

How to be a better Athlete



When it comes to athletics, our eyes often betray us.

We see athletes as simply being bigger, stronger and faster.

In other words, we assume that it is their physical gifts that make them excel.

But that's not really it.

They also assimilate and apply incoming information with more speed and accuracy than non-athletes.

They are just as mentally fit as they are physically fit.

They think faster they and identify patterns quicker than the average non-athlete.

But this is often not discussed.

When we discuss performing better, we're usually talking about adding muscle and getting stronger.

Especially in the fitness community... Because when you're a hammer, everything is a nail.

Yet the mind is most likely much more important.

Pattern recognition, decision making at the highest speeds possible, and the ability to see "The Whole Chess Board" during a game (That's my favorite 'dad saying')

These are the skills that make great athletes.

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