

For Immediate Release

Contact: [Henry “Sifu Slim” Kreuter](#)

## **Raising A Child Athlete? Things You Need To Know**

### ***NEW SPORTS WELLNESS BOOK CHALLENGES PARENTS AND COACHES TO CONSIDER THE LONG-TERM EFFECTS OF EXCESSIVE PERFORMANCE TRAINING IN EARLY LIFE ATHLETICS and DANCE***

For his second book, *THE AGING ATHLETE*, author and researcher Henry “Sifu Slim” Kreuter personally interviewed more than 1,000 former and current athletes. He learned a great deal about the physical and emotional challenges faced these high-performance athletes, ninety percent of whom became mostly sedentary after their retirement from physical jobs and activities. Now, in the third book, Kreuter takes on the “why” and “how” excessiveness is infused in athletes in their youth.

If the causes are rooted in imbalances and abuse of mind, body, and spirit due to excessive training, competing when injured, and a lack of focus on wellness, maintenance, and recreation, then accounting for this lack might be a key first step in reducing this problem.

What is more important—winning the big game or having a well life? That’s the critical question asked by fitness and wellness coach.

Encouraged to write this book by a mother of two, Sifu shares compelling stories of the world of sports and physical activities to help tell the history, psychology, and health ramifications of do-or-die performance training. The author takes the reader through a recounting of tribal coming-of-age rites of passage, the lives of Spartan warriors, and the reality of competitive-level sports.

Most of the modern athletes hadn’t stopped to consider why so many of their friends and teammates went from elite performers to couch and desk potatoes almost immediately after their performance years ended.

In discussing his book, Sifu says, “It is unnatural for athletes to be trained in one direction only—high performance—only to be left in “sports retirement” to wither away, or almost double in size, and then spend a lifetime dealing with their own traumatic illnesses and experiences. This book educates and inspires people of all ages to adopt mindful attitudes and healthful habits that anyone can easily make part of their busy daily schedules.”

In addition, this book discusses:

- Why Homo sapiens are pattern seekers wired for performance.
- How coaches’ jobs and income have been tied to winning at all costs.
- How free play turned to performance training in vast segments of our youth.
- Risks associated with impact sports and excessive training.
- How to stay fit and healthy in sports retirement.
- Body image and the aging process.
- How balance is the key to a happy life.

“So many of the decisions about how we treat our bodies are made in the subconscious mind,” says Sifu. “What we eat, how active we are, whether we get enough fresh air and good sleep—all determine the quality of our lives from adolescence to our golden years. I hope these condensed and motivating stories from knowledgeable and remarkable athletes and coaches cause readers to embrace fitness and wellness in their lives and their children’s lives in the decades to come.”

### **About Henry “Sifu Slim” Kreuter**

Sifu Slim (pron. See Foo) is the pen name of author and wellness coach Henry Kreuter (pron. Kroyter). A lifelong amateur athlete, Sifu travels as a public speaker and leading proponent of “intentional physical activity.” His books and videos focus on how anyone can integrate physical fitness and healthy dietary practices into everyday life as “the ideal antidote for our sedentary, over programmed world.”

“Are You Raising A Child Athlete” is available for purchase at [TheAgingAthlete.com](http://TheAgingAthlete.com) and [Amazon.com](http://Amazon.com).

### **TESTIMONIALS**

*"The concept for Sifu's series of books is provocative. It is somehow counterintuitive to think of great athletes becoming unfit in old age. Of course, the recent suit brought against the NFL by former players indicates that fitness and health can erode all too quickly. The aging pursuers of fitness featured in 'The Aging Athlete' are the exceptions and not the rule. We can all learn from their own stories of perseverance."*

– **Tom Jones**, Author of *Sports Competition for Adults Over 40*

*"Sore, injured, and had enough ... those are some of the reasons why athletes give up physical activity when the last whistle blows. Sifu Slim started with some big questions and some very special aging athletes – most of whom were still keeping fit – provided some incredibly telling replies. Both athletes and non-athletes will gain much by reading his books." – Gary Casaccio, M.D., Psychiatrist and longtime proponent of fitness and martial arts.*