



Fitness Focus

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Our Website

Ontherunfitness.com

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**BREAK ON
THROUGH!
A Complete**

Rediscover Your Spirit Kori L. Propst, MS, LPC

Some might say I am a sick and twisted individual. Others might say I'm just crazy. Many may attribute my love of soreness and workout fatigue to a genuine desire to reach my ultimate goal of becoming a fitness pro. Those of you who know me are well aware of my passion for fitness, wellness, nutrition, and everything that a healthy life encompasses. You understand my goals, my desires, and the meaning that underlies each and every painful rep that I put my tired muscles through...and yours! At times, however, my motivation wanes, and the fire that is typically ignited when I shove on my cap and Velcro my lifting gloves, can barely make a spark. I saunter around the gym, taking long rests between sets, day-dreaming about my to-do list, and dreading the beginning of my next exercise. Granted, this does not happen often, but when it does, it's a wake-up call to make a change!

I am adept at setting goals for myself and being creative about setting my sights on things that I know will motivate me to push harder, to rest more fully, to eat more cleanly. Most recently I knew I needed a pick-me-up when I was contemplating sleeping in instead of getting up at 4:30 to get to the gym, when I would actually consider skipping my planned cardio workout, and when my thoughts about food were negative and careless. My normal routine of jumping out of bed with excitement about getting to the gym, anxiously shoving my ear phones in to blast my iPod during hill sprints, and carefully measuring for meticulous detail in prepping my meals had turned into mundane, lack-luster, boredom! I needed something fresh to re-generate my passion!

What did I do? I attended a training camp! You guessed it...I got my butt kicked by natural bodybuilding professionals to get fired up to continue on my own! It was exactly what I needed. For two glorious days I was put through intense training and surrounded by my peers who also compete in fitness and bodybuilding shows. I learned the techniques of each pro, how they train for maximal effectiveness, and what their mindset is when they hit the gym. To be among individuals with similar passions and to share our excitement for the sport and the intensity it takes to excel was an amazing experience. I came back, albeit reluctantly, to find myself refueled and rejuvenated.

Attending a training camp may not be on the top of your list for recapturing your motivation, but there are many options and opportunities that exist. We all need a pick-me-up now and then. Consider these options for finding your spirit again!

1. **Fitness Retreat:** retreats exist for fitness enthusiasts (or aspiring fitness junkies) of all kinds (yoga, tai chi, Pilates, golf, weight loss, boot camp, meditation, etc). Check out these websites for ideas in Colorado:

www.wyndham.com (Wyndham Peaks Resort & Golden Door Spa, Telluride, CO)
A mountaintop ski, summer and spa resort set at 9,500 feet overlooking the rugged San Juan Mountains. Get outside for hiking, mountain biking, horseback riding, rock climbing, cycling and swimming. Come inside for a high-tech fitness center and the Golden Door Spa. Cost From \$215. Reservations (970) 728-6800 or (888)772-4584.

www.broadmoor.com (The Broadmoor, Colorado Springs, CO)

Guide to Physical Transformation and Lifestyle Fitness

www.hanawaltphotography.com

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Grande-dame mountain resort and spa set on 3,000 acres with views of the Rockies. Get outside for hiking, cycling, mountain biking, golf, tennis, fly-fishing, swimming and more. Come inside for the high-tech fitness center, European-style spa and spa cuisine. Cost From \$190. Reservations (800) 634-7711 or (719) 634-7711

www.shambhalamountain.org (Shambhala Mountain Center, Red Feather, CO) [Learn how to meditate](#), delve into the wisdom teachings of [Tibetan Buddhism](#), stretch beyond your limits in a [yoga retreat](#) or practice mindfulness in one of our [contemplative arts programs](#). And if R&R is what you are seeking, consider one of our relaxing, rejuvenating [Retreat & Renewal weekends](#). Discover this and more at our pristine 600-acre mountain valley meditation retreat center, a sanctuary and training ground for body, mind and spirit.

2. **Change your workouts around!** Instead of doing weights first, do cardio. Instead of lifting in the 15-20 rep range, lift in the 8-12 range. Instead of doing the treadmill, take a spinning class! Incorporate supersets (one exercise right after the other with no rest in between) or tri sets or even giant sets!
3. **Get a training partner!** You won't believe how having someone to work out with can take your motivation to new heights! Be sure to find someone with similar goals and fitness levels.
4. **Hire a trainer!** Not only can they provide you with new and creative exercises, but they can provide a level of stimulation during your workouts that can push you to that next level! If your trainer has a physique that you would like, being in the presence of what you aspire to be can be tremendously motivating.
5. **Take your workouts outside!** Not only do you get a change of scenery, but you also encounter more obstacles. Going outside can boost your intensity and calorie burn because of increased muscle recruitment to aid in balance on uneven terrain.
6. **Join a club!** Clubs exist for running, swimming, yoga, meditation, etc.
7. **Take a class!** Want to learn more about the benefits of eating organic? How about getting a group of friends together to take a cooking class? www.healthinfosource.com is great resource for those in Fort Collins looking to get involved.
8. **Do some research and get out there!** Look into www.americanhiking.org, www.trailrunner.com, www.dirtworld.com, or www.bouldering.com

Fitness should be fun! If you have lost your usual spirit for movement, consider trying something different and/or set a new goal to foster excitement. If you have a trainer, speak with him/her about what might be appropriate for you!

Are You SAD? Kori L. Propst, MS, LPC

As the winter days drag on...and on...and on....and the sun seems to peek out ever so briefly from behind the gloomy clouds hovering in the sky, do you notice a looming feeling of fatigue? Are you sleeping more, eating more, and experiencing a sense of anticipatory anxiety or cabin fever about the arrival of summer? A number of my clients have approached me recently about their feelings of listlessness, of feeling "blue" and unmotivated. Hmm...there is a theme here it seems. Many of us, myself included, are affected emotionally by the weather and seasons. Most often it is the winter months that leave us feeling tired and less energetic, and this is normal. For those who experience more severe symptoms, for example, feelings of depression, loss of interest in otherwise enjoyable activities, and withdrawal, Seasonal Affective Disorder (SAD) may be

the cause.

SAD is a cyclical condition, as it comes and goes at the same time every year. Late fall and early winter are the most common seasons in which SAD symptoms appear. Some individuals have shown symptoms at the onset of spring or summer, however. As the season progresses, symptoms like those listed below can start out mild but become progressively more severe.

Symptoms of Fall and winter SAD (winter depression):

- Depression
- Hopelessness
- Anxiety
- Loss of energy
- Social withdrawal and increased sensitivity to social rejection
- Tendency to oversleep
- Loss of interest in activities you once enjoyed
- Appetite changes, especially a craving for sweet or starchy carbohydrates
- Weight gain
- Difficulty concentrating and/or processing
- Heaviness of the limbs

Symptoms of Spring and summer SAD (summer depression)

- Anxiety
- Insomnia
- Irritability
- Agitation
- Weight loss
- Poor appetite
- Increased sex drive

Symptoms of Reverse SAD (mania or hypomania (less intense than mania) instead of depression)

- Persistently elevated mood
- Increased social activity
- Hyperactivity
- Unbridled enthusiasm out of proportion to the situation

A few theories exist as to the cause of Seasonal Affective Disorder. Like depression and other mental health conditions, SAD can appear as a result of a combination of factors including age, environment, chemical make-up, and genetics. With the change in seasons and amount of sunlight, your body's circadian rhythm (its internal clock) may be disrupted; your serotonin levels may drop due to reduced sunlight; and the amount of melatonin in your system may increase, with a concomitant increase in sleep, due to the longer hours of darkness.

So what do you do? If you find that your quality of life is suffering, that a majority of the areas of your life are impacted, and you are experiencing significant changes in sleep patterns, appetite, and mood-regulation, you should see your physician. For true SAD sufferers, light therapy is prescribed, sometimes in conjunction with medicine and behavior therapy. If your symptoms are not that serious, and/or you would like to prevent them, try these strategies:

1. **EXERCISE:** relieves stress, decreases anxiety, and promotes feel-good hormones

2. **GO TOWARDS THE LIGHT:** open your curtains and remove plants or other items that block light from coming into your home
3. **GO OUTSIDE:** take a 10 minute walk on your lunch break just to soak up some sun (if it's out)
4. **SLEEP WELL:** get enough zzz's, make your sleep patterns consistent, and practice relaxing to decrease stress
5. **PRACTICE STRESS MANAGEMENT TECHNIQUES:** try deep breathing, take time to meditate or get involved in yoga, exercise, or stretch

According to the American Academy of Family Physicians, as many as 1 million individuals in the US suffer from winter depression each year, with another 10-20% developing SAD. If you aren't feeling quite like yourself during these long winter months, you are not alone. Should you feel that your symptoms are intolerable, don't hesitate to consult your doctor.

Sergeant Says



What goes into making a car? Steering wheel, tires, seats, a carburetor, etc. You can buy those parts, but could you build the car? The same rules apply to fitness. You know you need to exercise, eat right, stretch, etc. You can do those things, but do you know how to structure them to be effective? Exercise and nutrition is a science, and our country's fitness level is proof that people aren't doing very well trying to build their own fitness and nutrition programs.

You may want to consider a professional program to help you reach your goals. Answer the following questions to determine if you know what you are doing. If you can't give specific answers to these basic questions, consider joining Boot Camp 180:

1. Do I yo yo with my weight, diet and exercise?
2. Do I have trouble reaching and maintaining my goals?
3. How many calories am I currently eating per day, and how many should I be eating to maintain my current body weight?
4. Do I understand the specific roles and importance of carbohydrates, fats, proteins, vitamins, and minerals in my diet?
5. What should my target heart rate zones be for fat loss or cardiovascular benefit?
6. How many sets and repetitions should I be doing with my resistance training, and how much rest should I be taking between sets?
7. What amount of weight should I be using for muscular strength, endurance, or fat loss benefits and at what tempo should I be moving the resistance?
8. How many times should I be exercising per week with cardiovascular and/or weight workouts? How much rest should I be giving my body in between workouts?

9. How should I vary my workouts to avoid performance plateaus?
10. Am I doing the proper exercises with proper form to prevent injury, improve posture, and feel my absolute best?
11. Specifically, why am I doing what I am doing and what can I expect as an end result?

Beet it, Just Beet it!

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

Just Beat It, Beat It, Beat It, Beat It
No One Wants To Be Defeated
Showin' How Funky Strong Is Your Fight
It Doesn't Matter Who's Wrong Or Right
Just Beat It, Beat It, Beat It, Beat It, Beat It

C'mon, sing along! You know you want to. Eating should be fun, right? Not only can you make music with your food, but you can savor the flavor and the magnificent nutrition you are getting from your clean eating. Try this beet recipe for a party in your mouth!

Skip the olive oil and use reduced fat feta to decrease the fat content!

Lentil and Beet Salad with Feta

4 servings
Preparation Time: 15 min
Cooking Time: 10 min

Ingredients:

- 2 cup cooked brown lentils
- 8 cooked whole baby beets, peeled
- 3 1/2 oz feta cheese, cubed
- 1 cup mint leaves, washed
- 2 Tbsp red wine vinegar
- 1 Tbsp olive oil
- 1 freshly ground black pepper, to taste
- 1 bag baby spinach

Directions:

Combine lentils, beets, feta cheese and mint leaves in a large bowl. Sprinkle vinegar, olive oil and black pepper over.

Serve on a bed of spinach leaves.

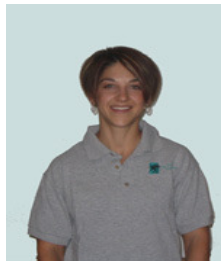
Nutrition Facts (per serving):

Calories: 259 Fat: 8.5 Protein: 15 Carbs: 30 Chol: 15mg

Sodium: 915mg Saturated Fat: 3 Fiber: 3

Beets are high in folic acid (great for women in their childbearing years and those who are pregnant); high in potassium, calcium, and antioxidants! Enjoy!

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 been hearing a lot about the B vitamins. I like to watch Dr. Oz, and he has been stressing their importance lately. What are they, what do they do, and why do I need them?

Dear Reader,

The B vitamins are water soluble and are involved in cell metabolism. There are eight B vitamins (B1-B3, B5-B9, and B12). Each has a different name and the effects of deficiency vary. Many foods have the B vitamins in them, but you can also consume a B Complex supplement, which contains all 8 of the B vitamins. They include:

- [thiamine](#) (B1)- essential for the heart, muscles, and nervous system; found in fortified breads, cereals, pasta, whole grains (especially wheat germ), lean meats (especially pork), fish, dried beans, peas, and soybeans; Dairy products, fruits, and vegetables are not very high in thiamine, but when consumed in large amounts, they become a significant source
- [riboflavin](#) (B2): important for body growth and red blood cell production and helps in releasing energy from carbohydrates; Lean meats, eggs,

legumes, nuts, green leafy vegetables, dairy products, and milk provide riboflavin in the diet. Breads and cereals are often fortified with riboflavin.

- [niacin](#) (B3): assists in the functioning of the digestive system, skin, and nerves. It is also important for the conversion of food to energy; found in dairy products, poultry, fish, lean meats, nuts, and eggs. Legumes and enriched breads and cereals also supply some niacin.
- [pantothenic acid and biotin](#)(B5): found in eggs, fish, milk and milk products, whole-grain, cereals, legumes, yeast, broccoli and other vegetables in the cabbage family, white and sweet potatoes, and lean beef
- [pyridoxine](#) (B6): assists in synthesis of the neurotransmitters serotonin and norepinephrine, and for myelin (the fatty sheath surrounding nerves) formation; found in cereal grains, legumes, vegetables (carrots, spinach, peas), potatoes, milk, cheese, eggs, fish, liver, meat, and flour.
- [cyanocobalamin](#) (B12): helps make red blood cells and keeps your nervous system working properly; found in eggs, meat, poultry, shellfish, milk, and milk products
- [folic acid](#) (B9): helps the body make healthy new cells; found in leafy green vegetables, fruits, dried beans, peas and nuts. Enriched breads, cereals and other grain products also contain folic acid.

The B vitamins are essential for:

- The breakdown of carbohydrates into glucose (this provides energy for the body)
- The breakdown of fats and proteins (which aids the normal functioning of the nervous system)
- Muscle tone in the stomach and intestinal tract
- Skin
- Hair
- Eyes
- Mouth
- Liver

On The Run Fitness



On The Run Fitness owners- Matt Biedron & Kris Barrow

Matt and Kris are both Loveland natives 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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