

Fitness Focus

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In This Issue

- Feature article:

Do you have what it takes to be an Olympian?

- Spotlight On:

Yoga

- Instant Relaxation

- Talk to the Trainer-

Circuit Training

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Do you have what it takes to be an Olympian?

Alyssa Davis BS; Certified Personal Trainer & Group Exercise Instructor

This month, 10,500 of the world's best athletes will gather and compete in 28 sports in Beijing, China for the 2008 Summer Olympic Games. As you are sitting at home watching these spectacular events, the thought may cross your mind, "I wonder if I could do that?". Well, we may not all be lightning fast sprinters or be able to back flips on a 4 inch beam 4 feet in the air, but we can still challenge ourselves daily just like Olympians do. You see, Olympians are no different than you or I. They have families and friends, many of them are still in school, they are tempted with unhealthy choices every day too. What sets them apart is that they are able to deal with these distractions and push through, continuing to train when their body is tired, eat healthy when all they want is a brownie, and get a good night's rest instead of going out with their friends. It is that internal motivation that drives them to stay on track day after day, year after year, competition after competition. None of us may be on tv in 4 years in the 2012 games, but we can still have an Olympic attitude every day. Set goals, challenge yourself, push your limit and succeed. When you do, you will feel proud and your body will feel great know that you have given a gold medal effort.

10 ways to be your OLYMPIC best

1. **Drink water**

Be sure to drink at least 64 oz a day, and if you are exercising or in the heat a lot, drink even more!



2. **Change your routine**

A little bit of variety can go a long way! Our bodies adapt very well to exercise and before long, will stop benefitting so much. So keep your body guessing and watch your body transform! Easy changes are

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enough, think about exercising in a different order, doing a different speed on a cardio machine, or try a new activity.

3. Push yourself

Olympians challenge themselves to be better every single day. No matter what you are doing for your body, push yourself to improve on it! Whether it is lifting a few more reps while lifting, or running an extra 5 minutes, continuous challenges are key to being your best.

4. Eat fruits and veggies

Eating fruits and vegetables are a great source of energy and vitamins...they are so good for you!!!



5. Try something new

Olympians typically aren't good at just one sport. You may have your old standby exercise activities, but you never know, you could find something new that you can really excel at! Try to do a new sport or activity once in a while and broaden your horizons!

6. Relax!

After all of your hard work it is important to relax and reduce stress. Take time for yourself each day to clear your head and sit back and breathe. Find your relaxation mode, whether it be yoga, meditation, or even sitting on the back porch reading the paper.



7. Get enough sleep



When you are pushing yourself physically every day, your body needs a lot of time to rest and recover. Our bodies do almost all recovery while you are sleeping, so to have adequate energy and peak physical ability, proper amounts of sleep are critical! Aim for around 8 hours each night, and try to keep the times you fall asleep and wake up consistent throughout the week.

8. Consume a balanced diet with variety

Check out the food guide pyramid and make sure that you are getting adequate amounts of lean protein, dairy and whole grains, along with tons of fruits and vegetables.

9. Avoid...

In order to perform at your peak, it is good to avoid consuming alcohol, simple sugars and "bad" fats. Simple sugars are in things like candy and

soda as well as white grains like white rice and flour. The bad fats are saturated or trans fats, so check your food labels!

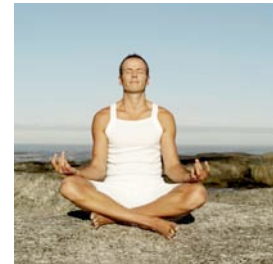
10. Pat yourself on the back

Don't forget to reward yourself for all of your hard work. Pay attention to the changes and improvements you have seen in your body and acknowledge them! It is easy to be very hard on ourselves and it is so motivating to see where all of our hard work has taken us!

---Alyssa Davis

Spotlight On: YOGA

Alyssa Davis, BS, Certified Personal Trainer & Group Exercise Instructor



Yoga is considered one of the best stress management techniques because it combines breathing, mental imagery, meditation and exercise. The practice, dated back almost 5000 years was once primarily an Eastern practice (originating in India) but is now becoming widely popular in Western civilizations. It is thought to reduce stress, improve sleep, decrease blood pressure, reduce anxiety and muscle tension, and increase strength and flexibility. Practicing yoga involves slow controlled breathing while stretching the body and forming different poses. It is a common assumption that yoga is purely stretching (called Asana). However, this is actually just one of eight limbs of yoga. A few of the other limbs include Dharana (concentration), Pratyahara (withdrawal of the senses), and Samadhi (bliss). While attending a class with a qualified instructor (called a "Yogi") is the best way to learn and practice yoga, some of the poses can be performed alone no matter where you are. If doing yoga isn't feasible for you, simple breathing exercises, guided imagery, or meditation will provide similar benefits.

Each month I will be spotlighting a new sport or activity good for your health. If you have any suggestions or unusual sports that you would like me to spotlight, drop me an email! alyssa@ontherunfitness.com

***INSTANT
RELAXATION
TECHNIQUE***

Lie down comfortably on the carpet bring legs together, hands by the side of the thighs. Now tighten one by one consciously and quickly: the ankles, the calf muscles, knee joints, thighs, buttocks, low back, abdomen, chest, neck, back of neck, and facial muscles. Hold your breath, tighten your whole body and then let loose. Keep the whole body at a stretch and relax. Breathe Deeply...

Source: [http://mohfw.nic.in/STRESS%20MANAGEMENT-FINAL\(P\).pdf](http://mohfw.nic.in/STRESS%20MANAGEMENT-FINAL(P).pdf)

DID YOU KNOW???

Yoga makes you LOOK and FEEL taller!

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>

Question: I don't have much time. How do I still get a weight training session in? ----busy guy in FC

Alyssa: Dear "Busy Guy", I have two words for you, "circuit training". Doing a weights circuit can help you get more done in less amount of time, while giving you the benefit of getting a cardio workout as well! The best way to format your circuit training workout is to look at what muscles you are planning to work that day and what lifts you plan to perform. Then lay out the exercises in an order that you won't be working the same muscle two lifts in a row. You will perform one set of each exercise (10-15 reps) and then without rest, move on to the next exercise. Your muscles worked in the first exercise will be rested while performing your second exercise and so on. By going through a circuit of each of your planned exercises, you will save time by not resting between multiple sets of the same exercise. Your heart will also become elevated giving you the benefit of cardiovascular training at the same time. If your circuit is short and you have remaining time, take a quick break at the end of the circuit and then go through it a second time. You will be surprised at how quickly you can get through a workout when you change the format like this.

We Want Your Feedback

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



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On The Run Fitness



On The Run Fitness owners- Matt Biedron & Kris Barrow

Matt and Kris are both Loveland residents and have 16 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!

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