



# Fitness Focus

July 5, 2008

Volume 2, Number 13

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## Our Website

[Ontherunfitness.com](http://Ontherunfitness.com)

## Our Favorite Websites



## I SCREAM...YOU SCREAM...

July 20th is national ice cream day!

By Alyssa Davis

According to the International Dairy Foods Association, "In 1984, President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day. He recognized ice cream as a fun and nutritious food that is enjoyed by a full 90% of the nation's population. In the proclamation, President Reagan called for all people of the United States to observe these events with "appropriate ceremonies and activities."

[www.idfa.org](http://www.idfa.org)

You really CAN celebrate this holiday without falling off of your healthy eating plan. Reward yourself this day with a cup of your favorite ice cream, because more and more ice cream stores are offering healthier options for customers. Coldstone Creamery has Sinless Sans Fat™ Sweet Cream at only 140 kcal/serving. Compared to the same amount of French Vanilla, which has 340 kcal and 19 grams of fat. And when choosing a mix-in or topping, avoid the candy bars and get a serving of fruit by adding raspberries or bananas. Most ice cream shops are carrying sorbet or frozen yogurt as well, which is quite often fat free and much lower calories than the regular ice cream. But if you're like me, when you want ice cream, you want the real stuff. So ask your favorite ice cream shop for their nutritional facts to help you make an educated decision.

--Alyssa Davis

### Love your cookie dough? Make a match:

- |   |                        |
|---|------------------------|
| 1. Breyers Chocolate Chip Cookie Dough Ice cream    | C. 180 kcal / 10 g fat |
| 2. Coldstone Creamery vanilla w/cookie dough mix-in | A. 410 kcal / 26 g fat |
| 3. Ben and Jerry's Chocolate Chip cookie dough      | D. 270 kcal / 15 g fat |
| 4. Skinny Cow Chocolate with Fudge in a cone        | B. 150 kcal / 3 g fat  |

Answers: 1=C, 2=A, 3=D, 4=B

**Make this holiday a chance to celebrate your health.  
Ride your bike to a local ice cream shop with your family and friends!**

## Contact Us

Email

Call:970-667-3871

Fax:970-232-3101

## Feedback

We want your feedback; please tell us what you think and make any suggestions or comments to us by clicking here.

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## QUIZ YOURSELF

TRUE or FALSE?

1. Ice cream is a good source of calcium.
2. In general, less expensive ice cream has less fat.
3. Federal standards require that anything labeled ice cream must be made with a minimum of 10 percent cream, milk or butter fat.
4. Ice cream is low in protein.
5. Usually low-fat ice cream and low-fat ices are lower in calories.
6. Ice milk is about 6 percent fat and 50 percent air.
7. Fruit ices are about 200 calories per cup.
8. Low-fat frozen yogurts may be lower in fat, but they are usually higher in sugar than regular ice cream.
9. A half-cup serving of fat-free frozen yogurt with artificial sweetener has more than 100 calories.
10. Just a sugar cone without ice cream has 60 calories, and a chocolate-dipped waffle cone has more than 200 calories.

### Answers:

1. True; 2. True; 3. True; 4. False; 5. False;  
6. True; 7. True; 8. True; 9. False; 10. True  
*SOURCE: Reader's Digest Foods That Harm, Foods That Heal (Reader's Digest Association Inc).*

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## Change Your Life...Live Longer

**These four changes could add up to 14 years to your life!**

1. Start to exercise!
2. Don't smoke!
3. Eat a lot of produce! (Fruits and Veggies)
4. Drink alcohol only in moderation.

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## Spotlight On...Triathlons



[www.trifit-france.com](http://www.trifit-france.com)

"Swim, bike, run. Though the basic format stays the same, triathlon has several racing distances, from the youth events all the way up to double and triple ultra distance events. Athletes of all shapes, sizes, ages and fitness levels compete in triathlon yearly to prove that when you put your mind to something, anything is possible."

-- [www.usatriathlon.org](http://www.usatriathlon.org)

Triathlons are a great way to add some variety to your summer workout. The first triathlon was started in Mission Bay, San Diego in 1974 as a way for competitive runners to compete while cross-training. Throughout America, all summer long there are numerous triathlons available to train for and compete in. Not only are triathlons a fun new way to race, they are a great total body training. All three events use and increase cardiovascular performance. Swimming gives your upper body a great strength workout while being gentle on your joints, biking is another low impact exercise, this time focusing on the legs. And running (last but not least!) is a great overall workout for your heart, lungs, legs and core. Even if you do not want to compete, this summer

aim for mixing up your workouts by trying each of the three events. You never know, you might like it...Give it a TRI!

--Alyssa Davis

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## Talk to the Trainer



In this section our readers get a chance to ask Alyssa an On The Run Fitness Trainer questions regarding fitness. In each issue we will post questions that our readers have sent in. To ask Alyssa a question or get some advice please email <mailto:alyssa@ontherunfitness.com>

Reader: I have a problem with side aches! Every time I run I get horrible side aches that make it very hard for me to keep going. I have tried eating and not eating before exercise and nothing seems to help! I really want to be able to go for longer, but I can't stand the pain!

-Stuck with a Side Ache

Alyssa: Dear Stuck:

Side aches (or "stitches") are caused from muscle spasms inside your abdomen. Often times, if your body is unaccustomed to working really hard, your muscles may not be getting enough oxygen and therefore start to cramp. It can also be due to having food or fluids in your stomach or from irregular breathing patterns. Everyone's body is a little bit different, so start paying attention to what it is that you do that can trigger a side ache. I notice many people get side aches when they are working really hard and FORGET TO BREATHE! To prevent one of these annoying side stitches, consciously think about taking deep breaths and fully exhaling when you are running. Also, like you have already tried, avoiding eating or drinking immediately before exercise can typically help. Try some different timing and see how your body responds to eating at different times before exercise.

If the side ache is inevitable and it already hit, try to keep moving but slow it down and be sure to keep good steady breathing. Stretching your abdomen and even light massage can sometimes relax a spasm.

Side aches can be one of the most troublesome side effects of running, but the good news is they aren't serious. And typically, they subside as you get into better shape. Even elite runners get side aches at times, but learning to listen to your body, using correct form and breathing techniques you can keep the pain to a minimum. Good luck "Stuck" and keep up the running!

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## We Want Your Feedback



If you have any questions comments or suggestions please contact us.

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(970) 667-3871

<mailto:feedback@ontherunfitness.com>

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## On The Run Fitness



### **On The Run Fitness owners- Matt Biedron & Kris Barrow**

Matt and Kris are both Loveland natives and have 14 years combined fitness experience. They founded On The Run Fitness as a way to help as many people as possible achieve fitness in their community. On The Run also prides itself on a real approach to fitness and does not and will not endorse any short cuts or gimmicks.

Enhancing the lives of Northern Colorado residents one workout and one meal at a time!

On The Run Fitness

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