

Smarter Bodies

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Editor Jim Rabic

Need Some Motivation!

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SMART RUNNING

Ten Tips to Starting and Sticking With a New Running Regimen

1. Set a goal and stick to it. Registering now for a running event in the spring is a great way to solidify your commitment to **your new training program.**
2. Be flexible. Life happens, so make it a priority and you will find time to exercise.
3. Join a running group. This is one of the best ways to get tips from fellow runners on how to get in shape and stay in shape. There are plenty of clubs in the Denver area, and most of these will accommodate any caliber runner.
4. Set mini-milestones for yourself throughout your training and reward yourself when you reach those goals.
5. Stretch, stretch, stretch. Stretching before and after your run is the best way to prevent injuries.
6. Pace yourself. You could hurt yourself if you go too fast, so start small and work your way up.
7. Have a training buddy. You can encourage one another as well as keep each other accountable to your work outs.
8. Hydrate, hydrate, hydrate. Water is your fuel so always have some with you. Add about 15 oz. above your normal daily intake for every hour of exercise you do.
9. Buy a new pair of exercise shoes with all your holiday money! Exercising with old, worn out shoes can lead to injuries.
10. Try and add variety to your workouts

by switching locations. There are many trails, parks, lakes and rivers in Colorado that can spice up mundane exercise

Lite & Motion G2 Led Cap Illuminates Athlete's Path

Lite & Motion® G2 LED™ for People on the Move



A revolutionary product developed by Boss Manufacturing Company is changing the way runners see and the way we see runners. Boss Head-Lite's "LITE & MOTION G2 LED" cap, illuminates the runner's

way while allowing others to see them. It can be used for early morning or evening activities including, running, walking biking and more. LITE & MOTION G2 LED includes an emergency medical ID tag for the user to add their contact information, allergies and current medications in order to assist medical personnel in the event of an emergency.

This lightweight (3 oz.) athletic cap with mesh side panels is available in white and black. Each cap has an absorbent inner band for comfort and moisture management. Reflective trim provides increased night-time visibility and safety from all angles. LITE & MOTION G2 LED incorporates an ultra-bright, high-quality LED light built into the comfort of a breathable mesh cap, enabling active people to see and be seen in low-light conditions. The light unit, which follows the user's field of vision, is equipped with a secondary optical lens for quality and controlled projection. Easy to operate with a push-on, push-off "quick" switch - simply push the light itself to turn on or off. Two Lithium Cell CR2032 batteries are included and can be easily replaced. The G2 LED has been tested and is recommended by Today's Health and Wellness product review team. Head-Lite received Today's Health and Wellness Member Tested and Recommended Seal of Approval in May of 2005

Are supplements safe?

Education key before taking medicine

Alternatives



Too much of a good thing can be bad. And some things you may think are good for you aren't. That's what diet and nutrition experts say about nutritional supplements.

"We have to be very careful what we buy," said Dr. Richard Ogletree, assistant professor of clinical pharmacy at the University Of

Mississippi School Of Pharmacy. He's also the coordinator of drug information at the University of Mississippi Medical Center and a user of nutritional supplements.

Vitamins and herbal remedies can sometimes interact with prescription medications. And studies have shown that sometimes the label doesn't accurately list everything that's in the bottle.

CONSIDER THIS

An herbal supplement labeled "natural" does not mean it is safe or without any harmful effects. For example, the herbs kava and comfrey have been linked to serious liver damage. The active ingredient(s) in many herbs and herbal supplements are not known. There may be dozens, even hundreds, of such compounds in an herbal supplement.

Supplements are less regulated than other products because the government does not consider them "drugs." Bob Norman agrees no one should take herbal remedies without thoroughly educating himself about the remedies. "We don't play doctor," said Norman, longtime owner of The Sesame Seed, a vitamin and herb shop with locations in Jackson and Clinton. He said most people who come to his shops already have checked with their doctors and pharmacists. After all, he said, they're looking to improve their lives, not hurt themselves.

He said it is true there are some fly-by-night operations in the industry whose products are not always what they're made out to be. He recommends dealing with a reputable company that's been in business for a long time.

United States Pharmacopoeia, an independent safety advocacy group, says dietary supplement

manufacturers are not legally required to report adverse events to the public or the government.

While the Food and Drug Administration requires supplements to contain an ingredient label, it doesn't verify the information or monitor the manufacturing process.

Tests by Consumer Reports and others have found bottles don't always contain what their labels say they do - or in the dosage advertised. Ogletree was involved in a recent study of the popular herbal supplement St. John's wort. It turned out, he said, that the amount of the effective ingredient varied as much as 200-fold from product to product. And other tests have shown some "herbal remedies" in fact can contain real pharmaceutical drugs, such as Viagra or Cialis, a clear violation of the law. Ogletree said it is common with herbs from China. "They're not always what they're labeled to be," he said.

Consumer Reports says some supplements have even been contaminated with heavy metals, pesticides and bacteria. Norman recommends getting products endorsed by USP or other groups. USP sets the standards for pharmaceuticals in the United States. Supplement manufacturers voluntarily ask USP to test their products for identity, purity and potency, as well as review their manufacturing process and their package inserts.

Consumers can find the USP Verified Mark on many items on pharmacy and retail shelves.

The experts also caution that just because something is "good for you" doesn't always mean you should take more of it. Take vitamin A, for example. Too much of that increases the risk of birth defects and liver damage.

And some supplements can interact with drugs or other supplements. St. John's wort can undermine drugs used to treat HIV/AIDS, asthma, high-cholesterol levels and hypertension.

Both Ogletree and Norman said it is vital to talk to your pharmacist or doctor before taking any supplements. And beware of claims that sound too good to be true. They probably are.



Most With Diabetes Not Exercising



Exercise is among the best things people with diabetes can do to manage their disease, but

most either are not getting the message or are ignoring it, a new report confirms.

Only 39% of surveyed adults with diabetes engaged in regular physical activity, compared with 58% of adults who did not have the disease, according to a report in the February issue of Diabetes Care.

And activity levels declined as risk factors for type 2 diabetes increased.

The national survey of more than 23,000 adults with diabetes, those at high risk for the disease, and people without diabetes was conducted by researchers from the University of Colorado Health Sciences Center.

Lead researcher Elaine Morrato, MPH, DRPH, tells WebMD she was not surprised to find that those with diabetes were more sedentary than the general public. But she was surprised so few at-risk people were physically active.

"Exercise has been shown to be instrumental in preventing diabetes among people at high risk and in helping to manage symptoms in people with the disease," she says.

Troubling Findings

Study after study has confirmed that

regular exercise, combined with modest weight loss and a healthy diet, can lower type 2 diabetes risk and improve outcomes once people have the disease.

In one of the most persuasive, researchers from the Diabetes Prevention Program Research Group concluded that diet and regular exercise were more effective than one of the most widely prescribed drug treatments for preventing type 2 diabetes.

The American Diabetes Association recommends 30 minutes



a day of aerobic exercise, at least five times a week. Prevention guidelines released by the ADA last August recommend 2.5 hours

of regular physical activity a week.

People at high risk for developing diabetes should be even more physically active, depending on their ability to exercise.

Anxiety Lifted



Your cares and troubles could be lifted with a regular regimen of moderate-intensity weight training.

Researchers at the University of Florida, Gainesville, divided 51 men and 33 women into three groups: One group performed four

exercises at 50 percent capacity, a second group performed the same exercises at 80 percent, while a third control group watched a video on resistance training.

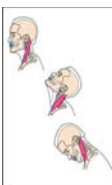
Anxiety levels and mood states, blood pressure and heart rate were assessed at regular intervals throughout the sessions, with the greatest reductions in anxiety seen in the moderate-resistance exercise, three hours after the workout was completed.

Higher-intensity exercise did not significantly improve anxiety, nor did watching the video.



Overcoming Discomforts

From minor discomforts to great annoyances, cycling, like all physical activities, comes with growing pains. Taking the time to identify and address the source of the discomfort will help prevent imbalances.



Neck

- Check alignment of head.
- Is your head in neutral position?
- The average head weighs 14lbs: if the head is not maintained stacked over shoulders, neck strain can occur.



Lower Back

- Check handlebar height
- Is their back extremely rounded?
- Is the rider too stretched out?



Wrists

- Check alignment of wrist and hands.
- Is the wrist excessively flexed for long periods?
- Are the handlebars too low?
- Demonstrate neutral alignment of wrist.



Knees

- Is the bike seat height too low or too high?
- Check fore and aft position.
- Does the rider use too little or too much resistance?
- Check cadence.
- Check cleat alignment.



Feet

- Check foot placement on the pedal.
- Check toe straps.
- Check type of shoes. A soft or improperly fitting shoe may cause discomfort.
- Check cleat alignment.

These are a few areas to help you determine how to address your aches and pains. **These suggestions are not a substitute for seeking professional health care.**



Maximizing Fat Loss during Cardiovascular Exercise

Bridget Manzi

Target Heart Rate (THR) = is the number of beats the heart should beat in one minute in order to insure the body is tapping as much fat and burning as many calories as possible.

THR Formula: $220 - \text{age} \times .65$ and $.75$

i.e. 20yr old $220 - 20 = 200 \times .65 = 130\text{bpm}$
 $.75 = 150\text{bpm}$

A 20 yr old should keep his/her heart rate between 130-150 beats per minute for at least 20 to 30 minutes.

****To maximize fat loss cardio should be performed in the morning on an empty stomach, and after weight training.**

Maximizing Muscle Gains

Step #1: Find your Average Daily Caloric Intake (ADCI)

Add up all the calories that you eat in 7 days and divide by 7.

Step#2: To add mass without adding a lot of body fat multiply your ADCI by .2(20%) and add this to your ADCI.

To get lean multiply your ADCI by .2(20%) and subtract this from your ADCI.

Add mass: $\text{ADCI} \times .2 = \underline{\hspace{2cm}} + \text{ADCI} = \underline{\hspace{2cm}}$

Get Lean: $\text{ADCI} \times .2 = \underline{\hspace{2cm}} - \text{ADCI} = \underline{\hspace{2cm}}$

Step #3: Find the fat calories

Multiply your ADCI by .15(15% fat calories) $\text{ADCI} \times .15 = \underline{\hspace{2cm}}$

Step #4: Subtract the fat calories in step #3 from your ADCI in step #2

$\underline{\hspace{2cm}} - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$

(Continue on page 7)

(continued from page 6)

Step #5: Find your protein requirements
Multiply your lean body weight by 1

_____ lbs x 1 = _____

Step #6: Find protein calories
Multiply the answer to step #5 by 4

_____ x _____ = _____

Step #7: Subtract the answer to step #6 from the answer to step #4

_____ - _____ = _____

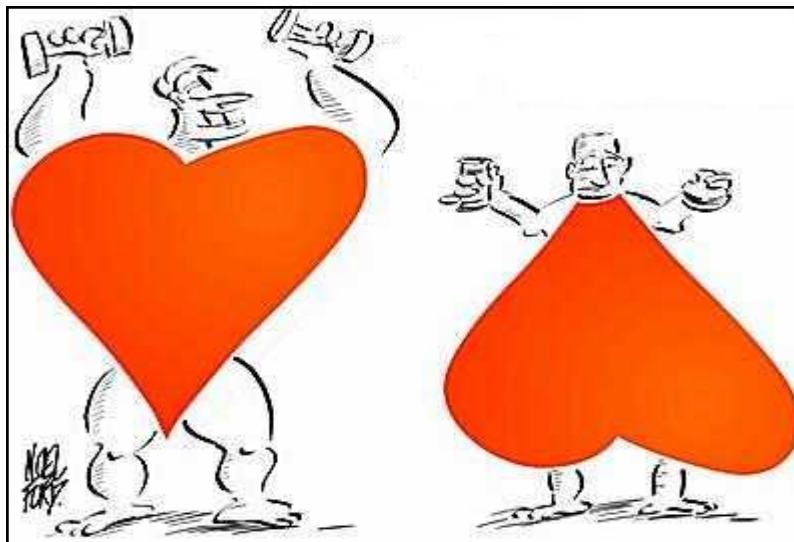
Step #8: Find Carbohydrates in grams
Divide the answer in step #7 by 4

_____ / 4 = _____

Need to Know:

1. Carbs and Proteins = 4 calories/gram and Fats = 9 calories/gram
2. Buy yourself a comprehensive nutritional book that lists the nutritional values of all the major foods and food chains.

If your workout is lagging don't look far from what you ate that day. Chances are if you're weak during a workout you either didn't give your body the necessary fuel, you're overtraining or you're getting insufficient rest.



EXERCISING YOUR HEART

Free File of the Month

Desktop Earth 2



Desktop Earth is a wallpaper generator for Windows. It runs whenever you're logged on and updates your wallpaper with an accurate representation of the Earth as it would be seen from space at that precise moment.

Images are created from high-resolution textures (2560x1280) so it's perfect for that QSXGA display - but they work on anything, even on SVGA. There is an image for every month to accurately depict snow and foliage changes, and the night view is simply stunning.

Download.com/3000-20-10513308.html

Recipe of the Month

Crock pot Turkey



1 small frozen, boneless, skinless butterball turkey breast

1/2 small packet dry Italian salad dressing mix

1/2 cup dry white wine

Place turkey in crock pot.. Pour 1/2 cup of dry white wine over turkey breast. Sprinkle turkey with meat tenderizer if desired. Sprinkle turkey with salad dressing mix. Cook on low for 8 - 9 hours.

QUOTE OF THE MONTH



"I long to accomplish a great and noble tasks, but it is my chief duty to accomplish humble tasks as though they were great and noble. The world is moved along, not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker."

Helen Keller

Iron deficiency and hair loss



Attached Hairpiece One of the most common causes of hair loss in pre-menopausal women is not hormones, but a nutritional deficiency, with depleted iron stores being one of the most important factor.

Iron deficiency is defined as having a ferritin level of under 40ng/ml or iron percent saturation under 20%. Iron is found mainly in the blood, and according to Dr Michael Sharon, author of Nutrients A-Z 'During one period, a woman will lose around 10-15 mg of iron, while throughout a pregnancy around 600-1000mg will be lost.'

Iron is the mineral that occurs in the greatest amount in the blood. The most important function of Iron in the human body is helping the production of both hemoglobin (the substance that carries oxygen within red blood cells) and myoglobin. Myoglobin is a form of hemoglobin found in muscles. Iron is also involved in the oxygenation of your body's red blood cells. It is understood that levels of iron play a significant role in various body functions, however, it is also essential for the normal growth and maintenance of hair. If the amount of energy used up by the body is not replaced by food intake, then other non-essential stores will be used up. Unfortunately, this means the hair cells as they are not a vital part of living.

You know you're a Smart Bodies Trainer When...

1. If, on a job application, under "Previous Employment," you've listed weight training and under "Hobbies" you've listed your actual previous employment.
2. If you've ever made yourself so sore that it either takes you a full minute to sit on the toilet or you have to fall down onto it.
3. If you've been banned from an all-you-can-eat buffet restaurant.
4. If you've ever broken a bone and tried to "train around it."
5. If you're buying a home and the first thing you look for is where your training equipment will go (not how big the kitchen is or if there's a furnace or running water or anything like that).
6. If you've ever mentally calculated the protein content of a piece of your own birthday cake.
7. If you'd vote for Arnold Schwarzenegger regardless of his views, policies or even what he's running for.
8. If everybody you know asks you to help them when they move because you can lift heavy things.
9. If Navy Seal training "looks like fun."
10. If you've ever had to scratch your nose in the middle of a set and you've used the weight to scratch it.
11. If you've brought skinless chicken breasts to a rock concert instead of beer.
12. If you can remember your One Rep Max for 76 different exercises but you can't remember your family and friends birthdays.
13. You've kept an old vitamin bottle for 12 years because it "brings back memories."
14. If your fridge has more than 6 cartons of eggs in it at any given time.
15. If, when you travel, you pack an extra bag just for your supplements.
16. If your marriage vows include the words "for better or for worse or for pre-contest dieting."
17. If your idea of a good leg workout is one where you work them so hard you can't take two steps without falling down after a set.
18. If you use the squat rack more for squats than you do for barbell curls.
19. If your spotter is yelling "It's all you!" and it actually is.
20. You do bicep curls with your grocery bags as you bring them in.

Keeping pace: Do TVs, iPods help or hurt your workout?



Jennifer Unruh can run a mile in two songs. "I've got it figured out," said Unruh, who moves to the beat of Van Halen and The Fray on her iPod.

"Usually, every song lasts about four minutes. I run a mile in a little over eight. So if I can get through two songs, I know I'm a mile

though my run."

Gyms are jammed with people like Unruh -- the guy on the treadmill watching ESPN, the aerobic class bouncing to "Hollaback Girl," the spinner reading *Self* magazine. Words, images and especially songs can provide inspiration for exercisers, as well as a distraction from tedium and discomfort.

Unruh, director of wellness support at the YMCA of Metropolitan Atlanta, Georgia, uses her songs-per-mile mind games as a way to keep engaged. But are those distractions good or bad for exercisers? Researchers say it cuts both ways. Yes, a dose of video or audio can inspire better workouts. But distractions can also hurt performance. In a way, music can add some static to the mind-body connection.

Since the dawn of the Walkman, headphones have been as important as sneakers to many exercisers. Jacqueline Wojtusik, an Albany-area fashion designer who wears headphones for her regular workouts, listens to disco, '80s dance, electronic -- anything as long as it has a fast beat. "If it has a higher beat per minute," she said, "then I tend to stay with that beat."

Keeping to the beat

In a 2005 study, British researchers put 18 undergraduates on stationary bicycles to pedal either to silence or to "popular electronic dance music" on headphones. Participants worked about 13 percent harder to the up-tempo music compared to silence. One of the researchers, Sam Carr, suggested in an e-mail interview that music competes with an exerciser's awareness of how hard they are breathing, or how much their legs ache.

Psychologists sometimes use the phrase "dissociation effect" to describe distractions like music and TV, and they have found it can have other benefits. Dr. James Annesi, a health psychologist

who works at the same Atlanta YMCA as Unruh, found that novice exercisers given a choice of TV or music were more apt to stick with an exercise program than those told to focus only on their exertions or people limited to one type of media. If the gyms look like media centers, that is fine by Annesi, as long as it encourages people to exercise. "The more dissociation the better, the more we can distance the people from their discomfort," he said.

Still, athletes digging deep for peak performance would do well to ditch the headphones and focus on their bodies. Studies have shown that the more distracted the athlete, the slower the times, said Ohio University psychology professor Benjamin Ogles. "If you want to maintain a high level of intensity, you pretty much have to focus on your body," he said.

This is related to the belief that noisy gadgets interfere with the intensely focused mental state many athletes refer to as "flow." For instance, visitors to the Kripalu Center for Yoga & Health, in Stockbridge, Massachusetts, are encouraged to leave the headphones behind. Jennifer Young, director of healthy living programs, said she wants to keep visitors' mind-body connections strong. Hikers at Kripalu are coached to "scan" their bodies by concentrating sequentially on their ankles, hips, shoulders and so on. Even during weightlifting -- an activity linked more to Metallica than meditation -- people are asked to visualize what their muscles are doing, or to focus on their breathing.



"Don't turn out and turn off," Young said, "because then there's that underlying signal, 'Oh, working out is something I don't want to do. I'm escaping it by doing this.'" Even Anna Fyodorova, a triathlete from New

York City who calls the iPod one of the "greatest creations made" for training, sees its limits. When other runners wore their ear buds during a recent 60 kilometer race, she decided against it. "When you're racing, you have to concentrate," she said, "you have to be totally in the moment."

Eat, drink and be merry

There's no miracle cure, but these morning essentials will keep you going until at least lunchtime



Orange juice

The symptoms of a hangover are caused by severe dehydration and low blood sugar levels. Orange juice contains fast-acting carbohydrates that will counter both.

Coco Pops

The body treats alcohol as a toxin that it must metabolise and eliminate. This requires extra vitamins and minerals, which you can get from a fortified cereal such as Coco Pops and Crunchy Nut Cornflakes. Use low-fat milk, which contains easily digested whey protein, and avoid whole milk, which can aggravate the stomach lining and make you feel like spewing.

Banana

An excellent source of potassium, which helps replace and rebalance electrolyte levels caused by dehydration.

Toasted crumpet

Full of fast-acting carbohydrates. Smother it with Marmite or peanut butter, both of which contain sodium, to boost your body's electrolyte levels.

Coffee or tea

One mug contains about 80mg of caffeine, which will keep you alert and reasonably coherent until you start boozing again.

Revival lunch

Breakfast wears off eventually. Here's what to eat to stop yourself flagging in the afternoon

Baked potato

Comfort food doesn't normally grow in the ground, but a jacket potato with baked beans and low-fat cheese is warm and satisfying yet not too rich or difficult to digest. It provides carbohydrate, protein, vitamin C and iron, which work together to improve absorption. The low-fat cheese adds easily digestible protein and calcium.

Cranberry juice

It's red, which makes it sort of Christmassy, and it reduces the danger of kidney or urinary infections by killing bacteria.

Yoghurt

Add chopped mango – it will revive a dry mouth and supply you with betacarotene to ward off the effects of dangerous drinks with umbrellas.

You should be feeling better by now. In which case it's probably time to return to the start and do it all again. Cheers!

Emergency!

Keep these in your kitchen cupboard for instant (ish) hangover relief

Isotonic drinks

The fastest way to absorb fluid, thanks to the concentration of glucose or dextrose and the addition of sodium and potassium.

Teacake

Not as comforting as a chocolate bar, but it's an ideal snack that won't send your blood sugar levels through the roof.

Veggie juice

Try a shot of vegetable juice. Arguably disgusting but



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

10 Tips to Get You Sleeping Again

If you are suffering from insomnia, there are many steps you can take to change your behaviors and lifestyle to help you get to sleep. Here are some tips.



1. **Wake up at the same time each day.** It is tempting to sleep late on weekends, especially if one has had poor sleep during the week. However, if you suffer from insomnia

you should get up at the same time every day in order to train your body to wake at a consistent time.

2. **Eliminate nicotine, caffeine, alcohol, and other stimulants.** This includes certain medications such as theophylline, beta agonists (usually as inhalers) and decongestants, especially prior to bedtime. The effects of caffeine can last for several hours, perhaps up to 24 hours, so the chances of it affecting sleep are significant. Caffeine may not only cause difficulty initiating sleep, but may also cause frequent awakenings. Alcohol may have a sedative effect for the first few hours following consumption, but it can then lead to frequent arousals and a non-restful night's sleep.

3. **Limit naps.** While napping seems like a proper way to catch up on missed sleep, it is not always so. It is important to establish and maintain a regular sleep pattern and train oneself to associate sleep with cues like darkness and a consistent bedtime. Napping too much, or for too long during the day, can affect the quality of nighttime sleep. A short nap (around 20 minutes or so) in the mid- to late afternoon can be helpful, however, and should not interfere with getting to sleep at night.

4. **Exercise regularly.** Regular exercise can improve sleep quality and duration. However, exercising immediately before bedtime can have a stimulant effect on the body and should be avoided. Try to finish exercising at least three hours before you plan to retire for the night.

5. **Limit activities in bed.** The bed is for sleeping

and having sex and that's it. If you suffer from insomnia, do not balance the checkbook, study, make phone calls, etc. while in bed or even in the bedroom, and avoid watching television or listening to the radio. All these activities can increase alertness and make it difficult to fall asleep.

6. **Do not eat or drink right before going to bed.**

Eating a late dinner or snacking before going to bed can activate the digestive system and keep you up. If you suffer from gastroesophageal reflux (GERD) or heartburn, it is even more important to avoid eating and drinking right before bed since this can make your symptoms worse. In addition, excessive drinking prior to bed can overwhelm the bladder, requiring frequent visits to the bathroom.

7. **Make your sleeping environment comfortable.**

Temperature, lighting, and noise should be controlled to make the bedroom conducive to falling (and staying) asleep. Your bed should feel comfortable and if you have a pet that sleeps in the room with you, consider having the pet sleep somewhere else if it tends to make noise in the night.

8. **Get all your worrying over with before you go to bed.**

If you find you lay in bed thinking about tomorrow, consider setting aside a period of time at night before you go to bed to review the day and to make plans for the next day. The goal is to avoid doing these things while trying to fall asleep. It is also useful to make a list of, say, work-related tasks for the next day before leaving work. That, at least, eliminates one set of concerns.

9. **Reduce stress.**

There are a number of relaxation therapies and stress reduction methods you may want to try to relax the mind and the body before going to bed. Examples include progressive muscle relaxation (perhaps with audio tapes), deep breathing techniques, imagery, meditation, and biofeedback.

10. **Consider participating in cognitive therapy.**

Cognitive therapy helps people with [insomnia](#) identify and correct inappropriate thoughts and beliefs that may contribute to insomnia. In addition, cognitive therapy can give people the proper information about sleep norms, age-related sleep changes, and help set reasonable sleep goals, among other things.

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Stephaine Capozzoli - 856-227-1410



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