



Fitness Focus

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Our Website

www.ontherunfitness.com

Our Favorite Websites



www.bootcamp180.com

Are you worthy of a Presidential Award?

By Alyssa Davis

Do you remember back when you were a kid in elementary school? And every year, without fail, your gym teacher would say that it was time for the Presidential Physical Fitness test? Young competitive juices started to flow, and everyone started talking about how many pull-ups they thought they could do. Though this test is extremely tough, and you may have wanted to stay home sick from school that day, it was a great way to measure your fitness, and if you were one of the lucky ones, you would get a Presidential Fitness Award signed by the president and a cool patch to sew onto your backpack.

Well, the days of PE classes and mandatory fitness testing are over for most of us, but that does not mean the folks at the President's Council on Physical Fitness and Sports have forgotten about us. Recently, the Presidential Fitness Award has been created for adults, giving healthy individuals over the age of 18 a way to measure their own fitness levels right from their own home. True to Presidential Fitness style, the tests are formatted similarly to the ones given to children in grade school. While performing tests that include pushups, crunches, sit-and-reach, and a 1-mile run, adults can measure their strength, muscular and cardiovascular endurance and flexibility. Easy to follow instructions are provided on the website www.adultfitnessstest.org and your data can be entered in an online log. The test also incorporates body mass index (BMI) as a part of your final results. When each of your tests has been completed and entered online, your results are presented as a percentile that

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Feedback

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

standardizes across the population. The higher percentile you place, the better physical shape you are in. The calculator also places you in a health category based on your BMI.

The President's Council has taken it a step further and has also launched The President's Challenge. This website (www.presidentschallenge.org) is a place for individuals to set fitness goals and keep online logs and keep track of their daily activities while gaining motivation from a competitive program. So, whether you are ready for the President's Challenge or just want to know where you stand in your physical fitness, the President's Council has you covered. And this time, you don't have to do the test in front of the entire 4th grade class. There are no patches for your backpack, but there is a pretty cool certificate you can print out once you complete your test. Give it a shot, and let your competitive side shine!

THE TEST



THE PRESIDENT'S CHALLENGE

Aerobic Fitness Test:

The 1-mile walk

You should only attempt to take this test if you are routinely walking 15 to 20 minutes several times per week.

Or...

The 1.5 mile run

You should only attempt to take this test if you are running at least 20 minutes continuously three or more times a week.

Muscular Strength and Endurance Test:

Half Sit-up Test

Count the number of half-sit ups that can be performed in 1 minute

Push-Up Test

Males use an elevated pushup position while females perform pushups from the knees. Count the number of pushups completed until no more can be performed.

Flexibility Test:

Sit-And-Reach Test

This test measures hamstring flexibility by sitting in a piked position and reaching past the toes. Your results are measured based on how far your hands can reach along your legs.

For more details and pictures explaining the testing procedures, go to www.adultfitnessstest.org

BERRY GOOD FOR YOU!

By Alyssa Davis

It is finally summer time, the time of year where you can eat outside, enjoy the sun, and have a huge selection of fruits available at the grocery store!

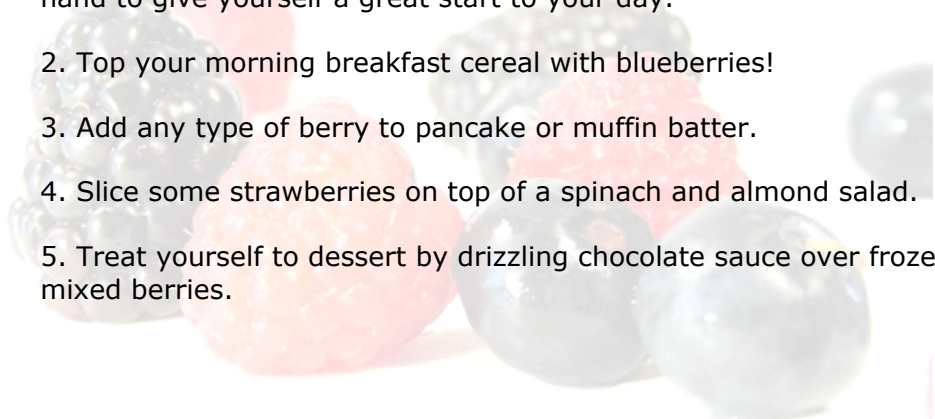
One of the best types of fruits to indulge in this summer is berries! Not only are berries super sweet and delicious, they also have numerous health benefits. In a recent study by the American Journal of Clinical Nutrition researchers found that adults who ate 2/3 cup of berries and sipped 2 oz of pure berry juice daily lowered their blood pressure by 1% and increased their HDL (good cholesterol) by 5% in 2 months.

We have all heard that getting a variety of color in our produce is important to get a broad range of nutrients. The purples, reds and blues provided in berries comes from their high levels of antioxidants.

Berries are also very high in vitamin C and minerals. Because of their high nutrient availability and large amounts of phytochemicals and flavonoids, berries have been shown to decrease cancer risk, improve brain function, reduce inflammation and aid in the prevention of heart disease.

5 Easy Ways to Add Berries to Your Summer Selections:

1. Add a cup of fresh strawberries or raspberries to your morning smoothie. Blend with yogurt, 100% orange juice and any other fruit on hand to give yourself a great start to your day.
2. Top your morning breakfast cereal with blueberries!
3. Add any type of berry to pancake or muffin batter.
4. Slice some strawberries on top of a spinach and almond salad.
5. Treat yourself to dessert by drizzling chocolate sauce over frozen mixed berries.



GOING THE DISTANCE...SOME FUN FACTS

- 1. Placed end to end, the blood vessels in your body would stretch almost three times around the equator.**
- 2. If you are 25 pounds overweight, you have nearly 5,000 extra miles of blood vessels through which your heart must pump blood.**
- 3. Between birth and old age, you will walk about 70,000 miles.**
- 4. 226.255 kilometers = the distance traveled in an Ironman Triathlon. That's over 140 miles!**
- 5. It is recommended that individuals take 10,000 steps a day to gain short and long term health benefits. That is about 4-5 miles.**



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>

This week I would like to take this opportunity to introduce myself. I have been working for On The Run Fitness for the past month as a Bootcamp 180 instructor. I am a recent graduate of Colorado State University with a bachelor's degree in Health and Exercise Science – Health Promotion. Throughout college I spent several years as a student athletic trainer, as well as working as a personal trainer and group exercise instructor. Currently, I am interning at Columbine Health System's Lifestyle Centre in a senior rehab/wellness programming position. I love all aspects of health and fitness, whether it be young kids, seniors, or everyone in between. The best part of my job so far with On The Run is seeing the excitement for exercise grow when someone realizes how much it is helping their body. I am so excited to get a chance to speak to all of you through this newsletter every month, so please...if you have any article topics you would like me to write about or any fitness questions you would like answered, I would love to hear them! It is great to meet you all!

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 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!

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