



# Fitness Focus

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## In This Issue

- Feature article:  
*Forging Ahead- Five Fab Ways to Stay Motivated!*
- Color Therapy- *Eating Your Way Toward Mental Wellness*
- Making your Cake and Eating it Too!
- Sergeant Says
- Talk to the Trainer – *To Cleanse or Not to Cleanse*
- Bingers Beware!- *The Carbohydrate Binge Cycle*

## Our Website

[Ontherunfitness.com](http://Ontherunfitness.com)

## Our Favorite Websites



## *Forging Ahead and Staying in the Game... Five Fabulous Ways to Stay Motivated*

Kori L. Propst, MS, LPC

So you have rediscovered your spirit and love for all that is fitness related. You may have done some research after reading the last article and found a vacation spot that caters to your interests and have already booked your trip! Or you are working toward getting to know yourself a little better and searching, with the help of friends and family, for what may be your optimal strategies for reigniting your fitness fire. Either way, the next step is to identify methods of **sustaining** your interest and staying motivated to continue your journey.

On my way home from my training camp, I made a list of the most inspirational and memorable take-home messages I had received while away. For example:

1. Increase exercise intensity by incorporating yo-yo sets into routine.
2. Pre-workout meal is highly important for workout.
3. Do not lock out knees when doing the leg press.

These were to become some of the staples in my current routine, as well as aspects of my personal training that I would pass on to some of my clients. I made a plan as to how I would begin incorporating them.

For many of you, it is merely the prospect of exercising that is difficult to wrap your mind around. You may never get excited about working out, so having a goal to achieve is of the utmost importance. The bottom line—you have to just do it. The old Nike slogan is true. Now I know it is easier said than done, but don't despair. Keep reading for five fabulous ways to stay motivated in getting through your workout!

1. **Review your goals EVERY DAY:** Wake up and review them. Then go through them again before falling asleep. You have to live and breathe them. Put post-its in your car, in your office, wherever you are!
2. **Visualize:** Positive imagery has been shown to increase success in sports related activities. Two specific examples come to mind in which I have used imagery to meet a goal: 1) when I was in college I had to take a timed typing test- a week before it was scheduled I would go to bed and visualize my fingers floating across the keyboard with no mistakes. I passed the test with a greater typing speed than I had set out to accomplish; 2) in 8<sup>th</sup> grade when I was in gymnastics I was having the worst time learning how to complete a back walkover—one night as I drifted off to sleep I started imagining myself completing them perfectly, toes pointed, legs long and straight, graceful. No fooling, the following day's practice had me performing back walkovers like Mary Lou Retton! (Okay, maybe not that well, but I was doing them!) Prepare for your workout ahead of time and visualize yourself finishing stronger and better than the last time!
3. **Reward yourself....or put consequences in place:** When you complete your workout, allow yourself a small indulgence. Some ideas: watch your



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favorite television show (some of my clients Tivo their favorite shows and then watch them when they've accomplished their workout goal. The Biggest Loser seems to inspire them to continue their hard work!); add some new songs to your Ipod; read your book or your new fitness magazine that just came in the mail; spend some time with family; or set aside some money to add to the collection you have going for your new fitness equipment purchase. As for consequences: if you skip your workout, you must give up \$20 to spend on car/home repairs. Have someone else monitor the money!

4. **Develop a support system:** I often ask my clients who they have in their lives that can provide support for their efforts. Who can they rely on when they are struggling to get motivated, and what can that person say to crack the whip? You might think about getting involved in a fitness forum on the web or getting a workout partner that can both push you and encourage you!
5. **Pump up the jam!** Turn up the music and get pumping! Music is a powerful motivator and can transport you to another place and time. It can get you into the zone, and before you know it, you're done with your workout!

I'm interested in hearing from readers the strategies they use to keep themselves in the game. Please email me at [kori@ontherunfitness.com](mailto:kori@ontherunfitness.com) and share your ideas—many others may benefit from your methods of motivation!

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## Color Therapy: Eating Your Way Toward Mental Wellness

Kori L. Propst, MS, LPC

The health triad—physical exercise, nutrition, and mental wellness—comes with thought, consistency, support, planning, and knowledge. The amount of effort we are willing to devote to learning about how to implement each of these important aspects dictates how successful we will be in achieving optimal health. Because exercise affects our brains, and our nutrition impacts our mental clarity and health, does it not make sense that we would combine the two for achievement of the third? Without one operating efficiently, the other fails to work. Studies show that as our fitness level increases, our antioxidant defense system improves. Cardiovascular exercise actually produces free radicals (oxygen particles that cause damage when they react with cell membranes and protein); however, as your training increases, so does the body's defense mechanism, providing antioxidant therapy!

So how do we optimize our nutrition to compliment our exercise? We eat the rainbow, as well as whole grains, nuts, and seeds. One of the tastiest and most effective methods is by incorporating more berries into our diets. Dark berries with rich color hues have powerful antioxidant effects in our bodies protecting us from various diseases, environmental stresses, and age-related conditions like dementia and Alzheimer's. Polyphenols, the chemical substances found in brightly colored fruits and vegetables, have demonstrated a strong role in the prevention of certain cancers, cardiovascular disease, osteoporosis, and diabetes. Foods that are cancer protective also include: garlic, ginger, soybeans, carrots, cilantro, celery, parsnips, parsley, onions, citrus fruits, tomatoes, broccoli, cauliflower, cabbage, brussel sprouts, whole wheat, brown rice, and pepper.

Blueberries; strawberries; grapes; apples; red, green, yellow, and orange bell

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peppers; broccoli, and spinach are all great examples of colorful, antioxidant filled powerhouses.

Go to the National Cancer Institute website to access a chart that describes the food sources of common antioxidants:

[www.cancer.gov/newscenter/pressreleases/antioxidants](http://www.cancer.gov/newscenter/pressreleases/antioxidants)

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## *Making your Cake and Eating it Too*

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

I love food. Anyone who knows me is well aware of this. Especially when I have changed my macronutrient ranges around and am preparing for a competition, I love to talk about food and various recipes that I have concocted that fit within my nutritional needs at the time.

Desserts are not on the menu often for me, no matter what. For one, I don't crave sweet things often; and two, most baked goods are laden with unhealthy fats and an over-abundance of sugar. When I eat I think, "how can I get the best bang for the buck?"

Nonetheless, with Valentine's Day around the corner, I thought some of you might be interested in a healthier recipe for dessert that can be made easily and quickly to accompany the healthy dinner you'll be making your sweetheart at home! Who needs to brave the crowds and fill their stomachs with something not prepared with love, right? Satisfy the palate with this recipe borrowed from the South Beach cookbook.

### **FLOURLESS CHOCOLATE CAKE WITH ALMONDS**

*From the South Beach Diet Cookbook*

Makes 12 servings

#### **Ingredients**

2 tablespoons trans-free margarine or unsalted butter  
1 tablespoon unsweetened cocoa powder  
½ cup blanched almonds  
½ cup sugar  
3 oz. bittersweet chocolate  
½ cup fat free sour cream  
¼ cup sugar substitute  
2 egg yolks  
1 teaspoon vanilla extract  
¼ teaspoon almond extract (optional)  
5 egg whites, at room temperature  
¼ teaspoon salt  
1 tablespoon toasted slivered almonds (optional)

#### **Directions**

Preheat the oven to 350 degrees F  
Generously coat a 9" springform pan with 2 teaspoons of the margarine or butter and dust with the cocoa powder. Do not tap out the excess cocoa; leave it in the pan.

In a food processor, combine the blanched almonds with 2 tablespoons of the sugar. Process until finely ground.

In the top of a double boiler over barely simmering water, melt the chocolate and the remaining 4 teaspoons butter, stirring occasionally, until smooth. Remove from the heat. Place the chocolate mixture in a large bowl. Add the almond mixture, sour cream, sugar substitute, egg yolks, vanilla extract, almond extract, and ¼ cup of the remaining sugar. Stir until well blended

In a large bowl, with an electric mixer on high speed, beat the egg whites and salt until frothy. Gradually add the remaining 2 tablespoons sugar, beating until stiff, glossy peaks form.

Stir one quarter of the beaten whites into the chocolate mixture to lighten it. Gently fold in the remaining whites until no white streaks remain. Place in the prepared pan. Gently smooth the top.

Bake for 30 minutes, or until the cake has risen, the top is dry, and a wooden pick inserted in the center comes out with a few moist crumbs.

Place the pan on a rack and cool until warm. The cake will fall dramatically. Loosen the edges of the cake with a knife and remove the pan sides.

Sprinkle with the toasted almonds, if using.

*Top with strawberries to increase the antioxidant content!*

#### **Nutrition Information (without strawberries)**

**Per Serving:** 150 calories; 9 g fat; 0g saturated fat; 5g protein; 14g carbs; 1g fiber; 35 mg cholesterol; 95 mg sodium

## **Sergeant Says “LISTEN UP MAGGOTS!!!”**

Top Ten reasons YOU should attend Boot Camp 180:



**10.** Fact: In January, the average Boot Camp 180 participant lost 8 lbs. and significantly increased his or her fitness level.

Sergeant Says: “How much flab did you lose last month?”

**9.** Fact: You get a free water bottle and a T-Shirt.

Sergeant Says: “We know you like free stuff, that’s why you keep falling for the USELESS free month of membership at the gym!”

**8.** Fact: All Boot Campers receive month-long access to a personal trainer committed to their success.

Sergeant Says: “That is less than \$15.00 a day...put DOWN the Doritos!”

**7.** Fact: At Boot Camp 180, you will walk out a stronger, firmer person four weeks after you walk in.

Sergeant Says: “You have allowed yourself to turn into a lazy bag of atrophy!”

**6.** Fact: The average Boot Camper burns 800+ calories per class.

Sergeant Says: “You only burn 2 calories picking up your remote!”

**5.** Fact: People of all sizes, shapes, ages and fitness levels find success at Boot Camp 180.

Sergeant Says: “Better start soon, Mr. Potato Head...your kids just tried to pin arms and legs on you!”

**4. Fact:** The average person needs accountability and education from an external source to be successful with his personal fitness and nutrition.  
Sergeant Says: "You plan your own meals and exercise? That's like the town drunk teaching drivers ed!"

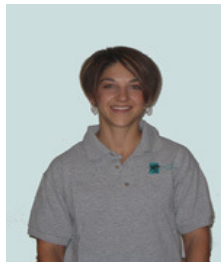
**3. Fact:** The average person in this country is overweight.  
Sergeant Says: "Just 'cause everybody else looks like a sea lion when they try to do a push-up doesn't mean you gotta!"

**2. Fact:** A major reason people don't get healthy is because they make excuses.  
Sergeant Says: "What do YOU have...a thyroid problem, children at home, you travel for work, a busy schedule, a slower than average metabolism, a really comfy sofa???? CRY SARGE A RIVER! We're all busy, we all work hard, and we all have obstacles! Fit people don't make excuses; they make it work. Don't make me prove it!!!"

**1. Fact:** It is never too late. You can start tomorrow morning.  
Sergeant Says: "Your gut lops, your butt flops, and your body fat percentage never drops. GET IN HERE!!!"

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## 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've purchased one of your meal plans, and I really feel great eating the clean foods on there. I understand now too why you have me eat 5-6 times per day also—I always have energy! I recently had my cheat meal though, and it kind of turned into more of a last half of the day cheat! I really overate on pizza, and I think I've always had a touch of lactose intolerance. I'm feeling pretty blocked up and am thinking I'd like to do a "cleanse." What do you think?

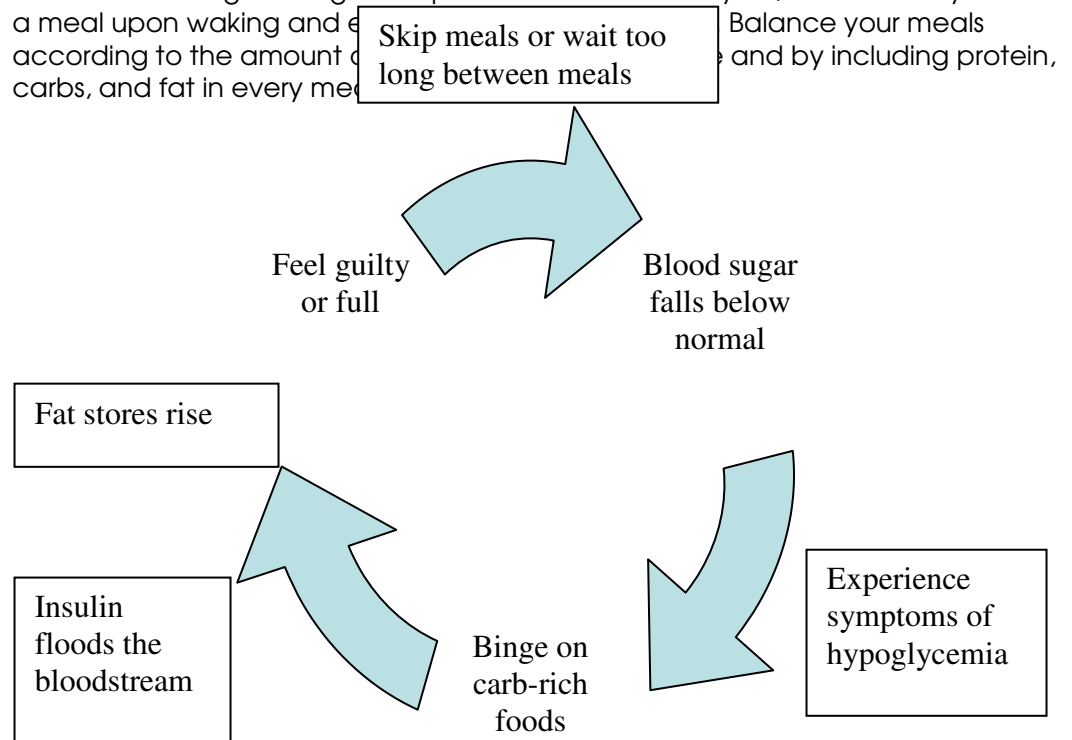
### Dear Reader,

Well, right when I saw the word "cleanse" I cringed! What worries me about these cleanses ( and I'm not positive on what type of cleanse or what exactly it would entail ) is that you aren't eating, you become low energy and lethargic, and you scare your body AGAIN by subjecting it to MORE abnormal and unhealthy behavior, just like when you gorged on the pizza. Your body is striving right now to find normalcy, to become regular again. The best thing you can do is get right back on your meal plan. You said you are enjoying and reaping the benefits of eating the clean foods on the plan. These foods will help your body find its way back to a comfortable place. This is the ONLY cleanse you need!

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## Carbohydrate Binge Cycle

When working toward losing body fat, you must watch your total calorie intake (protein, fat, and carbohydrate consumption), as well as meal frequency. By eating small, frequent meals, your blood sugar stays more level, and your brain gets adequate energy. Glucose, which comes from carbohydrate breakdown, is the only source of fuel for the brain. If blood sugar levels dip too low, you experience hypoglycemia (hypo-low; glycemia- blood sugar). The symptoms are unpleasant, and they are your body's way of telling you that you waited too long to refuel, and your brain has switched to fat storage mode. You also will not be able to sustain strong workouts, maintain energy levels, or progress toward a fitness goal. Often hypoglycemia can lead to the carbohydrate binge cycle: over-consumption of carbohydrate-rich foods, leading to a flooding of insulin into the bloodstream and an increase in fat storage. You might wait to eat again for a long period of time as you initially feel full and guilty from the binge, and that time span allows for another large dip in your blood sugar, hypoglycemia, and another binge. You get the picture. To avoid this cycle, it is necessary to eat a meal upon waking and according to the amount of carbs, and fat in every meal.




## On The Run Fitness



### **On The Run Fitness owners- Matt Biedron & Kris Barrow**

Matt and Kris are both Loveland residents 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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