



# Fitness Focus

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**Ontherunfitness.com**

## Our Favorite Websites



## Save \$\$\$... Eat Healthier

With the cost of living skyrocketing, buying healthy food may seem like something you can't afford. But think again! Changing to a healthy diet can actually save you money on your monthly grocery bill. And I'm not going to even go into the money you will save on future health costs by having a healthy diet. A 2002 study published by the *Journal of the American Dietetic Association* found that when a family started eating more healthily to lose weight, their waistlines and grocery bills got smaller.

If you look at the nutritional value of food, you can actually get way more for your money eating nutritious foods over junk food. Consider soda: it is filled with empty calories and tons of sugar. And for a much cheaper price, you can buy flavored sparkling water and save yourself money and calories!

One thing you can consider in saving money on groceries is portion control. Americans have blown portion sizes way out of control! By simply looking at what you are buying and how much a healthy serving would be, you can actually buy LESS of what you typically buy and lose weight at the same time. You can also waste less food this way. When you are shopping, consider how many servings you are buying of an item and if it is perishable, will you eat that much while following proper portion sizes?

A large portion of the average American's grocery bill gets spent on unhealthy extras like baked goods, pastries, and candy. If you are watching what you eat, these are easy dollars knocked off of your bill.

Another great way to save money on food is to pack your lunch! It is easy to spend \$10+ on a not-so-healthy lunch at work. You can create very affordable lunches that are more nutritious at the same time! Whole wheat sandwiches, mixed veggie salads and trail mix are some easy meals to bring to work that will save you tons of money! Plus, since you are making the meal, you will know exactly what you are putting into your body for your midday energy.

### Here are a few more tips on how you can eat healthier without breaking the bank:

- Make a list. You are less likely to stray and buy unhealthy foods if you are closely following a list of things you need.
- Have a bite to eat before you leave. The last thing you need is a food craving when you are at the grocery store. That can lead to buying more food that you typically wouldn't buy, not to mention the Snickers bar at the checkout line.

## Contact Us

Email

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## 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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- Shop the perimeter. The healthiest foods tend to be on the perimeter of the grocery store. Limit your time in the aisles, where all the processed, packaged food can be found.
- Try frozen or canned. Buying frozen or canned fruits and vegetables can be a much cheaper alternative to fresh produce.
- Look for specials and coupons. When healthy food goes on sale, make sure you stock up!
- Generic brands can save you tons of money on virtually the same product. Just check the labels!
- Buy in bulk! There are an increasing number of health and grocery stores that provide a lot of options in bulk. This is a great place to stock up on your favorite healthy necessities.

### TRY THIS:

A study in *International Journal of Behavioral Nutrition and Physical Activity* shows that online grocery shopping can help you eat healthier too! The study showed that online shoppers bought 28% less high-fat foods than those who did their shopping in person. Some of the sites even help you out nutritionally by sorting foods by calorie and fat content.

--Alyssa Davis

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## CORE-POWER

*Strengthen Your Stomach to Help Your Back*

Aching back? The last thing you want to do is probably exercise. But exercise can be one of the best things you can do to relieve back pain. By strengthening both your abdominal muscles and your back muscles, your core is going to see huge benefits and daily living can become so much easier. It may seem counterintuitive to be exercising a muscle on the opposite side of your body than the one you want to help, but it's true. Our core is a combination of muscles on both sides of the body that help support us in every movement we perform throughout the day. Often the culprit of a sore back is weak abdominal muscles. Think about it, if your abs are loose and weak, your back often resorts to a swayed position. This puts a lot of strain on the muscles of your back.

But working your abs is not the only answer to back pain. For regular exercisers, your ab muscles may be very strong and exercised regularly. However, we often neglect those muscles that run all the way up your spine (your erector spinae). They are however, some of the most important muscles in core stabilization. By strengthening those muscles, your core as a whole will become much stronger and pain can subside from creating equal strength on both sides of your body.

### Try these exercises:

**The Swimmer:** Lie on your stomach with your arms and legs extended. Engage your abdominal muscles and lift both feet and arms off of the ground slightly. Start fluttering your arms and legs simultaneously. Your legs should feel like when you are swimming. Continue to flutter for 20 seconds and then rest. Work up to doing several sets of these.

**The Plank:** I call this exercise the multi-tasker because it works so many important muscle groups at the same time. This is a good way to work both your abs and your back. Start in a supine position and press up onto your forearms while folding your hands. Press up onto your toes. Create a straight

line from your heels to your shoulders. Be sure to engage your back and abs while squeezing your legs and arms. What did I say, it really does multi-task! Hold for 30 seconds.

**Leg Lowers:** Lie on your back with your arms by your side. Start with your legs sticking straight into the air. While keeping your legs together, slowly lower them until they are 6 inches off the ground. Then return them to top. Keep your lower back pressed in to the ground throughout this exercise. If you feel your back peeling off the ground, don't lower your legs as far. Do 2 or 3 sets of 10

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## Save Your Skin!!!

It's the middle of summer and the sun is here to stay! A lot of us take our workouts outside in these summer months to enjoy this great weather. Plus, we are typically more active outside in general in the summer, with backyard volleyball and barbecues, weekend walks and family bike rides. But it is important to know the dangers of this wonderful warm sun and how we can protect ourselves against it.

### **DID YOU KNOW?**

- More than 1 million people in the United States are diagnosed with skin cancer each year
- There are 2 types of UV radiation (UVA and UVB) that affect the skin. They are known to cause skin cancer and can weaken the immune system.
- Sunscreen works by absorbing or reflecting these rays so that they are not absorbed by your skin.
- The SPF is important but you may not know what the number really means. 15 SPF is the minimum recommended protection level and that level provides protection from 93% of the UVB rays. SPF 30 protects from 97%. Every SPF higher than 30 gets closer and closer to 100% protection.

***The EPA (Environmental Protection Agency) recommends these "Action Steps" to maximize your sun protection.***

- **Do Not Burn**
- **Avoid Sun Tanning and Tanning Beds**
- **Generously Apply Sunscreen**
- **Wear Protective Clothing**
- **Get Vitamin D Safely**
- **Seek Shade**
- **Use Extra Caution Near Water and Sand**
- **Watch for the UV Index**



## The UV Index

<i>Index Number</i>	<i>Exposure Level</i>
<b>&lt;2</b>	<b>Low</b>
<b>3 to 5</b>	<b>Moderate</b>
<b>6 to 7</b>	<b>High</b>
<b>8 to 10</b>	<b>Very High</b>
<b>11+</b>	<b>Extreme</b>

Now, I'm sure at some point you have said, or heard someone say that they have a healthy tan. But guess what? There is no such thing unless it is from sunless tanner! **ANY** change in skin color is a sign of skin damage.

UV rays are strongest typically from 10 am to 4 pm. And remember, most rays can pass through clouds, so a cloudy day doesn't mean you can get away with no sunscreen.

### **For the most effective use of sunscreen:**

Apply 20 minutes before going out in the sun

Reapply about every 2 hrs - and more if you are in the water or sweating

For more information about sun protection and UV risks, go to [www.epa.gov/SUNWISE](http://www.epa.gov/SUNWISE)

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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 question or get some advice please email [mailto: alyssa@ontherunfitness.com](mailto:alysa@ontherunfitness.com)

Reader: Help! I have really gotten into working out and have already lost some weight. I lift weights and do cardio 4 days a week and go for a run on the other 3 days of the week. I keep increasing my running distance and lifting more weight, but I can't seem to get over this hump! I don't feel like I am getting stronger and I have stopped losing weight. I am running out of time in the day, what should I do?

-Running nowhere

Alyssa: Dear Running Nowhere:

First of all, congratulations on your initial weight loss and your new found love of exercise. However, it sounds like you need some rest! Though it may seem that your daily workouts are a good idea, your "hump" is likely due to the fact that you are overtraining your body and it is not getting a chance to recover.

It takes our muscles about 24 hours to recover from a workout, and more if you are doing very high intensity workouts. Take a look at your workout schedule and rearrange so that you do not work the same muscle group 2 days in a row, and take at least 1 day off each week for your body to get some R and R.

And do not be confused, an "off day" doesn't mean you are sitting on your couch eating burritos all day, an off day can still be a great chance to work on your health and weight loss goals. Go on a walk or do some other light-active exercise and spend the day focusing on eating a healthy diet and getting some well earned sleep.

Though we may not think it, rest can be just as important to an exercise program as exercise is. If you continue on the path you are travelling on now, you could see even more effects of overtraining such as illness, injury and burnout. It sounds like you have made a great commitment to your health, keep it up and give yourself some rest!

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## 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!

On The Run Fitness

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