

elite tennis and wellness photos

Elite Tennis and Wellness Photos: Capturing the Peak of Performance and Serenity

Are you ready to elevate your brand's visual storytelling? Whether you're a tennis professional showcasing your dedication, a wellness retreat highlighting its rejuvenating atmosphere, or a brand seeking captivating imagery that speaks to both physical prowess and inner peace, this post is for you. We'll delve into the world of elite tennis and wellness photos, exploring what makes them compelling, how to achieve that perfect shot, and the crucial elements that will leave a lasting impression. Get ready to discover the secrets behind capturing the essence of peak performance and serene tranquility in your photography.

Understanding the Synergy of Elite Tennis and Wellness

The combination of elite tennis and wellness represents a powerful visual narrative. It speaks to a holistic approach to life, emphasizing the balance between rigorous physical training and the importance of mental and emotional wellbeing. Elite tennis demands peak physical condition, unwavering focus, and relentless discipline. Wellness, on the other hand, speaks to relaxation, rejuvenation, and self-care. Effective photography needs to capture this dynamic synergy. It's not just about showcasing a perfectly executed serve; it's about conveying the athlete's mental fortitude, the dedication behind their physique, and the tranquil moments of recovery that fuel their success.

Composition Techniques for Striking Elite Tennis and Wellness Photos

Photography is an art, and capturing compelling images requires more than just pointing a camera. Consider these crucial compositional elements:

Rule of Thirds: This fundamental principle of photography suggests placing key elements off-center, creating a more visually engaging image than centering the subject. Imagine placing a tennis player in dynamic motion along one of the thirds, leaving space for the background to tell the story of their environment.

Leading Lines: Use natural lines within the environment—a fence, a pathway, even the lines on a tennis court—to draw the viewer's eye towards the main subject, creating a sense of depth and movement. This is particularly effective in capturing the energy of a tennis match or the serenity of a wellness retreat setting.

Negative Space: Don't be afraid to use empty space in your composition. It can create a sense of calm and emphasize the subject. A solitary figure meditating by a tranquil pool can be far more impactful than a

crowded scene.

Framing: Use elements in the environment – such as trees, archways, or even the net of a tennis court – to frame your subject, drawing attention to them and adding depth to the image.

Lighting: The Key to Atmosphere and Emotion

Lighting plays a critical role in shaping the mood and atmosphere of your elite tennis and wellness photos.

Natural Light: Utilize the golden hour (the hour after sunrise and the hour before sunset) for a warm, soft light that adds a touch of magic to your images. This works particularly well for capturing serene moments of relaxation in a wellness setting.

Backlighting: Backlighting, where the light source is behind the subject, can create stunning silhouettes and a sense of drama, highlighting the athlete's form and power.

Diffused Light: On bright, sunny days, diffuse the harsh light using a diffuser or shooting in the shade to prevent harsh shadows and maintain a softer, more flattering light. This is crucial for portraits showcasing the athlete's expressions.

Capturing the Essence: Emotion and Storytelling

Beyond technical aspects, truly exceptional elite tennis and wellness photos tell a story. They convey emotion, dedication, and the journey towards achieving peak performance and inner peace.

Focus on Expressions: Capture the intensity of a match, the focused determination, or the quiet serenity of post-workout meditation. These expressions add depth and authenticity to your images.

Show the Process: Don't just show the outcome; showcase the dedication and hard work involved. Capture images of training sessions, stretching routines, or moments of quiet reflection.

Context is Key: The environment plays a vital role in the story. A stunning wellness retreat setting immediately enhances the message of relaxation and rejuvenation. Similarly, a professional tennis court adds to the image's energy and athleticism.

Post-Processing and Editing: Enhancing Your Vision

Post-processing is crucial for refining your images and bringing your vision to life. However, remember subtlety is key. Over-editing can detract from the natural beauty of your photographs. Focus on adjustments like:

Color Correction: Ensure accurate and vibrant colors that reflect the mood and atmosphere.

Sharpness: Enhance the sharpness and clarity of your images, especially in capturing details like muscle definition or facial expressions.

Cropping and Composition Tweaks: Fine-tune your composition using cropping to improve the visual balance and impact of the photo.

Minimal Retouching: Use retouching sparingly to remove distractions and imperfections, ensuring it maintains a natural appearance.

Marketing Your Elite Tennis and Wellness Photos

Once you've captured stunning elite tennis and wellness photos, consider how you'll use them to promote your brand or athlete.

Website Gallery: Create a high-quality online gallery showcasing your best work.

Social Media: Share your images on platforms like Instagram, Facebook, and Pinterest, utilizing relevant hashtags to reach a wider audience.

Print Materials: Consider printing high-quality prints for brochures, posters, or other marketing materials.

Stock Photography: Explore selling your images through reputable stock photography websites.

Conclusion

Capturing compelling elite tennis and wellness photos requires a blend of technical skill, artistic vision, and an understanding of the story you want to convey. By mastering composition, lighting, and post-processing techniques, you can create imagery that transcends the ordinary and leaves a lasting impression.

Remember, the key is to capture the essence of both peak performance and tranquil serenity, reflecting the holistic journey of your subject.

FAQs

1. What kind of camera equipment is essential for capturing high-quality elite tennis and wellness photos? While professional-grade DSLR or mirrorless cameras offer superior image quality, even high-quality smartphones can produce excellent results with the right techniques and post-processing. The most crucial element is understanding the principles of photography.

1. How can I find models willing to collaborate on elite tennis and wellness photoshoots? Reach out to local tennis clubs, wellness centers, and fitness studios. You can also connect with athletes and wellness professionals on social media platforms.

1. What are the best post-processing software options for editing elite tennis and wellness photos? Popular choices include Adobe Lightroom, Adobe Photoshop, and Luminar. Each offers a range of tools for enhancing your images.

1. How can I ensure my photos are legally compliant, especially if used for commercial purposes? Always obtain the necessary model releases and property releases before using the images commercially. This protects you from copyright infringement issues.

1. Where can I find inspiration for elite tennis and wellness photoshoots? Explore online platforms like Pinterest, Instagram, and Behance. Look at the work of professional sports and wellness photographers for ideas and inspiration.

elite tennis and wellness photos: ReSYNC Your Life Samir Becic, 2017-10-31 Named “#1 Fitness Trainer in the World” four times in a row, health and fitness expert Samir Becic motivates readers to become a stronger, leaner, smarter, and happier version of themselves in 28 days by using his revolutionary and highly effective ReSYNC® Method. Samir Becic is one of the most celebrated fitness trainers in the world. His revolutionary ReSYNC® Method shows people how to resync their minds and bodies for optimum health and fitness so that they live fully and healthy, the way God created them. A whole body-mind approach, ReSYNC® is an alternative training program that encompasses physical fitness, nutritional health, and mental and spiritual balance. The power of the ReSYNC® Method comes from its simplicity. It uses the body’s own movement and natural resistance instead of costly or heavy equipment, which allows followers to push their bodies to their full potential without harming themselves. As a result, athletes and exercise buffs consistently tout it as more effective than gym training. The nutrition plan includes foods that lead to glowing health, a leaner physique, and increased brain power. And the spiritual component encourages prayer and meditation techniques linked to better health. Samir Becic’s proven strategies, implemented with tens of thousands of clients for more than 15 years--from Lakewood Church to Bally Total Fitness Clubs--will help readers ReSYNC® their body, mind, and spirit to be everything they were meant to be.

elite tennis and wellness photos: SIBO Made Simple Phoebe Lapine, 2021-01-12 If you’re

one of the 25 to 45 million Americans living with IBS, finding an accurate diagnosis, treatment, and ultimately good health can feel like an impossible mystery. SIBO Made Simple brings you answers. Small Intestinal Bacterial Overgrowth (SIBO) is a common cause of unwanted bloating, abdominal pain, weight fluctuations, and GI distress. In this guide for achieving long-term healing, health advocate, chef, and SIBO sufferer Phoebe Lapine covers everything you need to know about SIBO and how to thrive in spite of it. Lapine answers all your questions, from what SIBO is (and what it isn't) to related conditions (Hashimoto's thyroiditis, Celiac disease, and more) to practical strategies for on-going prevention. With expert medical advice from dozens of top SIBO practitioners, SIBO Made Simple provides resources for all phases of treatment, offering a clear culinary road map that can be customized to fit a large variety of gut-healing diets, such as the Bi-Phasic Diet, GAPS, SCD, SIBO Specific Food Guide, and more. With 90 delicious, easy, low FODMAP recipes that make a notoriously tough diet doable and delicious, SIBO Made Simple is a one-of-a-kind toolkit for learning about your condition and tailoring your diet toward healing. Every recipe adds anti-inflammatory ammunition to your diet, while offering suggestions for how to add problematic ingredients back in as you diversify your plate. Getting healthy and feeling great doesn't have to be punitive. SIBO Made Simple offers a clear path forward, from someone who's been there.

elite tennis and wellness photos: The Soft Science of Tennis Frank Giampaolo, 2018-07-03 We all know that mental toughness and emotional resolve are critical skill sets in competition. The Soft Science of Tennis is specially designed to improve the seemingly mysterious software skills. With this groundbreaking book, the athlete will realize an exceptional culture, stronger communication techniques, and a deeper connection. The Soft Science of Tennis helps players, parents, and coaches to identify individual personality profiles and unique cerebral designs to assist them in understanding how the athlete's inborn genetic predispositions affect their behavior on and off the court. Also included is the importance of positive character traits, life skills, and why a healthy moral compass matters. The Soft Science of Tennis dissects how to conquer essential performance anxieties such as overriding negative belief systems, eliminating internal judgment, and building coachable athletes. Rounding out this book, are several chapters, favored by high IQ coaches around the world, uniquely focused on how to change fixed mindsets, managing fear and risk, and developing confidence and self-esteem. Within these pages, it is my goal to share everything you didn't even know...you needed to know about the soft science of tennis.

elite tennis and wellness photos: Boy Mom Monica Swanson, 2019-08-06 This guidebook, packed with wisdom, practical advice, resources, and encouragement, explores how moms can equip their sons with what they most need to succeed in life. Monica Swanson knew she'd tapped a heartfelt concern when nearly two million readers shared her blog post What a Teenage Boy Needs Most from His Mom. In this helpful book, she takes mothers deeper into the insights they need for the boy-raising journey, covering topics from dealing with the daily influences of friends and technology to helping a boy grow to be physically, spiritually, and emotionally healthy. She also addresses learning and finding passions, perspectives on relationships and dating, and work ethics and money management. Each chapter features relatable stories, handy checklists, and practical advice based on a combination of research, experience, and biblical truth to guide and equip a mom in helping her son achieve his God-given potential. Praise for Boy Mom "In Boy Mom Monica Swanson offers readers practical advice and resounding hope that parenting our sons well through all seasons is not only possible but also enjoyable. This book is like an essential trail guide that I'll refer to again and again in the beautiful and challenging adventure of motherhood."—Becky Keife, author of No Better Mom for the Job and mom of three spirited boys "Monica Swanson is the friend we all need in our lives: humble, straightforward, warm, full of wisdom, and short on nonsense—and she knows her stuff like no one else. In Boy Mom she holds the bar high yet is forthcoming about her own struggles and imperfections. Inside these pages you'll find deeply rooted biblical and practical advice along with calls to action when you don't know where to start. The Boy Mom Manifesto at the end will not only inspire you but also make your heart swell."—Kate Merrick, author of Here, Now: Unearthing Peace and Presence in an Overconnected World "Monica Swanson is the ultimate Boy

Mom mentor. While her perspective on parenting is grounded in biblical wisdom, each chapter holds excellent practical tools for how to work out that wisdom on a daily basis in our homes. Of course, we know there aren't formulas that will ensure we get it all right, but we also know that gleaning wisdom from women who have gone before us (and are still in the trenches with us) is invaluable in the wonderful adventure of helping boys become all God created them to be."—Jeannie Cunnion, author of *Mom Set Free*

elite tennis and wellness photos: High-Performance Training for Sports David Joyce, Daniel Lewindon, 2014-06-09 *High-Performance Training for Sports* changes the landscape of athletic conditioning and sports performance. This groundbreaking work presents the latest and most effective philosophies, protocols and programmes for developing today's athletes. *High-Performance Training for Sports* features contributions from global leaders in athletic performance training, coaching and rehabilitation. Experts share the cutting-edge knowledge and techniques they've used with Olympians as well as top athletes and teams from the NBA, NFL, MLB, English Premier League, Tour de France and International Rugby. Combining the latest science and research with proven training protocols, *High-Performance Training for Sports* will guide you in these areas: • Optimise the effectiveness of cross-training. • Translate strength into speed. • Increase aerobic capacity and generate anaerobic power. • Maintain peak conditioning throughout the season. • Minimise the interference effect. • Design energy-specific performance programmes. Whether you are working with high-performance athletes of all ages or with those recovering from injury, *High-Performance Training for Sports* is the definitive guide for developing all aspects of athletic performance. It is a must-own guide for any serious strength and conditioning coach, trainer, rehabilitator or athlete.

elite tennis and wellness photos: The Betty Body: A Geeky Goddess' Guide to Intuitive Eating, Balanced Hormones, and Transformative Sex Stephanie Estima, 2021-02-16 Women are not little men, but that's how we treat our bodies. In *The Betty Body*, Dr. Stephanie Estima provides a step-by-step guide to caring for your feminine body, teaching you: How to go from treating your period as an archenemy to celebrating its arrival every month The different types of orgasms you should be having and why they're so important for female health How to eat in a way that honors your menstrual cycle, through menopause and beyond How morning routines are sexist, and how you can structure one that honors your unique biology How to build beautiful, lean muscle based on your menstrual cycle, even in menopause Why fats and carbohydrates are not evil, and how to use them strategically to your metabolic advantage Whether you want to lose weight, balance your hormones, or just stop hating your period, *The Betty Body* is your blueprint for your best feminine health.

elite tennis and wellness photos: *Dancer Wellness* Mary Virginia Wilmerding, Donna Krasnow, IADMS, 2016-10-20 Dancers who want to get the most out of their experience in dance—whether in college, high school, a dance studio, or a dance company—can now take charge of their wellness. *Dancer Wellness* will help them learn and apply important wellness concepts as presented through the in-depth research conducted by the International Association for Dance Medicine & Science (IADMS) and their experts from around the world. Four Primary Areas *Dancer Wellness* covers four primary topics: Foundations of dancer wellness, which explores the dancer's physical environment, the science behind training, and conditioning Mental components of dancer wellness, which investigates the psychological aspects that influence a dancer's training—imagery, somatic practices, and the ways that rest, fatigue, and burnout affect learning, technique, and injury risk and recovery Physical aspects of dancer wellness, which examines dancer nutrition and wellness, including the challenges in maintaining good nutrition, addressing body composition issues, bone health, injury prevention, and first aid Assessments for dancer wellness, which offers guidance in goal setting, screenings, assessing abilities, and designing a personal wellness plan Each chapter offers learning objectives at the beginning and review questions at the end to help readers recall what they have learned. Sidebars within each chapter focus on self-awareness, empowerment, goal setting, and diversity in dance. "*Dancer Wellness* meets the needs of dancers in

any setting," says Virginia Wilmerding, one of the book's editors from IADMS. "Our authors are leaders in the field, and they thoroughly investigate their areas of specialization. Through that investigation we have provided theoretical concepts and practical information and applications that dancers can use to enhance their health and wellness as part of their dance practice." This text offers foundational information to create a comprehensive view of dancer wellness. "Wellness defines the state of being healthy in both mind and body through conscious and intentional choices and efforts," says coeditor Donna Krasnow. "Anyone interested in the health and wellness of dancers can benefit from this book, regardless of previous training or level of expertise. This book covers each aspect of dancer wellness, whether environmental, physical, or psychological." A web resource is included with all new print books and some ebooks. For ebook formats that don't provide access, the web resource is available separately.

elite tennis and wellness photos: The Corporate Athlete Jack L. Groppe, Jim Loehr, 1999-12-28 As Jack Groppe so aptly explains, the rigor of corporate athletics is often even more demanding than that of professional athletes. In my world, one does not have the luxury of an off-season. . . . This book is a must read for all those striving for the gold.-Arthur M. Blank, CEO and President, The Home Depot Wow! This is an incredible book. Every person in business should read The Corporate Athlete from cover to cover and apply it every day.-Brian Tracy, author of Maximum Achievement: Strategies and Skills That Will Unlock Your Hidden Powers to Succeed Today's corporate world is much like the world of professional sports-it is fiercely competitive and mentally and physically demanding, and it requires constant, vigilant training. More than ever, to maintain health, happiness, and career success, executives and employees must become Corporate Athletes. In this book, top business consultant, trainer, and lecturer Jack Groppe shows you how to use the training mentality of elite professional athletes. Based on the latest scientific research, The Corporate Athlete shows corporate competitors how to achieve maximum performance levels-both inside and outside the corporate world. Drawing on the parallels between sports and business, Jack Groppe reveals the integral roles that nutrition, fitness, and self-improvement-mental, physical, and emotional-play in giving Corporate Athletes their winning edge. It's an edge that's crucial if you need to come to a meeting fresh off the plane, pull out all the stops on a big presentation, cut the major deals-and still have the energy to enjoy time with family and friends. This practical and beneficial 21-day program will give you, no matter how overworked you are, the stamina and commitment to develop a world-class career. Learn to: * Have as much energy for your family at 8 p.m. as you have at the office at 8 a.m. * Be on when you need to be on * Respond to change, adversity, and crisis more constructively * Display more positivity and confidence * Eat properly on the road, in the air, and before and during business meetings * Slow down the aging process Take advantage of the same secrets that Dr. Groppe has used to help high-stress professionals-from Olympic athletes and NHL stars to fast-lane executives at major companies like Morgan Stanley Dean Witter, Estée Lauder, and Bristol-Myers Squibb-get themselves in fighting shape. Here is the program that will train you to perform at the highest possible levels in both your professional and your family life-because taking optimum care of yourself, mentally and physically, is the best way to take care of business. Outstanding . . . The Corporate Athlete is a truly comprehensive program to help you achieve both your personal and your professional goals. It will help you take control of your life and effect positive physical, mental, and spiritual change.-Darlene Hamrock, Regional Vice President, Clinique Why do so many top performers call themselves Corporate Athletes? Today's challenging business climate requires every top executive to be perfectly fit both mentally and physically. The Corporate Athlete is must reading for everyone who wants to manage his or her business, career, or profession effectively while living a balanced life. Buy it-it's a great investment.-Leonard Lauder, Chairman and Chief Executive Officer of the Estée Lauder Companies, Inc. This is the book to teach you how to perform your job at the highest level possible while maintaining maximal health and happiness.-Jim Courier, French Open champion and former world No. 1 tennis player

elite tennis and wellness photos: *Classroom Wars* Natalia Mehlman Petrzela, 2015-03-03 The schoolhouse has long been a crucible in the construction and contestation of the political concept of

family values. Through Spanish-bilingual and sex education, moderates and conservatives in California came to define the family as a politicized and racialized site in the late 1960s and 1970s. Sex education became a vital arena in the culture wars as cultural conservatives imagined the family as imperiled by morally lax progressives and liberals who advocated for these programs attempted to manage the onslaught of sexual explicitness in broader culture. Many moderates, however, doubted the propriety of addressing such sensitive issues outside the home. Bilingual education, meanwhile, was condemned as a symbol of wasteful federal spending on ethically questionable curricula and an intrusion on local prerogative. Spanish-language bilingual-bicultural programs may seem less relevant to the politics of family, but many Latino parents and students attempted to assert their authority, against great resistance, in impassioned demands to incorporate their cultural and linguistic heritage into the classroom. Both types of educational programs, in their successful implementation and in the reaction they inspired, highlight the rightward turn and enduring progressivism in postwar American political culture. In *Classroom Wars*, Natalia Mehlman Petrzela charts how a state and a citizenry deeply committed to public education as an engine of civic and moral education navigated the massive changes brought about by the 1960s, including the sexual revolution, school desegregation, and a dramatic increase in Latino immigration. She traces the mounting tensions over educational progressivism, cultural and moral decay, and fiscal improvidence, using sources ranging from policy documents to student newspapers, from course evaluations to oral histories. Petrzela reveals how a growing number of Americans fused values about family, personal, and civic morality, which galvanized a powerful politics that engaged many Californians and, ultimately, many Americans. In doing so, they blurred the distinction between public and private and inspired some of the fiercest classroom wars in American history. Taking readers from the cultures of Orange County mega-churches to Berkeley coffeehouses, Natalia Mehlman Petrzela's history of these classroom controversies sheds light on the bitterness of the battles over diversity we continue to wage today and their influence on schools and society nationwide.

elite tennis and wellness photos: *Out of Touch* Michelle Drouin, 2022-02-01 A behavioral scientist explores love, belongingness, and fulfillment, focusing on how modern technology can both help and hinder our need to connect. A Next Big Idea Club nominee. Millions of people around the world are not getting the physical, emotional, and intellectual intimacy they crave. Through the wonders of modern technology, we are connecting with more people more often than ever before, but are these connections what we long for? Pandemic isolation has made us even more alone. In *Out of Touch*, Professor of Psychology Michelle Drouin investigates what she calls our intimacy famine, exploring love, belongingness, and fulfillment and considering why relationships carried out on technological platforms may leave us starving for physical connection. Drouin puts it this way: when most of our interactions are through social media, we are taking tiny hits of dopamine rather than the huge shots of oxytocin that an intimate in-person relationship would provide. Drouin explains that intimacy is not just sex—although of course sex is an important part of intimacy. But how important? Drouin reports on surveys that millennials (perhaps distracted by constant Tinder-swiping) have less sex than previous generations. She discusses pandemic puppies, professional cuddlers, the importance of touch, “desire discrepancy” in marriage, and the value of friendships. Online dating, she suggests, might give users too many options; and the internet facilitates “infidelity-related behaviors.” Some technological advances will help us develop and maintain intimate relationships—our phones, for example, can be bridges to emotional support. Some, on the other hand, might leave us out of touch. Drouin explores both of these possibilities.

elite tennis and wellness photos: *Serena Williams* Clayton Geoffreys, 2017-08-21 Learn the Inspiring Story of One of Tennis' Greatest Stars, Serena Williams! Read on your PC, Mac, smartphone, tablet or Kindle device. For a limited time, if you buy the print edition as a gift, you can keep the Kindle edition for yourself! In *Serena Williams: The Inspiring Story of One of Tennis' Greatest Legends*, you will learn the inspirational story of one of tennis' premier legends, Serena Williams. Williams is arguably the greatest women's tennis player of all-time. At the time of this

writing, she holds the most Grand Slam singles titles in the Open Era with 23. Fans from across the world adore Williams and with good reason: she serves as an exemplary role model for how to behave on and off the tennis court. She is not only elite in skill, but also in her sportsmanship. In this unauthorized biography, we'll explore Williams' journey to becoming one of the greatest, and learn what it has taken her to reach where she is today. Don't delay, pick up a copy of this Serena Williams book today! Here is a preview of what is inside this book: Early Life and Childhood Early Professional Career First Grand Slam Title at the 1999 U.S. Open Serena's Dominance that Spans Decades Serena's Top Rivals Williams' Personal Life The Legacy of Serena Williams An excerpt from the book: She is the standard-bearer of women's tennis as we know it right now, and any argument about the greatest player in the sport, either man or woman, must include her. Seemingly everything about her is a lightning rod for controversy, from her on-court outfits to her pointed post-match interviews after losses and whether her powerful serve and forehand are even good for women's tennis. Serena Williams is all of these things to all of these people. She has been the face of women's tennis for more than two decades, having enjoyed an unprecedented amount of success that has come with an equally unprecedented amount of scrutiny by both supporters and detractors alike. Few have been able to reach her level professionally, and fewer still can understand the weight she has carried as an African-American at the pinnacle of a sport so long dominated by white people. She had a unique upbringing alongside older sister and fellow star Venus Williams while under the watchful eye of her outspoken and controversial father, Richard Williams, as well as her mother, Oracene Price. Serena Williams has brought many things to the WTA Tour, far more good than bad, and she has not lacked for attention at any point in her standout career. The sport has made her a worldwide star; her race has made her an ambassador for African-Americans and her philanthropy while doing both has made her a role model who is constantly in demand. The holder of an Open Era-record 23 Grand Slam titles and 72 overall WTA Tour titles, current fiancée and expecting mother, Serena Jemeka Williams has lived quite the extraordinary life in just under 35 years. Tags: serena williams, serena williams biography, novak djokovic, roger federer, john mcenroe, venus williams, maria sharapova, alexis ohanian, caroline wozniacki, andy murray, rafael nadal, wimbledon, australian open, tennis greats, tennis legends, tennis books, tennis biographies, pete sampras, john mcenroe

elite tennis and wellness photos: The Circle Dave Eggers, 2013-10-08 INTERNATIONAL BESTSELLER • A bestselling dystopian novel that tackles surveillance, privacy and the frightening intrusions of technology in our lives—a “compulsively readable parable for the 21st century” (Vanity Fair). When Mae Holland is hired to work for the Circle, the world’s most powerful internet company, she feels she’s been given the opportunity of a lifetime. The Circle, run out of a sprawling California campus, links users’ personal emails, social media, banking, and purchasing with their universal operating system, resulting in one online identity and a new age of civility and transparency. As Mae tours the open-plan office spaces, the towering glass dining facilities, the cozy dorms for those who spend nights at work, she is thrilled with the company’s modernity and activity. There are parties that last through the night, there are famous musicians playing on the lawn, there are athletic activities and clubs and brunches, and even an aquarium of rare fish retrieved from the Marianas Trench by the CEO. Mae can’t believe her luck, her great fortune to work for the most influential company in the world—even as life beyond the campus grows distant, even as a strange encounter with a colleague leaves her shaken, even as her role at the Circle becomes increasingly public. What begins as the captivating story of one woman’s ambition and idealism soon becomes a heart-racing novel of suspense, raising questions about memory, history, privacy, democracy, and the limits of human knowledge.

elite tennis and wellness photos: Developing Agility and Quickness NSCA -National Strength & Conditioning Association, Jay Dawes, Mark Roozen, 2011-10-10 The ball handler who fakes and then drives past a defender for an easy score. A pass rusher who leaves a would-be blocker in his wake on the way to sacking the quarterback. A setter who manages to maneuver both body and ball in the blink of an eye to make the perfect pass for the kill and match-winning point. These are all

reasons agility and quickness are such prized physical attributes in modern sport. Efforts to become markedly quicker or more agile, however, aren't always successful. Genetic limitations, technical deficiencies, and inferior training activities are among the major obstacles. Developing Agility and Quickness helps athletes blow past those barriers thanks to the top sport conditioning authority in the world, the National Strength and Conditioning Association. NSCA hand-picked its top experts to present the best training advice, drills, and programs for optimizing athletes' linear and lateral movements. Make Developing Agility and Quickness a key part of your conditioning program, and get a step ahead of the competition.

elite tennis and wellness photos: The Engine 2 Diet Rip Esselstyn, 2009-02-25 Lose weight, lower cholesterol, significantly reduce the risk of disease, and become physically fit--in just 4 weeks. Professional athlete-turned-firefighter Rip Esselstyn is used to responding to emergencies. So, when he learned that some of his fellow Engine 2 firefighters in Austin, TX, were in dire physical condition-several had dangerously high cholesterol levels (the highest was 344!)-he sprang into action and created a life-saving plan for the firehouse. By following Rip's program, everyone lost weight (some more than 20 lbs.), lowered their cholesterol (Mr. 344's dropped to 196), and improved their overall health. Now, Rip outlines his proven plan in this book. With Rip as your expert coach and motivator, you'll transform your body and lifestyle in a month. His plant-powered eating plan is based on a diet of whole foods, including whole grains, fresh fruits, vegetables, legumes, nuts, and seeds. This invaluable guide features: Dozens of easy, mouthwatering recipes-from pancakes to pizza, Tex-Mex favorites to knockout chocolate desserts-that will keep you looking forward to every bite. Pantry-stocking tips will take the panic out of inevitable cravings and on-the-fly meals. Guidelines on menu choices that will allow you to eat out, wherever and whenever you want. Rip's simple, firefighter-inspired exercise program that will boost your metabolism and melt your fat away. Medically approved, easy-to-follow, and amazingly effective, this diet is designed for anyone who wants to make heroic strides in his or her health, weight, and well-being-all without heroic effort. Want to be as strong as a Texas firefighter? Or as healthy as a professional triathlete? Then follow the wonderful advice of Rip Esselstyn, who is both. His book can save your life--whether you're a man or a woman. Highly recommended! -Dean Ornish, M.D., Founder and President, Preventive Medicine Research Institute, Clinical Professor of Medicine, U of California, SF, author, Dr. Dean Ornish's Program for Reversing Heart Disease

elite tennis and wellness photos: Improve Your Squash HarperCollins Publishers Limited, 1988

elite tennis and wellness photos: I've Been in Sales for 10 Years! Now What? Todd B. Natenberg, 2014-12-02 WELCOME BACK TO THE GREATEST PROFESSION IN THE WORLD: SALES! Your success, both financial and personal, will come down to one person-you. The better you are, the more money you will make. Sales are about results and results only. Working hard will serve you well, but working smart will serve you better. But you know all of this already, don't you? You are a veteran. You've been in this racket for a while. You know the drill. You probably have served as a sales manager or in some leadership position over the past decade. But it wasn't all it was cracked up to be. So you decided to return to the trenches. You thought you would pick up right where you left off, but the success just isn't there, is it? The younger group is telling you it's because you haven't fed into the social media revolution. They say it's because you aren't prospecting properly on Facebook, LinkedIn and Twitter. Foolishly you bought in, but it didn't work. What's the problem? What's wrong is that you forgot what got you here in the first place. You thought you no longer needed a system, a schedule, or an elevator pitch. But you now realize you do. The problems are those young pups are right about one thing. The world is quite different than it was a decade ago. Humanity moves at a faster pace than you ever imagined. Being good was the key to success a decade ago, but we are way past that. Nobody has time to work with good people anymore. SPECTACULAR IS A MUST. But spectacular still comes down to the one thing that made you successful in the first place: Process. It's about having a plan, dissecting it, and executing it. Yes, the process for you the veteran is different now. Or is it? I've been in sales for 10 years! Now what?

reestablishes a ten-step methodology that will work for the seasoned professional. To succeed, you will once again learn to: 1. Set goals 2. Schedule 3. State initial benefit 4. Prospect 5. Obtain referrals 6. Build the business case 7. Follow up 8. Overcome objections 9. Network 10. Professional development Updated specific templates, scripts, and sample follow-up letters are all in this book. New revolutionary ideas on how to leave complete voice mails, send PAL agendas before all meetings, and obtain referrals are once again dissected with new and improved strategies. New concepts, such as how to effectively text or send Outlook invites, are revealed. Like the original *I just got a job in sales! Now what?* published 10 years ago, this book will provide you with step-by-step tactics to take your business to the next level. But unlike the rookie version, this book isn't about becoming the best of the best. It's about getting you back to where you belong and staying there this time once and for all! It's about never forgetting Todd's belief: When you master the art of selling, you master the art of living. Seasoned veteran professional salesperson Todd Natenberg is President of TBN Sales Solutions, which increases commissions for salespeople through customized training. A former newspaper reporter, Todd has sold everything from shoes to photocopiers to telecommunications. He has worked as a salesperson, sales manager, and regional sales trainer with companies including Canon, Discovery Communications, Qwest Communications, Teligent and AT&T. Today, he is happily married to his wife, Reena. They are the proud parents of two beautiful four-year-old twin sons, Ari and Teddy, who they love more than anything in the whole wide world. The family lives in Leawood, Kansas, just outside metropolitan Kansas City. In addition to running TBN Sales Solutions, Todd writes a freelance column on the beauty of fatherhood. Nothing brings more joy to him than the beautiful smiles and hugs he gives and gets from Ari and Teddy. Visit www.toddnatenberg.com for more information or e-mail todd@toddnatenberg.com. Todd also can be reached via phone at 816-876-9184.

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basketball care, creating a common language and improving communication within the team staff and environment.

elite tennis and wellness photos: *The Gift of Failure* Jessica Lahey, 2015-08-11 The New York Times bestselling, groundbreaking manifesto on the critical school years when parents must learn to allow their children to experience the disappointment and frustration that occur from life's inevitable problems so that they can grow up to be successful, resilient, and self-reliant adults. Modern parenting is defined by an unprecedented level of overprotectiveness: parents who rush to school at the whim of a phone call to deliver forgotten assignments, who challenge teachers on report card disappointments, mastermind children's friendships, and interfere on the playing field. As teacher and writer Jessica Lahey explains, even though these parents see themselves as being highly responsive to their children's well being, they aren't giving them the chance to experience failure—or the opportunity to learn to solve their own problems. Overparenting has the potential to ruin a child's confidence and undermine their education, Lahey reminds us. Teachers don't just teach reading, writing, and arithmetic. They teach responsibility, organization, manners, restraint, and foresight—important life skills children carry with them long after they leave the classroom. Providing a path toward solutions, Lahey lays out a blueprint with targeted advice for handling homework, report cards, social dynamics, and sports. Most importantly, she sets forth a plan to help parents learn to step back and embrace their children's failures. Hard-hitting yet warm and wise, *The Gift of Failure* is essential reading for parents, educators, and psychologists nationwide who want to help children succeed.

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have, whatever your age or level of fitness. In addition, Michael Mosley and Peta Bee break down the science behind this radically different approach to exercise and give you the tools to take advantage of the most flexible and efficient method out there. It's a practical, enjoyable way to get maximal benefits in minimal time, short and fast, something that can become a sustainable part of your routine, as instinctive as brushing your teeth.

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elite tennis and wellness photos: *The Absolutely True Diary of a Part-Time Indian* (National Book Award Winner) Sherman Alexie, 2012-01-10 A New York Times bestseller—over one million copies sold! A National Book Award winner A Boston Globe-Horn Book Award winner Bestselling author Sherman Alexie tells the story of Junior, a budding cartoonist growing up on the Spokane Indian Reservation. Determined to take his future into his own hands, Junior leaves his troubled school on the rez to attend an all-white farm town high school where the only other Indian is the school mascot. Heartbreaking, funny, and beautifully written, *The Absolutely True Diary of a Part-Time Indian*, which is based on the author's own experiences, coupled with poignant drawings

by Ellen Forney that reflect the character's art, chronicles the contemporary adolescence of one Native American boy as he attempts to break away from the life he was destined to live. With a forward by Markus Zusak, interviews with Sherman Alexie and Ellen Forney, and black-and-white interior art throughout, this edition is perfect for fans and collectors alike.

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triathlon champion. With a foreword by New York Times bestselling author Dr. Joseph Mercola. Achieve more with less effort: The secret to weight loss, fitness, and wellness lies in the most basic and most overlooked function of your body—how you breathe. One of the biggest obstacles to better health and fitness is a rarely identified problem: chronic over-breathing. We often take many more breaths than we need—without realizing it—contributing to poor health and fitness, including a host of disorders, from anxiety and asthma to insomnia and heart problems. In *The Oxygen Advantage*, the man who has trained over 5,000 people—including Olympic and professional athletes—in reduced breathing exercises now shares his scientifically validated techniques to help you breathe more efficiently. Patrick McKeown teaches you the fundamental relationship between oxygen and the body, then gets you started with a Body Oxygen Level Test (BOLT) to determine how efficiently your body uses oxygen. He then shows you how to increase your BOLT score by using light breathing exercises and learning how to simulate high altitude training, a technique used by Navy SEALs and professional athletes to help increase endurance, weight loss, and vital red blood cells to dramatically improve cardio-fitness. Following his program, even the most out-of-shape person (including those with chronic respiratory conditions such as asthma) can climb stairs, run for a bus, or play soccer without gasping for air, and everyone can achieve: Easy weight loss and weight maintenance Improved sleep and energy Increased concentration Reduced breathlessness during exercise Heightened athletic performance Improved cardiovascular health Elimination of asthmatic symptoms, and more. With *The Oxygen Advantage*, you can look better, feel better, and do more—it's as easy as breathing.

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issues that are holding you back and what you can do to get back on track. You'll find motivation, exercise, and advice. And you'll learn how to • incorporate Lee's Living Lean Guidelines to make your diet work around your life, rather than the other way around; • perform her Primary Strength Movements and integrate them into an effective workout program; and • adjust your routine to maintain the results you've achieved. Eat. Lift. Thrive. also provides you with a structured, easy-to-follow 12-week training program. The program can be scaled according to your training experience, time commitment, and goals; it's completely customizable to ensure that your changes are lasting. This book is designed to be different. By the time you're finished, you'll be an expert at moderation and will say goodbye to extremes in dieting. You can have your cake and eat it too—and enjoy it!

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elite tennis and wellness photos: Nutrition for Sport and Exercise Marie Dunford, J. Andrew Doyle, 2018-02-08 Scientifically sound, evidence based and packed with practical insight, Dunford/Doyle's NUTRITION FOR SPORT AND EXERCISE, 4th Edition, emphasizes scientific reasoning and uses the latest research studies to illustrate the evidence for current nutritional recommendations. The authors thoroughly explain the connections between exercise and nutrition as well as the ultimate goals--optimal performance and health. Examining the rationale behind nutrition recommendations made to athletes, the book helps readers develop specific plans for the appropriate amount and type of foods, beverages and/or supplements to support training, performance and recovery--for a variety of sports. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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