



BODYLIFE **STEPHAN NUESSER**

by Stephan Nuesser
Words by Stephan Nuesser > Photo by Redeye

SOMETIMES IT'S VERY INTERESTING TO SEE HOW MUCH EFFORT RIDERS PUT INTO THE TUNING OF THEIR MX BIKES. VARIOUS BITS AND PIECES ARE INVESTED TO EITHER MAKE YOUR BIKE FASTER OR EVEN IT'S JUST ABOUT THE LOOK. SOMETIMES I WONDER HOW MUCH ENERGY AND EUROS ARE INVESTED EVERY YEAR IN PIPES, ENGINE KITS, SUSPENSION TUNING AND STICKER SETS

Interestingly, most of you agree that the overall performance in Motocross is significantly affected by the performance of the rider and that the rider is in charge of the total 'performance package' by at least 60%.

This is indeed an essential aspect of the MX Sport and shows the unique difference to other motorsport disciplines, where the equipment is much more important.

Now the interesting question is:

When the rider makes up the major part of the performance in the race, why is there so little or nothing invested in your own 'body tuning'? How do you care about your body as you optimize your own, very personal performance? Your MX bike will regularly have to have a service, change oil, change air and oil filters and from time to time also service valves and piston. What kind of service is your body getting?

Your body is your capital to perform on your best personal level. The more you look after your body the more powerful you are and the better your results will be. Also for your body you can see certain kinds of tuning specialists. You can contact sports doctors, physiotherapist, sport scientist etc. to optimize and increase your health and fitness. If you are aware of the importance of the body's performance you can work on strategies and activities to 'tune' yourself. But let's come to the end of the theory, I will give you some practical tips on how to work on your 'body tuning'.

Every engine needs fuel and only with good fuel is the engine running with good performance. That's the same for your body. Watch for a varied and balanced diet. Always attempt to use the freshest possible products and try to reduce fast food as much as possible. Especially on race weekends, it's important to ensure the optimal supply of energy by concentrated carbohydrates, especially between the training and between the races. For this sport nutrition products are best suited. You will find a wide range of sport nutrition products in your local sport shop.

For a health check you should be examined by a sports doctor regularly and once or twice a year you should have a blood test. A professional analysis or test of your blood is the only way to determine whether important components such as iron is in sufficient quantities available and are not the reason for a lack of strength or endurance. If for example your bike is running too lean it will deliver only half power. Make sure that once a year you undergo a medical check up to ensure that all systems are functioning at the optimal level. Especially for the optimization of your training a performance test is very beneficial, especially to know your individual training intensities during your endurance training. You should undergo a regularly performance test on a stationary bike or treadmill to check if your performance is in order to achieve your individual goals. A sports medical performance test gives you important tips and information about where you stand in terms of performance, and how your training should be structured for you to get in best possible shape.

If you are at the track riding, you will have a toolbox with you. Just in case something happens to your bike and a quick repair is needed. The same is also required for your body. A first aid kit should include all the necessary equipment for sport injuries which can happen during your training session. To be prepared for sports injuries, and unfortunately they often happen. The following items should be ready: Cool pack, for rapid cooling, is also available as an instant version. Tape material, medication for infectious or diseases such as headaches.

A regular check up and service is always a good idea and surely for your bike you have a shop you trust. You should also have the same for your body. Find a sports doctor and a physiotherapist with sports experience and keep in regular contact with both. Regular appointments throughout the year with a physiotherapist will help you to stay in shape and should be considered not only for acute problems but also as a preparation and care activity program. So in that way you create the best possible foundation just in case of an injury or a problem you can be treated by your 'staff' effectively and quickly. The more information a doctor or therapist has about you, the more effective they can help you and the quicker you will be back on the bike. Although it takes some commitment, the initiative to build up a small, personal medical network is worth the effort.

Stephan Nuesser - sndc.de