

# NEFF

Newsletter AUG 24'

# CONGRATS MR & MRS SHARMA



The ceremony(s)  
commenced on Friday  
August 16th & Saturday  
August 17th

Please Join the NEFF  
Family in congratulating  
Dr. Anup Sharma &  
Hannah Perna

The event took place at 45 Murphy Rd  
in Prospect, CT. Anup & Hannah  
pledged themselves to each other in  
front of a crowd of 200+ family and  
friends. The NEFF family was  
extremely happy to take part in  
sharing this unique moment with one  
of our founders and we wish the  
Sharmas a bright and joyful future.



July's Answer:  
Volume

September's Question:  
Load, **Volume**, Time under Tension are  
elements of \_\_\_\_\_





*Trust me!*

# SOME PAIN SOME GAIN ...

No Pain No Gain has been an overpopularized moniker in the fitness space for decades now. It is almost seen as proverb by those starting their fitness journey and has even seeped into the minds of those who are looking to come back from injury. However, it is pretty much proven fact that in order to get stronger and better, recovery state, not activity states, are where those growth effects happen. Your activity, the stimulus applied to whatever system you are trying to make change, should be calculated and measured against your amount of recovery.

*A study conducted in 2019 concluded that there was no significant difference between participants who trained 3 days a week vs those who trained 6 days per week*

- *Pre-to-post intervention, both groups increased upper-body strength (RT3: +4%; RT6: +6%) and lower-body strength (RT3: +22%; RT6: +18%) with no significant between-group differences. No significant pre-to-post intervention increases in muscular endurance were seen in either of the training groups. Weerapong P, Hume PA, Kolt GS. SportsMed.2005;35(3):235-56*

Going 120% everyday of the week is not optimal for the “gains” that you are chasing. You must give your body balance and time to create lasting change. Is intensity and activity important, YES! BUT rest and recovery are equally important if you are trying to illicit adaptation. So really the saying should go “some pain, some gain”.

**NO PAIN NO GAIN**  
**CANCELLED**



## Why is recovery Important?

Recovery is the phase where the body restores its energy reserves, **repairs tissues**, and **eliminates metabolic byproducts** (Kraemer & Ratamess, 2004). Adequate recovery time is essential to avoid overtraining and to ensure that the body can fully recuperate. This phase is influenced by factors such as sleep, nutrition, and active rest (Meeusen et al., 2013).