

Episode #67 – Yoga with J-Lo

*Note: Green text is **Jackson**,*

Show Intro: What's up y'all and Welcome to the Sports Medicine Broadcast, Episode 67 “Yoga with J-Lo” for January 29th, 2014

Introductions: I am your host ____, and with me today is _____ and our special guest J-Lo aka Jesse Lopez

Warm Up:

- Ice / snow / inclement weather day

Guest Introductions:

(Guest(s), fill in any details you want us to include in the intro. Where you work, what your job title is, etc. Feel free to specify anything you would rather not mention.)

Name: Jesse Lopez

Job Title: Athletic Trainer/ Sports Medicine Instructor

Company: Dobie High School

Years in Profession:

Details, awards, anything else you want us to mention:

Discussion Points:

Tell us about mega lunch

Alex: Can you tell us about your injury prevention program?

Aesha: tell us how you use the battle ropes?

Alex: Why did you choose the exercises you did?

Aesha: Is there a certain number of sets or reps you have your athletes do?

Lorena: What data or evidence do you have that it has helped?

Alex: Going forward what would you like to see implemented?

Aesha: Talk about the vibration plate y'all just got

Sponsors:

Of course we have to mention the people who help

support us:

- **Pasadena Health Clinic**
- **Pasadena ISD Education Foundation: Grants with our Sports Medicine Course and for this podcast equipment.**
- **My beautiful bride Sarah**

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For Jeremy, _____, _____ that's a wrap.