



A Step Above

Personal Training Concepts



**YOU
DESIRE TO BE HEALTHY IN
2009**



Lace Up Your Running Shoes Ready, Set, GO!

In April 2001, I crossed the finish line of my first five mile race, the Montana Women's Run/Walk in Billings, Montana. With the final step across the finish line I looked up, saw my five month old daughter with my husband cheering me on, and felt an exhilarating feeling of accomplishment which I have continued to chase eight and a half years later. My running career actually began about five



years prior to that first race when I was in college. At the suggestion of a counselor, I began a walking / running program in order to help cope with many stresses I was dealing with at the time. Little did I know that I would soon become engrossed in learning everything I could about becoming a runner. The counselor's simple suggestion was perhaps one of the best gifts I have received. Not only did I soon reap the benefits of stress relief that running provides, I also experienced the many health benefits that have helped me maintain good health throughout the years. Some of the health benefits running provides include low cholesterol level, low blood pres-

sure, healthy weight loss and maintenance, improved insulin response, increase bone strength, and a decrease in depression symptoms or feelings. I quickly learned firsthand that running is indeed a simple activity which only requires the investment in a good pair of running shoes. With patience and consistency, almost anyone can become a runner. To begin the first step of a successful running program, it is important to consult with a physician if you have any health concerns or risks. The next step is to believe in yourself and take that first step out the door. Many beginner runners feel that they must com-

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***Educational Fitness Programs designed to enhance mental, physical, emotional and spiritual growth.
A holistic approach to maximizing human potential.***



How Can I Safely Lose Weight?

When people make the commitment to improve their overall optimal health and wellness via participating in a health and fitness program, they should set realistic goals. During a six week training program clients can safely lose 1-2 pounds a week without medical supervision. This would depend on three factors working together such as caloric intake, daily physical activity level, and food choices. Frequently individuals will lose inches in areas of their body prior to losing weight. A lot of times we tell clients not to get on a scale. They should go by the way they feel. Clients have expressed this to me that even after few weeks of training consistently, that they can tell they have lost inches by the way their clothes fit. This motivates them because if they are feeling better then they are more apt to stick with their fitness program. Research has shown that people who

lose weight too fast are most likely to gain it back quicker, than people who lose weight at a slower pace.

One question asked on a regular basis is, "How many calories do I need to burn a day in order to lose weight?" There are 3,500 calories in a pound of fat so therefore, you would have to work out 7 days a week / 500 calories per day, to burn 1 pound of fat. Not many people have that kind of time to work out every day of the week. Therefore, it helps to know what one's resting metabolism or Resting Metabolic Rate (RMR) is before structuring their training program in a safe manner.

The RMR is defined as the "amount of calories needed to sustain current body weight, assuming activity levels remain constant." The RMR is proportional to body size and will decrease with age (NCSF, 2003). Other than sleeping, the RMR is the lowest rate of energy the body uses.

When decreasing the caloric intake (calories taken in by food daily) and increasing exercise daily, this can create a negative caloric balance (losing weight) because a person is eating less and burning more calories via activity choices. Knowing one's RMR plays a huge role in determining one's daily caloric need and what they would need for a caloric expenditure (calories burned) during exercise in order to meet their training goals.

When clients come to us about nutrition management and how to lose weight we calculate their RMR and explain the importance of daily exercise. Understanding this baseline measure might help individuals understand more about the importance of eating right and exercising on a regular basis in order to avoid "creeping obesity." Individuals have found that by trying to diet first before engaging in a regular exercise program has been difficult. Everyone has a different caloric need and therefore, if someone is exercising too much and not eating enough and/or not losing weight/inches, they may feel defeated and not adhere to their exercise program. This is why it is suggested that people start an exercise program first to increase their resting metabolism, and then when "feeling better" and "looking better", motivates them to "eat healthier". The National Council on Strength and Fitness states that when dieting, reducing one's caloric intake by 10 or 15% is a safer method than trying to meet the demands of a larger caloric restriction. In addition to exercising three to four times weekly, (structured) burning 300 to 500 calories and participating in unstructured activity (hiking, walking the dog, etc.) on alternate days can still produce desired weight loss results.

Jinjer's Thoughts

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plete a certain number of miles each time they run. This thinking could lead to injuries, discouragement and giving up. The best advice is to remember to start slow and to set small, achievable goals. If you are not accustomed to exercise, then it is best to start off by walking 3-4 days a week thirty minutes a day for the first two weeks. Gradually, you should begin to add running in short bursts of time. For two or three days you might begin by running for one minute, walking for two minutes up to thirty minutes total. The next few days increase to running two minutes, walking one minute, again alternating for a total of thirty minutes. Gradually continue to increase your running time one to two minutes while decreasing your walking time. Again, remember not to rush! Running should be a long term lifestyle change. If you start off successfully, you will have many years to increase your mileage and endurance.



In order to insure that successful start, take the time to schedule your workouts. It often helps to write down when you are going to run. This helps to make running a consistent part of your days. Many runners also keep a running journal or log. This can be as detailed as recording distance, time of your run, weather conditions, mood while running, and pace of your run. A log can also be simple. As a busy mom with four kids, my running log is a self made calendar taped onto the side of my refrigerator. **To so I can quickly record my daily mileage. Whichever you choose, a running journal can be very beneficial in improving your performance by comparing runs and by holding yourself accountable to keep up your running. It is also important to expect some bad days when you just do not perform well or you might just not want to run. These days are normal and a part of every runner's experience. To help have fewer bad days, be sure to schedule in some rest days. These rest days could be used to cross train (such as bike, elliptical machine, weight training), or rest days could mean resting. Resting allows your body time to recover and repair your muscles. By effectively scheduling rest days, you most likely find that your performance will improve because your body will be stronger and ready for the next run. A common injury many beginner runners experience is shin splints or soreness. This is especially common if you do not allow for those rest days. If you do experience shin**

splints, do not become discouraged and think that running is not for you. Instead, know that most every runner experiences this injury at some point. A good remedy is to treat the area immediately with ice packs for fifteen minutes at a time. Simple ice packs are bags

of frozen peas because they shape nicely around the leg. Finally, strive to maintain good running form. An efficient stride is similar to a shuffle. Allow your feet to stay low while quickly and lightly touching the ground or treadmill. Your upper body should be relaxed with your arms at about a 90 degree angle. Relax your hands and fingers. Tensing the upper body, arms or hands uses energy that should instead be focused into your running. Often beginner runners may experience a pain in their side, sometimes called a "side stitch". This pain is simply like a cramp in the diaphragm. If this happens, slow to a walk, raise your arms above your head and take in a few deep breaths expanding the diaphragm fully. As your lung capacity and endurance increases, these side stitches should decrease. Strong running posture leads to a more efficient run, greater stamina and an increase in endurance. To achieve a strong posture, it is important to take some time during your weekly sessions to focus on core strength. Your core consists of your entire torso, not just the abdominal region. In a following issue, we will discuss this further with suggestions of exercises to strengthen your core.

Running will change your life. To be a runner does not mean that you have to compete in races, win medals or set world records. To be a runner you simply have to make a commitment to yourself. You make a commitment to take time for you, a commitment to focus on your health, a commitment to give yourself the amazing feeling of accomplishment when you finish your run whether it is a twenty minute run or a two hour run. Since that first race, I have finished several 5Ks (3.1 miles), half marathons (13.1 miles) and a full marathon (26.2 miles). I have collected medals and T-shirts which have all found their way to the back of my closet. For me personally, my most important award is the example of a healthy lifestyle I hope to give to my four children. May you also find the courage to run for your health!

- Susan Spraker



Health & Nutrition

Maifun (Vermicelli) Salad Chinese Rice Noodle (Rice Stick)

Maifun rice noodle is associated with Asian Cuisine in dishes such as rice noodle soup, stir fry and salads. Rice noodle is very easy to fix, light and filling and most importantly gluten free. These noodles are very easy to stir fry or use in soups once preparation is done.



Maifun Salad

- Handful of spinach
- Handful of mushrooms
- 1/2 tsp. ginger powder
- Red onions or scallions
- 1 tsp butter
- 1/2 tsp grape seed oil
- Shrimp (optional)
- Dash of soy sauce
- Diced tomato
- Cucumber
- Handful of onions
- Cilantro
- Crab meat (optional)
- Black pepper

Cook a handful of spinach, mushrooms, onions in with 1/2 tsp of ginger powder, 1 tsp butter, 1/2 tsp grape seed oil, dash of soy sauce light until vegetables are to a desired softness. Drain vegetables and then add cold, desired amounts of diced tomato, cucumber, cilantro, red onion or scallions. *Optional crab meat or shrimp (grilled with vegetables), black pepper. Finally top off salad using either olive oil, red raspberry vinaigrette, or balsamic vinegar to taste. Let chill for about 30 minutes before eating to enhance flavor.

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