



# Fitness Focus

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## Our Website

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

## Our Favorite Websites



## Exercise Yourself Young

Alyssa Davis BS, *Personal Fitness Trainer*

**Exercise can be key to feeling young and reducing common signs of aging! Studies show that “following an active lifestyle is an effective way to achieve healthy aging”. (*Archives of Internal Medicine 2005*) and that “almost all older adults regardless of age or condition, can safely improve their health and independence through exercise and physical activity.” (*National Institute on Aging*)**

## Top Signs of Aging

- Muscle mass decreases.
- Fat increases as a percentage of body weight.
- Strength, energy and speed of the body decreases.
- Metabolic Rate (metabolism) decreases.
- Aerobic Capacity, the capacity to process oxygen, decreases
- LDL Cholesterol ("bad" cholesterol) and triglycerides increase, and HDL Cholesterol ("good" cholesterol) falls.
- Blood pressure increases.

**Exercise can combat all of these signs!! By doing resistance training and lifting weights, you can maintain or even increase your lean muscle mass while building strength. This lean body mass can help jumpstart your metabolism too! Performing aerobic exercise like walking, swimming and biking can help your body maintain aerobic capacity and improve cholesterol counts. Just staying active in general; regularly increasing your heart rate and doing weight bearing exercises can decrease body fat, provide energy and improve blood pressure.**

**Though we may be healthy now, think of what a little exercise can do to make your later years more enjoyable? Take the time and discover the fountain of youth!**

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## H<sub>2</sub> - Oh!!!

### Who knew water could be so interesting?

1. Roughly 70 percent of an adult's body is made up of water.



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2. Water helps to maintain healthy body weight by increasing metabolism and regulating appetite
3. Water leads to increased energy levels. The most common cause of daytime fatigue is actually mild dehydration.
4. Water leads to overall greater health by flushing out wastes and bacteria that can cause disease
5. A healthy person can drink about three gallons (48 cups) of water per day
6. Soft drinks, coffee, and tea, while made up almost entirely of water, also contain caffeine. Caffeine can act as a mild diuretic, preventing water from traveling to necessary locations in the body.
7. By the time a person feels thirsty, his or her body has lost over 1 percent of its total water amount.
8. The weight a person loses directly after intense physical activity is weight from water, not fat.
9. As the body reaches adulthood, water demands decrease slightly in proportion to body size, but it is still important for women to consume about nine cups of water and men to consume about 13 cups each day.
10. Regardless of the amount of activity, it is important to remember to drink water before, during, and after exercise to prevent dehydration and fatigue.

-Alyssa Davis

Source: [www.allaboutwater.org](http://www.allaboutwater.org)

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## Spotlight On: The BOSU Ball



So, there is a new piece of equipment popping in to many gyms and training centers. You may have seen this strange new "half-ball" at your gym and wondered what the heck it was and what you could do with it!

Today your questions are answered. First of all, "What is it?" It is called a BOSU ball, standing for "Both Sides Utilized" which can start to explain the second question, "What do I do with it? There are numerous ways the BOSU ball can benefit you. It is often used for balance training. When the dome side faces up, the BOSU ball provides an unstable surface while the device remains stable. This combination of stable/unstable allows a wide range of users, from the young, elderly, or injured to the elite level athlete.

Pretty much, no matter who you are, you can have fun with the BOSU ball and reap the benefits. Exercises can also be performed with the dome side down to create an



even more unstable surface. Standing exercises can be performed on either side to help engage the core and improve balance. It can also be used as a step for aerobic exercises with the dome side up. The BOSU ball is also a great place to do ab work. It gives you the same benefit of doing an exercise on a fit ball, while giving the stability of a flat bottom so it does not roll out from beneath you! The possibilities are endless

when it comes to this piece of equipment. Try it out and remember, **On the Run Fitness** trainers can always help you get going on some effective exercises!



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## 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 a question or get some advice please email

[mailto: alyssa@ontherunfitness.com](mailto:alyssa@ontherunfitness.com)

**Reader:** QUOTE from email

**Alyssa:** Dear Reader

Congrats on being successful with your healthy eating goals! I understand what it is like to get bored of eating the same healthy food day after day. One of the easiest things I do to get a little variety in my diet is to change the spices. Did you know you can create brown rice and chicken breast into tons of different meals? Having a well-stocked spice rack can be the key. Try some mexican spices one day, and asian the next. There is always lemon pepper too! Be creative! A great resource for healthy recipes online is [www.MayoClinic.com](http://www.MayoClinic.com). It is easy to find recipes with the ingredients you want to cook with, or to search by special diet. In addition, because I know there are probably tons of readers thinking the same thing as you, I am going to add a recipe of the week to the Fitness Focus Newsletter. Give this one a try this week...

### RECIPE OF THE WEEK: *Whole Wheat Blueberry Pancakes*

Makes 3 servings

¾ cup multigrain pancake mix (like Arrowhead Mills)

1 tbsp canola oil

½ cup + 2 tbsp soy milk

½ fresh blueberries

Maple syrup / powdered sugar (optional)



1. Combine first 4 ingredients
2. Pour about ¼ cup batter per pancake onto a hot nonstick griddle or skillet. Cook over medium heat for about 2-3 minutes or until tops are conveed with bubbles and edges look cooked. Flip pancakes over and cook an additional 2-3 minutes oru ntil bottoms are golden brown. Pile on a plate in 1 stoack. Cover with a hand towel to keep warm.
3. Place 2 pancakes on each of 3 plates. Drizzle with maple syrup and dust with some powdered sugar if desired. (Serving size 2 [5-inch] pancakes)

**Calories:** 212 / **Fat:** 6 grams(sat 0g, mono 4g, poly 2g) / **Cholesterol:** 6mg / **Protein:** 6g / **Carbohydrate:** 34g / **Sugars:** 6g / **Fiber:** 4g / **Iron:** 2mg / **Sodium:** 285mg / **Calcium:** 114mg

Recipe Courtesy of Health Magazine

### Give it a twist:

**Substitute applesauce for the canola oil and add 2 tbsp flax seeds!**

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## Welcoming...The 180° Wellness Challenge!

Are you struggling to drag yourself to work in the morning? Are your mid-morning meetings propelled by donuts and lattes? Are you and your co-workers having a hard time finding time for exercise? Are you noticing that more and more people at work are getting sick? If you answered yes to any of these questions, ***On the Run Fitness*** can help!

The 180 Wellness Challenge is a 12-week wellness program for your company to kickstart employees into healthier habits. By using educational, motivational, and innovative tools, our wellness professionals can help reduce insurance claims at your company and increase productivity and workplace attitude.

Contact us for more information and let us get your company moving!

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## 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 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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