



Fitness Focus

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In This Issue

- Feature article:
Happy New You!
- Boot Camp started
January 3rd!
- Avoid a Caffeine
Connption
- The Punisher
- Talk to the Trainer –Be
Baby Beautiful

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Happy New YOU! Kori L. Propst, MS, LPC

The new year is here. Where is the new YOU? Like many this first week of January you may have resolved to eat healthier, start exercising regularly, and shed the excess weight that has been draining you of energy, vitality, and the ability to move with ease! If you haven't already done so, it's time to dig out those pants that used to fit, take a picture of your current self in all your glory and post it in a very exposed location. Then sit down and make a plan of how you will attack your goal of making permanent, healthy changes to support the new you. My big question is what kept you from starting earlier? And WHY did you decide to start NOW? Ask yourself these questions, as they may be key to determining your steps to success, then begin following these tips to get started:

1. Do not try to overhaul your life all at once- decide to do one new thing each day or week, and then build on it. For example, resolve to eat 4 servings of vegetables each day or drink 100 oz of water.
2. Set manageable and achievable goals to stay motivated and on a roll. Focus on small things that you know you can meet and can track: I will complete 4-20 minute cardio workouts each week between January 5 and January 12.
3. Develop incentives when you meet your goals, but choose things that will not sabotage your achievements (i.e. do not pick a brownie sundae for losing 5 lbs!).
4. Focus on portion control and shopping the perimeters of the store (this is where all the fresh food resides). You do not need to go into the boxed, packaged food areas unless you're planning on purchasing a healthy, low sugar, high fiber cereal for example.
5. Stop drinking! You're likely missing the fat loss boat with all the sugar and calorie laden beverages you're consuming.
6. Measure your food and write everything down to make sure you're eating the appropriate amounts and to identify problem areas.
7. Make "me" time. Some may say this is selfish, but no one is going to take care of you FOR you, and if you don't stop and make yourself a priority, you won't have the energy to take care of others! Make the time for exercise, make the time to start learning how to cook healthy meals, and make the time to get adequate rest to accommodate your new activity!
8. Enlist the help of a professional- most people who resolve to lose weight jump on the fad diet bandwagon and subscribe to fancy programs that promise quick weight loss. Get real! Fat loss takes effort, determination, and support! Getting healthy means throwing those old excuses, justifications, and blinders out the window and developing alternative behaviors to carry you through the rest of your life! A fitness professional can help you set goals, develop strategies for permanent success, and provide accountability and motivation to prevent you from veering off the highway to health.
9. Take the necessary steps toward understanding that you deserve this.

Boot Camp 180 Sergeant Kris Has a Message for YOU!



Along with the New Year comes the New Year's Resolutions! It is a perfect time to start fresh and improve your relationships, finances and especially your health. Many people assure themselves that they can eat whatever they want through the holidays because after January 1st, everything will change- are you one of them?

We should be realistic about what really happens. With good intentions, you will join a gym where every piece of equipment is in use, every class is full, and everyone is sweating their way to their goals...for about 2 months. Then March hits and nobody is at the gym anymore, including you! The shiny new treadmill in your bedroom is now a very expensive clothes hanger. You find yourself down exactly zero pounds, using the same excuses as last year for why you didn't succeed.

While I laud your efforts, a resolution alone will not cut it. If you want to see a change, then why are you doing the same thing you did last year? Why are you struggling so *hard* to create a better, healthier and happier you?

In order for you to actually stick to your goals, you must get emotionally involved. You have to want it *bad* and- be honest with yourself- you may need some assistance. You will need a clear, strong program to follow. Otherwise, after a few months, your goals begin to look like the gym- empty and unfulfilled.

Boot Camp 180 can help you achieve your goals once and for all. This all-inclusive program is designed and taught by two of the best, most successful fitness professionals in the area.

Decide to make an investment in *yourself* this year and join Boot Camp 180.

It's the New Year – What do you have to lose...other than pounds and inches? Go for it!!

www.bootcamp180.com

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Avoid a Caffeine Conniption Kori L. Propst, MS, LPC

Ninety percent of Americans admit to regular use of caffeine. That makes caffeine the most widely used drug in America. More than 20% of Americans have more than 600 mg (more than 6 cups of coffee) each day! With its long list of positive benefits and few harmful side effects, why not?

Well, despite its low risks, it's easy to develop dependence on caffeine. Most who have caffeine in high amounts no longer use it for its ability to decrease fatigue, improve athletic performance, enhance mood, or boost memory. Instead, they use it to stave off the withdrawal symptoms that come along when they don't use it! Have you ever experienced that pounding headache when you don't get your morning coffee?

How caffeine operates in your body:

1. Caffeine reaches all the body's organs within 40-60 minutes
2. Physiological changes can last up to 6 hours and include a "stress response" that increases the cells' activity, similar to the flight or fight response
3. Adrenaline increases, which spurs dilation of the pupils and breathing tubes, heart rate increases, more blood flows to the muscles, blood pressure increases, muscles contract, and glucose is released from the liver to the blood stream for fuel.

However, studies indicate that the performance enhancing benefits of caffeine exist within a certain range and are stronger with non-users than chronic users. When used consistently, like with many other substances, the body develops a tolerance to caffeine. The response of many when they no longer feel the effect is to increase the dosage. Severe consequences can occur when the amount of caffeine is continuously increased.

Signs and Symptoms of Tolerance/Chronic Use

1. High blood pressure
2. Decreased bone density
3. Jittery nerves
4. High blood sugar
5. Sleeplessness
6. Withdrawal symptoms after discontinuing use (headache, irritability, drowsiness, inability to concentrate, low energy, fatigue)

Interested in learning how to curb your habit and realize the benefits of caffeine again? Follow these 5 steps to begin controlling your caffeine consumption:

1. Get more rest, and aim for 7-8 hours of sleep per night (when weaning from caffeine, it's likely you will experience fatigue)
2. Create a caffeine log and jot down all caffeine intake (morning coffee, soda with lunch, afternoon tea, Red Bull before your workout) to get a sense of the total milligrams you're consuming each day (use www.energyfiend.com for caffeine content listings)
3. Each day, for one week, sub one un-caffeinated beverage for a caffeinated one. The following week, do the same until you reach a total consumption of 100mg/day.
4. Once at this level, try using no amount of caffeine for a few days. You may experience withdrawal symptoms very quickly or within a few days. If you can get through the symptoms, it's likely you've mastered your habit. You may need to decrease your consumption more gradually, tapering to 25mg/day before going cold turkey.
5. Finally, moderate the stress in your life and develop strategies for dealing with anxiety or crises in a more functional manner. Reaching for the joe is not always the best response when faced with a stressful event. Work with a dietician to develop a caffeine consumption plan and/or a counselor to increase your resiliency to stress by having a plan for dealing effectively with anxiety.

(Reference: ACE Certified News, Dec. 2007/Jan 2008, p. 6-8)

The Punisher

Kori L. Propst, MS—Certified Personal Trainer & Lifestyle and Weight Management Consultant, Licensed Professional Counselor

My spinning instructor got me thinking this morning while we were panting away, scrambling up a level 10 hill, grinding the pedals, and chanting positive mantras

to motivate our muscles (well, the chanting was inside my own head anyway). As we climbed our way to the top he said with labored breathing, "too many cookies I guess..." In his typical joking manner, he smirked and hollered at us to go to a Level 11 (if we had it in us!), all images or thoughts of cookies dancing away.

But I couldn't stop thinking about what he had said and how so often we will eat something we know is unhealthy and then punish ourselves either mentally or physically for having done so. We'll call it the cardio confessional that many people like to engage in after their holiday feasts or binges. Hour long treadmill workouts and mental beatings, "I shouldn't have done that! You have absolutely no willpower..." You fill in the blanks. I know you have had similar thoughts.

So we punish ourselves AFTER the fact, but what about the punishing that's taking place DURING the act? Are we not punishing our bodies when we eat the foods which we know are not nourishing? When we look at the nutrition facts, and right there at the top of the ingredients list we see "PARTIALLY HYDROGENATED VEGETABLE OIL" or "HIGH FRUCTOSE CORN SYRUP" and we choose to eat it anyway, are we not saying to our bodies, "you're not worth taking care of" ?

Partially hydrogenated means trans fats, and trans fats mean lower good cholesterol (HDL), higher bad cholesterol (LDL), and greater risk for heart disease. Less than 1% of your total calories should come from trans fats (that's like 2g of a 2000 calorie diet). How much are you consuming?

Why not stop the punishing all together, before AND after, and remember why you are eating in the first place. Sure, you want to lose weight to look great in your clothes and be happy about what you see in the mirror, but isn't your HEALTH the most important aspect of the changes you've made? Think about it.

I've created my own little blacklist of items to avoid so you don't have to worry about punishing yourselves. I'd like you to make a list of the reasons you started making wiser nutrition choices and exercising more. Are the majority of the reasons related to your outer self? Food for thought.

(Look at the nutrition labels to identify whether these items contain trans fats!)

Breads and Bread Products

- Biscuits made from mix
- Biscuits/rolls made from refrigerated dough
- Coating mixes for fish, meat and poultry
- Stuffing mixes
- Taco shells
- White and wheat flour breads

Breakfast Foods

- Cinnamon buns
- Danishes
- Doughnuts
- Muffins
- Pastries/bakery items with frosting
- Toaster tarts/strudels

Candy

- Caramels
- Chocolates
- Fruit chews
- Seasonal candy

Taffy-like candy

Desserts

Cake sprinkles, decorations

Baking chips

Cakes and cake mixes

Cakes/cupcakes with icing

Ice cream cakes

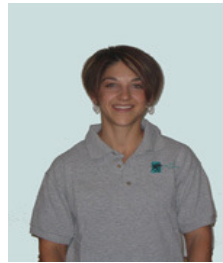
Pie crusts

Pound cake

Ready-to-spread frosting

Refrigerated cookie dough

Talk to the Trainer



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

Dear Kori,

I'm in the first trimester of pregnancy and have been exercising regularly for over a year doing both cardio and resistance training. I worry when I'm exercising currently about how hard I should work out and if there are certain exercises I should avoid. Do you have any tips?

Dear Reader,

First of all, I am not a doctor, so please take my comments to your physician, and don't be afraid to get specific with him/her about the appropriateness of the exercises you are engaging in. You should know, however, that a lot of what you read regarding exercise and pregnancy, as well as what you may be told by exercise professionals and physicians will be extremely conservative. The newest guidelines were disseminated in 1994 by the American College of Obstetrics and Gynecology (ACOG) and were based on studies showing the beneficial effects of vigorous exercise throughout pregnancy. Generally if you are already engaged in a regular exercise program, and there are no complications, you should be able to continue exercising. See below for the benefits of exercise, as well as the activities to avoid.

Benefits of Pre-Natal Exercise

Exercise can relieve or prevent the following:

Depression

Anxiety

Back Pain

Constipation

Deep Vein Thrombosis

Fatigue

Gestational Diabetes

Insomnia

Leg Cramps
Nausea
Pelvic or rectal pressure
Postpartum weight retention
Pregnancy induced hypertension
Swelling of extremities
Surgical or medical interventions during delivery

Exercise can improve the following:

Cardiovascular fitness
Circulation
Energy levels during pregnancy
Functional capacity
Mood states
Posture and biomechanics
Recovery time
Self esteem
Sense of well-being

Healthy women with uncomplicated pregnancies do not need to limit their exercise for fear of adversely affecting the fetus. Studies indicate no increases in pre-term labor, ruptures, spontaneous abortion, or abnormalities (ACSM, 2000, 1). To be avoided are extreme sports and high risk activities. For some women exercise should absolutely be avoided due to complications.

Use the following signs to determine whether you need to terminate exercise:

vaginal bleeding
shortness of breath before exertion
dizziness
headache
chest pain
muscle weakness
calf pain or swelling
preterm labor
decreased fetal movement
amniotic fluid leakage

High Risk Activities

snow or water skiing
rock climbing
snowboarding
diving
scuba diving
bungee jumping
horseback riding
ice-skating/hockey
road or mountain biking
intense exercise at altitude

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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