



Fitness Focus

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Fall into Fitness

Fall is in the air and soon the leaves will begin to change as will our busy schedules. Whether it's getting the kids off to school or staying busy with fall events, we seem to lose track of time and before we know it winter is here!

Though our schedules may be busy, the weather is a great aspect of the changing seasons. It is a perfect time to take those evening walks after dinner or a cool brisk walk in the morning to start the day, even if only for 20-30 minutes. A walk out in nature is not only good for the body, but also good for the mind and spirit. Even with busy schedules it is important to still plan personal time or time with the family to unwind from the busy fall days. Exercise is known to be one of the best ways to relieve stress.



Here are a few tips for fall fitness:

- Wake up an extra 20-30 minutes earlier and go for a quick morning walk before work or daily events
- After dinner, take your family or friends outside and play a game out in the grass or go for an evening bike ride.
- Take a 10 minute stretch break in the middle of the day and step outside to get some fresh air.
- Try a new activity or change up your current workout program, remember...fall is a great time for change!
- Go for a fall hike on one of the many great trails along the Poudre River or Horsetooth Mountain Park and see the beautiful fall colors

--Alyssa Davis

STRESS BUSTER:

The 24-Hour Rule – when you are feeling overwhelmed with a seemingly endless to-do list, sit back and take it 1 day at a time. Focus only on what needs to be done by the end of the day. By zeroing in on a single day, you can feel a sense of accomplishment when evening comes and get a good nights rest so you can be prepared for another busy day!

Contact Us

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Spotlight On...HIKING



DID YOU KNOW???

There are over 200,000 miles of hiking trails in the United States!

It has finally cooled down a bit and it is the perfect time to get out and enjoy nature in Colorado. What if for little to no cost at all, you could get the same benefits of spending a few hours at the gym? Hiking is a combination of walking, climbing, weight training and aerobics...an all-in-one sport! One of the best reasons to give hiking a try is that you can get a great workout at any level! There are trails all over the place ranging from short flat hikes, medium distances around a peaceful lake, or long strenuous all day climbs. When you give hiking a try, remember to be safe...always keep plenty of water with you and a snack, and be prepared for bad weather. You also want to take care of your body. Warm up slowly, and try not start off your hike on an extreme uphill. Warm up, and do some good leg stretches before you set off on your journey. Most of all, remember to have fun! Hiking is a great way to spend time with family and friends of all ages while getting a great work out at the same time!

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:alyssa@ontherunfitness.com)

Reader: My kids just started school again and I'm so busy with getting them and myself ready to go in the morning, our nutrition is going down the drain! How can we stay healthy when we are so busy?



- HELP!

Alyssa: Dear HELP, changing of schedules and more activities always pose a challenge for our diet habits. But you CAN keep your family healthy this fall...all it takes is a little planning!

Sit down sometime each weekend and think about the healthy meals, lunches and snacks that you would like to have this week. Make a shopping list filled with fresh fruits and veggies, sandwich and salad

fixings and ingredients for your dinners. Make one single shopping trip and stick to the list! Try to pre-prepare as much food as you can before the week, especially if you are always crunched at dinner time. Cook up some meat and stick it in the freezer or pre-chop some of your salad toppers. If you are feeling really ambitious, you can freeze an entire meal!

For your kids and yourself, pack lunches the night before. That way you are not so rushed in the morning and don't end up hitting the drive thru instead.

Keep portion controlled snacks like a protein bar, dried fruit, or trail mix in individual packets at easy access so you always have a healthy option when a craving strikes.

And remember, water is essential! It keeps you hydrated, increases energy and helps flush out toxins while carrying nutrients to our cells. Give each family member their own water bottle to keep with them all day through work, school or play!

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 more than 15 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!

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