



# ***SMARTER BODIES***

The Official Newsletter of Smart Bodies Personal Fitness Center

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*Editor Jim Rabic*

## Holiday Shop this year at Smart Bodies!

### *Gift Certificate Specials!*

### 3 Personal Training Sessions

**\$75.00**

3 Personal Training Sessions  
1 Nutritional Counseling  
**\$125**



# Running, Racing, & Injury Prevention Tips



## **Toe Running**

OK, lets get straight to business. I strongly believe that toe-running is the single most important thing that many runners can focus on in order to improve their running. Rather than repeating it here, go to the Toe Running section of the Training page to read my thoughts on the issue. It will be well worth your while.

## **Hill Running**

Mention hill running to most people, and they will instantly assume you mean uphill. This need not be so. The merits of uphill running are fairly obvious: improved strength, the extra aerobic work required, emphasis on better sprinting form, etc. What is not so obvious is that downhill running can be equally beneficial. It does not help that downhill running is often blamed for an assortment of injuries.

Downhill running is akin to over-speed training, i.e. the resistance work you often see sprinters doing. By lengthening your stride and increasing your turnover, you are able to run at a significantly faster and more efficient rate than you would otherwise. The key is to choose a gradual incline -- one that you feel comfortable running your hardest without feeling like you are leaning back and braking.

It is that very braking motion which causes the majority of the injuries that give downhill running such a bad name. Try to lean forward and visualize running on your toes. You will be amazed how much faster you can go with no extra effort. Practice this for a while, and you'll be the talk of the team or the running club on the next trail run!

## **Proper Rest**

Rest is a very underrated aspect of running, especially distance running. To be good at running, you must adopt a mindset along the lines of, "the harder I push, the better I will be." Well, this is good only up to a point. As a coach of mine said (specifically for summer training, but the general theory carries over into the competitive season, as well), "make your hard days as hard as possible and your easy days as easy as possible." The idea is that if your easy days are taking away from your hard days, you will merely run mediocre every day and not do the work necessary to become faster. It is the hard workouts that make you a faster runner, not the easy ones.

Personally, I am in favor of three hard workouts a week (two if one of the days is a race), with an easy day between hard workouts and races. I prefer six days a week of running, with the seventh day spent cross-training (bicycling, for example) or resting, if need be. Many people go the route of seven days a week, 365 days a year. This works for some, but breaks down many others. Find out what works for you, give the body time to get accustomed, and stick with that routine.

There is much more to rest than when and how hard to run, however. Other related things to consider are: sleep, diet, stress level, and mental preparation. All of these combine to dictate how your body will be able to react to your training regimen. You've probably heard your coach say, "two days before the race is most important." This refers to both sleep and food. Why two days before? Because the night before a race you will probably be too nervous and/or excited to sleep, anyway! By eating correctly, your body replenishes the nutrients which are burned up through exercise.

## **Belly Breathing**

With a name like that, how can you help but be curious? Belly breathing is one of the more difficult techniques to master, but is very helpful even if you are only mildly proficient. As always, here's the run-down: The idea is to maximize the amount of air drawn into your lungs with every breath. Why not call it Lung Breathing, you ask? Because, that's why. Anyway, here's how you do it. Roll your shoulders forward slightly (also known in stuffy circles as slouching) and let them relax. As you breathe in, push out with your stomach and at the same time push down and out with your diaphragm. This allows maximum room for your lungs to expand and draw in precious oxygen. If you're not sure where and/or what your diaphragm is, check an anatomy book, because I'm not quite sure either! I know it's right around the center of your chest near the bottom of the rib cage. Some help I am... Once you get comfortable with how this feels, focus on how many strides you can cover between inhales. Initially, four strides (eight total steps, two steps per stride) will probably be just about your limit, but after a little practice you should be able to reach eight strides. Give it some time, it will start to feel more natural. And if you have problems with side cramps, this technique will put an instant smile on your face.

## **Eat Your Calories, Don't Drink Them**

Some beverages are worth every calorie they contain. But others -- such as sweetened juices, teas, and sodas -- satisfy thirst, not hunger, even though they can add plenty of calories throughout the day.

"Research studies show that swallowing calories does not give the same level of satisfaction as slowly chewing food," says Connie Diekman, MEd, RD, LD, FADA, president-elect of the American Dietetic Association

For example, a 20-ounce sweetened soft drink has the same number of calories and carbohydrates as a large bagel. But while the bagel will fill you up, the soda won't, says Sass.

You could lose a pound in three weeks by simply cutting out one 12-ounce can of sweetened soda each day. Substitute a diet soda or, better yet, water (plain or sparkling) with a splash of citrus, for hydration without extra calories.

## **Don't Eat from the Bag**

Economy-sized packages can encourage you to eat more. So can eating directly from the package.

Controlling portions is the most important factor in weight control, says Diekman: "If you want to lose weight, you need to make healthy food choices and monitor portions."

Take your food out of the package and portion it into a bowl or dish to discourage overeating, she recommends.

Teach yourself what a normal portion looks like by using measuring cups or scales. You can also get an idea of portion size by using your own body: one cup is about the size of your fist, and half a cup is roughly equal to the palm of your hand.

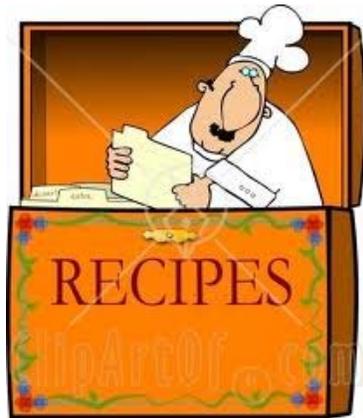
### **ABCs of Training**

**Alignment, Adaptation, Awareness of body, Avoid injury, Attention to detail**

**Breathing and relaxation, Body/mind connection, Breakthroughs in training, Balance, Being open to breaking old habits**

**Cadence, Control, Confidence, Concentration, Cycling smart**

# SMART RECIPES



## Spaghetti Squash Gratin

**Serves: 8 Active Time: 15 min Total Time: 40 min**

- 1 (2-3 lbs) spaghetti squash, halved, stem to blossom end, seeded
- 1 clove Peeled Garlic, chopped
- 1 Tbsp chopped fresh thyme
- 2 Tbsp chopped fresh parsley
- 1/2 tsp salt
- 1/4 tsp coarsely ground pepper
- 1 pkg (8 oz) creme fraiche
- 3 oz (about 1 cup) shredded Asiago cheese, divided



**Preheat oven to 450 degrees.**

Place squash, skin side up (one half at a time), on microwave-safe dish; cover with microwave-safe plastic wrap. Microwave on HIGH 10-12 min, until tender. Let rest covered 10-15 min, until cool enough to handle; carefully remove plastic wrap to avoid steam.

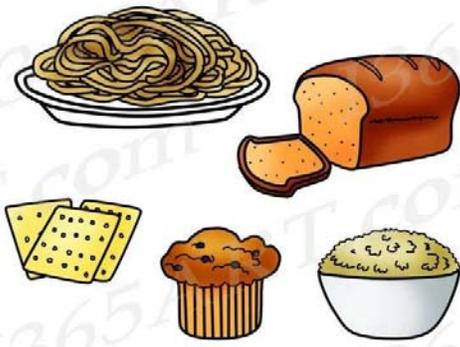
Run tines of fork lengthwise over cut surface of squash to loosen spaghetti-like strands; scoop out strands. If necessary, drain excess liquid; set aside.

Combine garlic, thyme, parsley, salt, pepper, creme fraiche, and 2/3 cup cheese in small bowl. Fold into squash; place in shallow ovenproof casserole dish.

Top with remaining cheese.

Bake 20 min or until lightly browned.

***Chef Tip: May be cooked in individual ramekins.***



# Carb Facts

When the body ingests high glycemic carbs, your body releases insulin to bring your blood sugar under control. The insulin that is released into the blood will drive all unneeded carbs and free flowing blood sugar right into storage in the liver, abdominal area, also between the skin and muscle (fat storage).

Insulin is the most anabolic hormone on the planet. It makes the body store extra carbs as energy in the muscle when needed or as fat when muscles do not need it.

First agree that weight gains that are not muscular are exactly what we don't want so pick low glycemic carbs. Whole grains, oatmeal, yams, brown rice, low carb whole grain bread, greens, and some fruits (apples, oranges strawberries & cantaloupe). Fruit juice is the same as soda because it absorbs very quickly into the blood stream sending insulin levels through the roof... Storing fat and causing havoc on your endocrine or hormone system. Believe it or not, spiking your insulin levels has a direct effect on the aging process, diabetes, cholesterol counts, blood pressure and more. Unless you use it to your advantage and spike your insulin only during those few times where you can really make gains from doing so.

The best time to spike your insulin is within 45 minutes after a resistance training workout. But remember you only have a 45 minute window of opportunity to get it done. After your body is finished working out, your muscles are starved for fuel, ATP, glycogen or simply put carbohydrates. Now by spiking your insulin you can replenish those lost energy stores helping the body not only recover quickly but helping the muscles absorb nutrients needed to grow and repair.

The rest of your diet should be rich in quality proteins and aminos, low glycemic carbs, and healthy fats. Natural peanut butter, cashews, olive oil, artichokes, fish, dairy and meats, along with flaxseed oil. The omega 3, 6, and 9 fatty acids help insulin management

# 20 BENEFITS OF WALKING 30 MINUTES A DAY

[@BELIEVEPHQ](#)



**01**  
REDUCES RISK OF HEART DISEASE



**02**  
HELPS TO MAINTAIN WEIGHT



**03**  
REDUCES YOUR STRESS LEVELS



**04**  
INCREASES YOUR ENERGY LEVELS



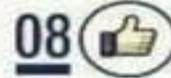
**05**  
HELPS TO BOOST YOUR MOOD



**06**  
GETS THE BLOOD PUMPING



**07**  
PREVENTS OBESITY



**08**  
CAN HELP TO REDUCE ANXIETY



**09**  
INCREASES FUNCTIONING OF THE LUNGS



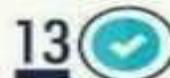
**10**  
INCREASES THE BODY'S ACCESS TO VITAMIN D



**11**  
REDUCES THE RISK OF CANCER



**12**  
CAN IMPROVE QUALITY OF SLEEP



**13**  
GIVES YOU TIME TO PRACTICE SELF CARE



**14**  
IMPROVES COORDINATION AND BALANCE



**15**  
IMPROVES QUALITY OF LIFE



**16**  
REDUCES CHANCE OF DIABETES



**17**  
WALKING CAN SPARK CREATIVITY



**18**  
STRENGTHENS BONES AND MUSCLES



**19**  
CAN IMPROVE BLOOD PRESSURE



**20**  
CAN HELP TO BOOST YOUR IMMUNE SYSTEM

