziner hier an der Deutschen Sporthochschule; leite das Institut für Kreislaufforschung und Sportmedizin und bin jetzt hier in meiner Funktion aber nicht nur, sagen wir mal, als Fachmann in dem Gebiet Gesundheit sondern eben auch in meiner Funktion als Prorektor an dieser Deutschen Sporthochschule. Ich will jetzt gar nicht viel Zeit in Anspruch nehmen, sondern direkt zu dem nächsten Highlight der Nachmittagssession überleiten. Der Begriff Session, den muss man ja vorsichtig verwenden heute am 11.11., aber ich denke wir haben ein wirklich tolles und spannendes Thema gewählt, um diese Veranstaltung weiterzuentwickeln. Wir haben Glück gehabt, muss ich sagen, und ich bin auch sehr froh und stolz, dass das gelungen ist, dass wir mit Marc Verstegen einen sehr bekannten Experten haben gewinnen können, der uns sicherlich aus seiner Perspektive viele neue Aspekte aufzeigen kann. Marc Verstegen muss glaube ich nicht lange vorgestellt werden; er ist Gründer und Direktor der International Performance Instituts, aber wohl wesentlich besser bekannt geworden eben durch seine hervorragenden Leistungen als Fitnesscoach der deutschen Fußballnationalmannschaft, das haben wir alle noch in allerbesten Erinnerung. Diejenigen von uns, die vor dem Fernseher saßen, oder bei den Spielen, und geschaut haben: „Was machen denn da unsere Spieler im Vorfeld an Übungen, ist das so alles mit der Trainingslehre vereinbar?“ sind sicherlich sehr schnell eines Besseren belehrt worden und ich denke, dass Marc Verstegen hier wirklich Akzente gesetzt hat und deswegen freue ich mich sehr, seinen Vortrag ankündigen zu können.

Marc, we are very pleased that you are here with us. First of all, we would like you to come in front of here and to present your talk. You will talk about a very interesting

topic as I learned, it's from sport to life, fitness in all categories of physical exercise and we are very keen to hear what you have to say. Thank you very much that you came here."

Marc Verstegen:

"Thank you. First of all, I'm a coach by nature; it is going to be difficult for me to use a microphone, especially if it does not fit around my neck – that would be good... First of all, I'd like to say, it is a great honour to be here. That word "honour" in Germany tends to work very much hand in hand, almost every time that I say that. To have the first honour to be brought in by Jürgen Klinsmann, to be a part of this team, to be part of this country during such a very special time is a once-in-a-lifetime experience. There are many special things that came together for all of us, and I hope that this time acts as a positive influence in how we make a positive impact on our future, our kids. I get very excited about helping the top champions achieve their goals. I am very passionate about helping our youths to truly become who they are capable of becoming and they will not do that, unless they have the foundation of health. And so, when I got the first call from Doctor Buschmann, that was something where I said "yes" right away, did not even think twice about it, and this is a problem sometimes, but I said this for two reasons: one is my passion to help the youths definitely to fight against the obesity, which in America is an epidemic, again we are number one. Yes, in obesity. So it is something that I love, the pro-active nature of what we have done here in Germany, of seeing a trend, going in one direction and saying we don't like this direction, let's get the trend to go down, and to have the type of support from Intersnack to look at what we're doing here, with *Fit am Ball*. The second reason for my involvement is that a large part of my influence as a coach has come through the great research in all the different departments here from Cologne, and I don't know if because we are so close to it here, that you have the idea of how much it ripples across the international world of sport and the sciences. So for these two reasons it was a great honour for me to be able to come here today.

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So, thank you for your past work. When we talk today about going through our mission at athletes' performance, we want to try to provide the finest performance methodology, the best people, the best facilities and bring them together seamlessly to efficiently and ethically enhance our athletes' performance. And this really is about a culture of always wanting to get better and having our athletes come into this culture and helping to create one team. And this one team is very important to us, from all the different sciences that interact with our athletes, they all act as one team. They have different areas of expertise but they act as one team. And we have one responsibility and this is to help our athletes or the organizations achieve their goals. And this is why we do what we do. And we try to make it quite simple. We obviously always want to look at improving performance because that is what we all care about and I'm going to play with this a little bit today. We talk about this as career productivity. And we apply the same thing to life. We love to talk about always trying to get better, and in America sometimes we look at sport as only competitive sport and this thing called recreation, or recreational sport, almost does not exist. It is easier just to go play it on the playstation for Americans, and I think this is a bad part

of our culture, that I'd love to see being counteracted here through this initiative. Also we, like good engineers, want to decrease pain, or decrease inefficiencies that lead to pain, and so we talk about us having better longevity, but we only do this through motivation. We say: motivation through education, and both of my parents were educators. My father was the principle, hence my haircut and the discipline; my mother, the English teacher. And now I'm saying sometimes, may be better to have had a mother who was a German language teacher. And this too, I'm very honoured for the fact that we are speaking my language today in your country; thank you. We try to build our athletes' strategy for success. They used to be very complicated. If you can imagine all the sciences to say from when you wake up to when you go to bed, here's how to be a top performer. And I would get out a piece of paper and it would go right down to the floor, many pages... Now that I am old and grey and wise: one page. This is it: one page, very simple. And if they work this plan they will achieve their goals. But the one thing we have to have is the desire or the will to prepare, the will to change, to improve. So we really focus on these strategies in everything that we do. This is always the thing: what do I do? And we talked earlier about the importance of sport through school, yes? We look at it also through clubs, or do I go and take the initiative to go to a health club or fitness club. At the end of the day, it always comes down to: what do we need to do? And first we need to be very honest with ourselves. It's important that we look at these limiting factors and make it very easy for people to get, just like the German national team, a game plan for themselves, individually for themselves. So, many people don't see quite the same things, right? And this is where we focus on creating very simple training systems. These training system components will focus on four areas. Then we need to actually do something about it. Many people get to say, especially in January, in the middle of the carnival: now I'm going to become fit this year. I'm going to improve my health. They may do it, but they actually have to go practise. And this is what we tend to see. I know you have seen this, a few of you, but I mean, this is a fitness club... that's America. (*laughter*) And as our president likes to say sometimes this is (*shouts*) "Goh'dea!" – Good idea. We talk a lot about the elite level performance and we obviously like to talk about the German national team. But these core fundamentals, even with the top performers in sport, are often overlooked. It is not sexy. It is real. It is necessary. The analogy for these core fundamentals is, if I buy a vehicle, if I buy a brand new Mercedes, I expect that I turn the key, it starts, the breaks work, handles ok, goes up, goes down, and I can do this many times. If it has a couple of hundred thousand kilometres on it when I buy it, I do not know the history of the vehicle, I don't know how it performs; if it is safe to drive, let alone safe to race. But too often, we are trying to take kids, or trying to take athletes or trying to take ourselves to the high performance. Trying to take us right away to the AMG before we even have a vehicle to work with. Once we get those established, we will then focus on performance. I will then take the car to AMG and will then tune the vehicle. When we look at the German national team, early on, there was a lot of comedy about the types of exercises, the types of things that we were doing. You know, it was necessary. These are the top footballers in the world. We have a tremendous amount of respect for what they do technically, tactically, physically. At the same time we must focus on: do they have all these structural things in place before we take them and actually tune them to better play their sport. We love to talk about sport-specific training. Sport-specific training is great, but if I build a team, they think they may need to play this way, or I think they may need to play that way, and they may play more of a horizontal game, but then I have an incredible coach like Jürgen Klinsmann saying "No, we are playing this way, vertical, attacking." And I'm going to

take my two outside defenders in the back, and they are going to attack, a lot. And you look at a player like Philipp Lahm. Philipp needed to be unbelievably fit, tuned to his position, to play in this style of play. This is why we had to look at an individualized approach, by position. So when we look at these though, we still focussed on the core fundamentals. And the reason we do that is that we need the core fundamentals to perform in the sport. So each one of these layers is very very important. And we also look at this in a different way, in that we talk about the core fundamentals to perform in the game of life. We say this because sport is very specific. I have a season, I have big competitions, I have things to very much prepare for. In the game of life, there is no off-season. All right? You do not get traded to another team, you get cut. And then you are off to find your own solutions again. So we need to look at how we start to think about helping people in the game of life from when they are young all the way throughout their life span. So we look at these core fundamentals and to keep it quite simple, we put it into some gears, so that all these things must work together. These core fundamentals are, first, the mindset. I have to have the mindset to want to improve my health. There are two ways to be motivated. Yes, the coach, telling you what you are going to do, why you are going to do it. The second part is here. As a player, as a professional, as a human, what do I need to do well and whose responsibility is this? My mother is a very smart woman, and sometimes, she can be "smartalic". That's a smart way of saying, a smartass. I mean this with the greatest respect, from the standpoint that one day, I had very good grades when I came home from school. I said "once", my brothers and sisters got this all the time. I came home and I got all As and I wanted to be like my friends and get paid for the grades. They all got 5 \$ for each A, 4 \$ for a B, 3 \$ for a C, and I'm thinking: "This is gonna be great!" My Mom used to cut cheese and pickles for a snack and I asked up and I said, "Mom, I have great grades." I said, "I'd like to make some money for the great grades". And she's just looking up and says, "I'm not paying you for your grades". She says, "If you want to fail all these classes, please, go ahead, it's your life. You will suffer the consequences from this." And then she went right back to slicing her cheese and her pickles, and I'm sitting here like this (*thumping sounds*)... my lights went off. I was always a disciplined child, I worked hard in school, these things were important, but I always did it because I did not want to let

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down my mother or my father. Now I still lead my life this way today, but also the second part is that this is also for me and what I'm about. And that responsibility is part of what Jürgen Klinsmann wanted to re-establish back to this team and to these players. We can talk about the Bundesliga and we can talk about the training and we can... Sport is international. The same problems that go on in Germany go on in the United States and they go on in Asia, it's the same, we're all dealing with the same platform now. The same with obesity, it's the same problem. But now we have a pro-active solution here, and we look at, first, the mindset, external, internal. Then we have to have good nutritional habits. This comes from education and also having a good plan. We then have to move, and I can talk about playing football or I can talk about do I park the car away or do I take the stairs or do I take the escalator. Just to move. In America we take 3000 steps a day. In Europe you average 10 to 12 000 steps a day. This is a big difference, ok, just to move and to create the activity, and then ultimately, just like our cell phones, our computers – we recharge them, and we

have to get good at this balance. So these core fundamentals are very important for the movement, the nutrition, the mindset and the recovery. Even for the most elite athlete in the world. If I talk about performance training, but they are not doing the right things about when they go to bed, how they sleep, what they have first thing in the morning, throughout the course of the day, it does not matter what we do at the training. So when we talk about movement, there are different things that we look at. If you will take your hand and just put it on your desk, and just lift up your finger, and try to develop as much leg-kicking power into the desk as possible, please try this. All right? Try to get as much power as possible, to generate great leg speed, versus if I (*thumping sounds*)... this has a lot more power, ok? Has much more efficiency. It's got a pretty good beat too... But we talk about this and the importance for this concept of mobility and stability. They are not very sexy things, we are not in tune to them. If I do not stabilize my hand, I lift up the finger, the hand goes with it, the muscle never goes unstretched. I can never store energy, it is impossible, so I must have stability in all the small muscles and through this pillar, but then I also cannot be rigid; I have to have good mobility to be able to react. This allows me now to put the muscle on stretch. If I never can lift the finger off, no chance. But after I have good mobility and stability, we need to have efficient movement patterns. This is why we work on with the national team how we have our great technique in first-step quickness, the first 5 metres, to have the potential to win the ball. Some players had to focus on what they did from 15 meters and on, to improve their running efficiency, to decrease the wear and tear on the body and improve their speed to hold up through a whole World Cup. Other players were very bad this way, just stopping and starting, where this transition, this one meter gain is what the game is all about. So we wanted to make sure, just like we need to in all of our movement patterns, that our body moves efficiently. We assume because we ask a child to go run, that they run well. If you look at how people move or sometimes, how they're coached, this does not happen. The exercise then is painful. If it is painful, I will probably not do it. So it is important that we look at the quality of the movement and not just the movement itself. Then we can talk about how to make the movements better, and then we can talk about the sport or the skill and how to utilize this in life. What happens usually, against a lot of different types of training, is we want to go in and automatically go performance-train them. We might go to a weight room, we might go running the sprints, but what happens is, we have too much power in the system. Imagine... that's a bad analogy: take a 12-year old and give them the keys to an AMG. It is probably not the safest thing in the world. Now if you gave them the keys to a little go-cart, they're probably not going to get hurt. These players have big potential to get hurt, but we also have the other type of players who have really good movements, maybe some nice skill, but they cannot even run close to Schweini, or to Lukas, is this correct? So what we want to do is create an ideal base, but if we don't, what happens is, this erodes away, just like the element of fitness or health in society and then bad things start to happen. This is what we are dealing with in the United States. Our obesity rate is over 25% for the children. If you want to go out and calculate it in economics, this may be the most expensive thing that has ever happened to our country, even compared to what we do in less favourable things like even in war. This is a much more serious crime, giving you another example: last week in the States, 6 states out of 50 said that playing games, the kids playing games where they tag each other and they run away and then they get tagged, you know, tag games, were illegal. Because "dangerous things" could happen. Dangerous things, yes. They might fall and land on the grass, skin their elbow... they could run into one another, their lungs may hurt or their legs may hurt, so maybe we

should not play this game. And I think if we continue this reasoning, soon we will take the kids to protect their safety and we will put them in a stall and we will shut the lights off and later we will consume them as veal. You know veal, what is the translation for veal? Same? The element of protecting our kids' safety is part of what is killing our kids and rightfully so. I am scared to let a child go and play and see them in a few hours because I don't know what could happen to them. Somebody may take them; the other part is: is my child going to be hurt? This is innate for us as humans to protect. The second part that hurts us very much, that erodes this foundation is technology. And if anybody remembers the technology, I don't move much and I do this, right, (*snoring sound*) so then I start to work on this transgression. One of the things that people thought were quite interesting is how we had to do all this training for the pillar strength. And pillar strength to us is the one thing that we cannot live without. If I take away your ability to work across your shoulders, your trunk, and your hips, if this becomes unstable or bad, it is the one thing that will make you weak, it will also make you slow, it will make you unfit because your movement patterns are so inefficient, and it will also lead to a lot of pain. So one of our number one things with all these funny exercises was to create this optimal alignment and to help to work and strengthen between the hips and torso and the shoulders. This gives us stability and the structure to move from in the human body. When we have the muscular systems and the physical systems, they create a very nice support network, and it allows you to move very well. If you watch here, when we go out and play, this is one of these games that are now outlawed, it is not fair to the dogs, and I just have to say, I am a proud father as well, this is one of my baby girls. This is Jewels; she has German heritage and her sister Roxy has the white hair and she is very pretty. This one, my tomboy, the other one, is more of a needy girlfriend. But anyway, she loves to play games, and we love to get out and play with her, but we want people to go out and move. But without this pillar strength, what happens all through imbalances, say, by playing football all the time and only kicking with the right leg, the body becomes imbalanced, things shift out and this is where the potential for injury occurs. Especially when people are sitting around the computer or in the chairs or on the trains or on the planes and then they try to go out and be active, we create these elements... In the background is a little bit of our training environment from Geneva, this is in the stadium. Very simple tools: stability balls, adjustable dumbbells, the slide board, the slick tops, some benches, you see the balls along the back wall, the foam rollers, and they all came in those bags over there on the far left. We had to move a lot of bags. Everywhere we went, we brought all the equipment. So then we start to look at how to get better training for the footballers. Just like we have to have the better training in life and sometimes you have to teach in the game of

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life had a role with it. The Italian video that was secret, yes? We should have had this information earlier. And this is what beat us in the last two minutes, yes... But then we also draw inspiration from the other games. Maybe we'll come back to this one here. I would like to re-enact this, this is a point in ping-pong that lasted about 30 seconds with the players doing amazing things literally into handstands, jumping through the courts, diving on the ground for 30 about seconds - some of the most athletic things that we had ever seen. Ok, and now we talk about the importance of nutrition. And this is one of the things that, we talk about the basics, right, the

carbohydrates, the proteins and the fats. But before I talk about this, we also have to talk about the environment and this selection that we have, say, in the United States, which is significantly better here in Germany. It is the quality of the nutrients, before I even start. Everything in America is highly highly processed. It has all the fibre removed and the majority of the nutrients removed and then maybe put back in. Our food, our quality of food at any place that a child reaches is very very poor. So when we start to look at: we know that we need the carbohydrates to fuel the muscle and the brain. We know that we look at that to also get to refuel, to fill up our energy store which is so critical in competition, but also in life, and when we don't get the right carbohydrates, the child that wakes up and does not eat, that child that wakes up and does not have breakfast because maybe mom and dad do not think this is that important, maybe mom and dad are already at work, that child has a chance to suffer an increase of 450% of obesity. That is a very scary number just for missing breakfast. If they miss breakfast, they have a 450% increase in the potential for obesity. We know we need proteins for the maintenance of the muscle, to build and repair the muscle, the big part of the immunity. When we look at, say, even the German national team, we have great medical staff. But one of the things that we spent a lot of time doing was working on how to protect our immune system by the supplementation, through the quality of the food, the quality of their sleep, but it was also about this team environment. Anyone that ever had a "sniffle" – get them away from the rest of the team. You could have the greatest training for 2 years up to the world cup, you could have everything in your favour, but if that team gets a little bit sick, it's enough to cost you one victory or multiple victories. This is something that we can't allow to happen and this is also the same in our own world. We will not move well, our body takes a lot of impact regardless of your age span if our immunity is depressed, so we really try to do a lot of things to help build their meals around the high-quality proteins and then fats, and in America, we have a lot of fads: "Oh this is good, then a lot is better." It's like we have a little obesity – let's have a lot of obesity! We do this with fats; for the 90s, we did not have fats in the food, no fats, they took all the fats out of the food and instead they put in sugar. That's a really good change, yes? We're smart, very smart. And what we have to get now is also break that cultural chain, which is in a good process of saying: "but now carbohydrates are bad, so now we run all the way over here and now we will not eat carbohydrates for days, weeks... that's the hot new diet, the Atkins diet. No carbohydrates. You can eat bacon, cheese, steaks – we have very good steaks in America, we give our cattle a lot of hormones, that's really good. But we start to look at this and now, no carbohydrates. So what happens? Everybody loses weight, because I've taken my sponge of a body and I've not put in the carbohydrates and all the water goes "shh" – I look good! And this is why they think it is healthy, and as soon as they are off this crazy thing and they have one carbohydrate, they will "ppph" again. So we want to make sure that we talk about the fats as a very positive thing, as they aid the mental clarity, they help decrease inflammation and they also give us good energy. The right types of fats. But here is also where we start to see some of the barriers because, nutrition, at the end of the day, everybody can eat better. Everyone can eat better. But usually, in this fast-pace world, and take a young child, who is always told: "You need to make your bed, you need to get your studies done, no, you need to do this, you need to..." – everything is kind of very negative. Well, one of those things that are very difficult sometimes is to plan, and especially if the parents are very busy working, maybe they don't plan for their meals. Or maybe they're running even to go to football practice and they didn't bring any snacks, and they go for 6, 7, 8 hours without any nutrients. Not very good for the body either – then they tend to overeat

when they do get the food and now we have more of these types of things that are not healthy. So one of the most important things that we have is creating this plan, this perfect day. Taking a few things that make sense in their lifestyle and then implementing that back in. So one, we have to make sure that we make the effort to eat, that it becomes part of our habits, of how we have our meal timing and that we get away from this term I use a lot, it's called "skinny-fat". Skinny-fat. That means that somebody may look sometimes at a model and say, "Wow" but their body fat may be extremely high because they have no lean body mass. We have to differentiate between what is happening on the scale and what is happening in the body and make sure that people understand that if I'm skipping meals and I may be losing weight, but I'm not healthy. There is a bad movie in the United States, and I think it is called "Shallow Howl". "Shallow Howl". And "Shallow Howl" was a comedy based on what we normally see, people maybe being very beautiful, but this person had this switch turned on in their head so they could see what the person really looked like, from their attitude to the health of their system. So maybe somebody who looked like a beautiful model, when he saw them, it looked like somebody who was chain-smoking, 95 years old, not very attractive, and then when he saw other people, might be a very big person, and he thought they were a beautiful person and they looked like a model to him. But this is a lot of what influences our kids, who is on the cover of a magazine, and what this image is being portrayed as with Photoshop, carving things down and all this... So we need to also make sure that we give the positive elements to help their mindset, to get the mindset created right, so it isn't necessarily about being real thin, so this isn't why they're doing things, it's about your health, your energy, so we have to, like Jürgen Klinsmann did and Jogi did, create a great culture about everything that is happening in and about this team, about everyone. Everyone in and about this team and I don't mean just the coaching staff, or the sports-medicine staff, everyone. Even anyone who came in association with the team or anyone who never had an association with the team, who was just sitting back, maybe in Frankfurt. For everyone who interacted with this team, we had to create the right type of support system. We had to make sure that they understood the environment when they came to the national team, but also when they left, that their family and their friends understood the goals and their system of what they needed to have. This very important when you look at the great work that we have talked about earlier, the relationship between the child, if there is a weight issue, and then looking at what is happening with the parents. Is it the same thing? Because the child is simply following in their footsteps because this is the culture they are living in. They open up their cupboard, they only see this choice, they take something and none of it is healthy. The same with the refrigerator and the freezer. These are things that we have to really look at, that influence the child. And we know that we don't necessarily want our child to be doing a lot of the rest of these things: the poor relationships, the negative attitudes that release the cortisol, the stress hormones that increase the body fat; late nights, because they're up late studying, or they're on their phone, or they're text messaging, or all the millions of things that they do. The poor nutrition obviously drugs things like that. So we want to make sure that we get more of this performance lifestyle

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So we look at how Americans look at activity: "Well, stability ball must be good, so some more must be better." Now my favourite thing on this: he already has a cast on

his left arm, so he has already broken himself once and is trying more. It's about this risk reward and these core fundamental things that must be done well are very low risk, very high reward. This is not something that is crazy, it's about the right people and the right leadership and actually, I hate to tell you, this person is Australian. These are the facts and if that wasn't good enough, let me create a safer environment. The best part of this video is wait until he lands on the ball and says: "Did you get it?" These are not things that we would ever have anyone do, it is like people going to these extremes to prove something: high risk, absolutely no reward, wrong mindset. This is almost like drugs. In America these are our diet pills. We take pills for everything, we take little blue pills for some problems and we take other pills for other problems and we want this quick fix, this quick solution. What we all have to realize and communicate is: you did not get this way overnight, and you will probably not change overnight. We need to create the right culture and the right habits early on, we need to be able to create a good system for someone to grow up in. That means that they need to go out and move, and that they can go out play football, but before they play football, they do a few very good things beforehand, so they get their agility and their balance and their coordination and their speeds – their ABCs, if you will. Those things all of a sudden become very engaging; it's a lot of fun and a rewarding process to be active and that is what we want people to remember as they grow up. So part of the thing that we also have to look at is the ability to recover, and in today's world our kids, just like us, have a very busy lifestyle. If we wanted to, and I know I personally could, we could be working 24 hours a day, because somewhere is always open. People I deal with in Asia, the people I deal with in the Middle East, the people I deal with in Europe – all day, you could go. I would not necessarily take the time to recharge my batteries. We have to start to get the same mindset, that if we don't recover, we get tired, we get burned out, we get injured, our motivation is very low, exercise will be the last thing on our list. So we must make sure that we go through this. We have to consider the environmental factors, the temperature, the altitude, the humidity, or in this case, being inside 4 months out of the year because it is cold and wet and rainy. Is it like that at all here? Probably not too often. Then there are psychological and social stresses, like boredom. If I come home from school and I'm a young child and mom and dad are not home, do you think that I'm going to take the initiative and go outside and go run around and play? Or am I going to sit down, without anyone telling me "No no no no no!" and sit down and do what I want to do, which is play games, that's fun, it's interactive, have some more food, which mom and dad may not want me to have. 2 or 3 hours of this each day over time add up to a big problem and we also need to look at how that affects how well we sleep and what some of the other physiological components are that we have to deal with. And then we should look at some people that go the other way, through injury, or disease or sickness. If somebody goes out on a run and they have poor mechanics, it will hurt. Anytime I do something and I have a negative response, I will not do it anymore. If I work and I get a negative response, if we do something and we have a negative response, we know that this is not something that we should continue doing. So we need to make sure that we put people in the right environments to protect their health and get the core fundamentals, and then you can start to ask them to do more of these types of things. This is why it is so good with *Fit am Ball* to look at... it's my hard Ls, it's not my German translation. If we start to look at that and ask them to do the right things, they will enjoy the process and then they want to continue to do more. 70% of the people in this programme want to continue on. That might be the biggest number in anything that we have in all the research that we presented earlier. 70% want to continue on, *want* to continue on! That's a big difference to *having to*

continue on and that's a great support for the system. The things we use to help the kids at the end of the work out are for relaxation; I learned more about the "pizza massage"... Does everybody know about the pizza massage? Ok, pizza massage: one child lies down at the end of the workout, and then you have another child kneading the dough, which is what needs to be done first, so this is what they do: they knead the back. Then you have to flatten it out, they do that, and then they have to put on the paste, and then they sprinkle on the cheese, and then, this is how it was described to me: they have to put on the salami, put on the ham (*clapping sounds*), maybe a few vegetables and then, the cheese. Very simple – really good! So now let me take that to getting prepared for the World Cup. The day after the games, we would have massage sticks, and even the morning of the game, we would have some athletes use these beaded massage sticks to roll the dough on the other athletes, on the back and on the legs and on the calves. We did not use this idea of the pizza; maybe they would have got this more, but we were doing the same thing at the absolutely highest level of sport. We used the foam rolls to help knead the dough. These are really positive things for kids that we can either do together or as individuals to find solutions. Looking at other elements: how do we get our kids to think about the quality of their sleep? If they play screen time all the time and then have screen time flashes when they're trying to go to sleep, their quality of sleep is not deep. Not a good quality of sleep – poor hormone release, poor energy when you wake up, feeling tired, feeling groggy. This sounds crazy but sleep is one of the biggest epidemics that we have, at least in the United States and I think for us as well, if we think of the huge Dollars, billions, that this lack of sleep will cost us through lack of productivity, injuries, changes in your health profile, all these different things through sleep. They're all small pieces, but through pro-active use, we can get them all to work together. So at the end of the day, we have to understand: what do we want to work on, to make sure that process can also be fun but we always believe, and I think this is why I have always related so well to the German culture, that we believe in looking at the evaluation, creating a nice piece of engineering for a solution and then: how well do we execute on this plan and then when I do this once, do I have the sustainability to have it do this all the time? And the system that we talk about really is the training plus the recovery or very simply, we talk about work plus rest equals success and we need to create the systems along the way. That is what we've done here, in capturing a lot of the benefits of this programme and what the kids are always asking for is to go play. They have to have (*noise*)... but the main thing that we have done with *Fit am Ball* is that we have created a structure based on the momentum to enjoy the process. Everybody loves to talk about outcomes, outcomes, outcomes... The most important thing in life is the quality of the process. We'd like to say that we can live longer – well so far we can't change this one, ok, we might think we are, but we can live *better*. If I compromise my health early in my life, automatically, the rest of my life, even though it may last the same amount of time, it will be a lower quality of life, it will be more pain, more suffering, poor health, poor self-image, poor quality. If we can start the right

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habits early, we have a nice opportunity to have a high-quality life and make a more positive impact on the others as we go through. So that is what I think we have learned through this embodiment of the German national team at this time and of what it did for the entire country and I think the opportunity is now to continue have

the public and the private partnerships to help the athletes achieve their goals, which can inspire our youths to look up to them, to achieve their goals. And that is all we have, that is all we have. It is a great honour to be here and I encourage everybody here from this standpoint to become involved as much as you can and to do what you can and also to inspire the people around you to do what they can so you do not end up like us, who have a very high obesity rate, and a very early departure from the World Cup. So thank you very much.”

Prof. Predel:

“Well, great presentation and at least I really enjoyed the process of your talk, of your very interesting and extraordinary new ways you are using and applying. Through your talk though, I was a little bit worried that some Italian soccer expert may be here, trying to learn from you and transfer the knowledge, since you have a big challenge in 2008 coming up, and I think that everybody in the audience here is hoping that you will still be around and coach the German national team or work as a fitness coach for them. And the second, and this is probably not affordable, I would really enjoy having you on the teaching staff of the German Sports University; I think this is really something... *(laughter and off-remark)*... that's fine, maybe we'll talk to Doctor Wolf and ask whether there is some private public partnership possible. Well, thanks again Marc, for your wonderful talk, and we will still have the pleasure of having you around. Now the next step of this afternoon is coming up... und jetzt spreche ich mal wieder deutsch, ist doch deutlich einfacher auch für mich natürlich. Ich würde jetzt gerne den Teil ankündigen, den wir durchaus mit einem Zeitpolster von 60 bis 75 Minuten veranschlagt haben, und zwar eine Podiumsdiskussion, eine Podiumsdiskussion natürlich auch mit Marc Verstegen, aber auch mit vielen anderen interessanten Diskussionsteilnehmern, während sich das Panel oben einfindet, darf ich vielleicht schon jetzt darauf hinweisen, dass im Anschluss an die Diskussion noch 2 Workshops angeboten werden, die Sie in ihrem Programm auch sehen, das heißt, das ist dann nicht das Ende der Veranstaltung, wir werden Ihnen die Workshops gleich noch inhaltlich kurz vorstellen. Darüber hinaus würde ich Sie auch sehr bitten, sich gleich aktiv an der Diskussion zu beteiligen; ich denke, wir sind hier eine relativ kompakte Anzahl von Teilnehmern, vielleicht kommen Sie auch ein bisschen nach vorne, dann können Sie auch ohne Mikrofon mitdiskutieren.