



Vorsprung

Oral Hygiene Mission

'The **Vorsprung** Project' is the culmination of thirty years of research and field-tested studies, that is continuously developing and adapting as new research shifts the known norms in exercise physiology. It is both an exercise programme (for leisure, club and elite sportspeople) and a life-style system, that, improves an individual's brain functions to make their physical movements more effective and efficient while offering safe paediatric and geriatric exercise programmes that have, also, been designed with people with underlying health issues in mind.

Part of **Vorsprung** is to teach people about general healthcare, one of which is oral healthcare. As a former national sprinter, I first became aware of the importance of oral healthcare in relation to performance, from studies and coaching practices coming out of the USA. Contemporaries coming back from training in the States were making more of an effort to employ better oral hygiene and were talking about how balanced their bodies felt and how they felt more resistant to viral infections.

More recently, as an international coach and founder of 'The **Vorsprung** Project', I sort advise from Professor Ian Needleman (Professor of Periodontology & Evidence-Informed Healthcare). One of his 'tips' was to brush one's teeth first thing in the morning, *before* breakfast. A *completely* new concept to me - *Before* eating!?! Not until he explained, that, brushing teeth first thing was to do with combating the build-up of bacteria overnight did I realise how important this first brush was.



At the end of May 2018, we finished one of our **Vorsprung** Training Camps where oral healthcare was part of the children's daily routine. They woke at 7 a.m., put on their outdoor training gear, brushed their teeth, hydrated and went outside to do a '**Vorsprung** Outdoor Warm-Up Routine'... Then, they came in and ate breakfast.

It was made clear, that, this was all part of the training, so they diligently abided. However, one 15 years old boy said to me at the end of the camp how much he wanted to put everything into practice when he got home, but, how difficult it was to remember everything as it was all so new and contrary to what he had previously been taught (by parents, at school or by dentists). The one thing he did remember, and liked, was brushing his teeth first thing. He said, it made him 'feel fresh' and liked that feeling.

For my part, I am happy that, at least, one young person in north London is starting to care about his oral hygiene. One is a start.

[For information about 'The **Vorsprung** Project', our work or for advice about brain function or improved running gait, please feel free to contact us at: vorsprung@gaiaunlimited.co.uk]

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