

Spiritual, Emotional and Physical work.
JC Romero

In the winter of 2007, we get together like every year. We analyze and find those details that give us the edge against the opponent. This is tedious work that requires many hours analyzing lumbar, thoracic and cervical curvatures. We begin to work without losing more time. My goal is to balance his strength. We have a conversation about how to attack the league laughing, and at the same time serious when required.

We begin a new day to improve our being.

In the morning we eat according to our metabolic type and before anything we pray to God and give thanks for our life and the opportunity to enjoy it. We speak about the plans for the day and like JC says, "Dio what we have today"? I say, "easy brother, you will find out soon," with a smile. He takes charge of baseball and I prepare his weights, meals and supplements. With trust and expectancy we hit the gym to begin to develop our abilities and skills. Before anyone gets up we go to work.

It is a lot more than just counting 1,2,3 the warm up for a well-customized program has started. Without guessing we begin to train and not to drain. My job is to keep all of his systems working at their maximum capacity and in balance not only for him to enjoy a baseball life, but to enjoy it with family and friends after baseball. This is the moment where there is no room for negativity unless the intention would be to reverse it to positive. This the golden time that never comes back and like you just saw, it paid off! ...And pay attention to what is coming!

The respect is essential and his acuity with his hearing is phenomenal. He is client/friend that listens with the desire of

learning and applying the knowledge that gives him the advantage over his opponent.

Emotions come and go and our job is to keep them on the positive side, thus achieving the evolution of our work. This year has been a little different than others since JC did not have a job, and using my common sense I was without a job as well. This force our training to be more focused on the spiritual and emotional sides rather than the physical aspect. Thus, without forgetting that we move with our bodies and that its actions reflex his thoughts. Now we are back from the gym and he is tired and without hesitation he requests a massage. After we eat, we wait and I am ready to go work, as he gets ready to relax.

There are some days when the massage is before the workout if we are working with vertebral column imbalances. This is rare, but it is worth mentioning. It has been a long day and here is when I listen to his requests- work on logistics and most importantly, where we are going to eat that night. We usually end up eating in the house. We eat better that way! From free-range eggs free of chemicals to grass fed beef. The juices are squeezed and without coloring or chemicals we are read to improve every day.

After we eat, time to read, email and call those who had called us throughout the day. The time to sleep is getting closer and that “farewell” look comes with the desire to keep sharing knowledge and experiences from life. A champion goes to bed and as the man behind the curtain I acts like am as well, but instead I go to plan the next day; one that is more important than the one we just had. As I get ready for bed, I am now prepared for tomorrow and imagining JC cooking his exquisite oatmeal.

A normal day has gone by and the spring training is getting closer, which it does not worry us at all since we have been working really hard in the off season. The dominance of medicine balls, bands, massage, corrective exercise, metabolic typing, weights and cardiovascular exercises has been accomplished. Another graduation year! It is time to begin what is preparation for others.

The traveling begins and our program stands effective. From good games to those not that good, we learn to focus our energy and use that experience for the next baseball attack. Good attitude defines JC. The season is about training and massage. The consistency never fails and the live dream begins to bark and the ferocity feels very clear. With God and with the mind clear, the body works better.

This is the result of the only puertorrican in the history of major league baseball to win two World Series games and the disabled list speaks for itself.

Migdoel "Dio" Miranda CHEK 3-HLC 2

www.diofitness.com

dio@diofitness.com

512.820.9112