

IRON MEN AND HOW TO BUILD THEM



By

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An "Iron Man" is a man who can "take it." Size and weight have very little to do with it. For the one big thing that makes an "Iron Man" is *physical fitness!*

Training for physical fitness isn't hard. Habit is the big thing. Occasional spurts of training do no good. You must *stick to it*. On this page I have outlined briefly the basic program I have used in training athletes. It's a simple program ...but it builds "Iron Men"!

SLEEP . . . Get plenty of sound sleep. Go to bed early . . .and at the same time every night. If you are actively engaged in athletics, you'll need a little more than 8 hours of sleep.

KEEP OUT OF DOORS . . . Get plenty of fresh air and sunshine. Be out of doors every day, if only for ten minutes.

YOUR EXERCISE . . . Exercise properly and regularly. Do your setting-up exercises vigorously and earnestly until you feel a bit tired ...then quit. Don't over-do it. Any of the regular setting-up exercises will do, but choose them so that

each part of your body gets the same amount of exercising as every other part.

HOW TO EAT . . . Eat at regular hours...and take your time. Chew your food thoroughly. Eat generously of the leafy vegetables. All fruits are excellent. Eat sparingly of rich desserts, pastry, candy, and highly seasoned and fried foods. Avoid spirituous drinks and soda waters containing artificial syrups. A warm drink with meals is desirable, but I try to discourage my football players from using coffee. It is inclined to interfere with sleep, and many coaches now forbid its use altogether.