

FIT FACTS

KEEP YOUR COOL: WEAR SUNSCREEN

If you are thinking of running the Death Valley Century Race mid-August, but are afraid that sunscreen will make you retain heat, think again.

Researchers at the University of Vermont, Burlington, have found that wearing sunscreen doesn't impair the body's ability to dissipate heat.

The researchers were interested in studying the potential effects of water- and sweat-resistant sunscreens on the body's ability to dissipate heat. They theorized that the same properties that make these products resist water and sweat may also lead to decreased heat loss.

Twenty-two men underwent two 40-minute exercise tests, once with a full-body application of sunscreen and once without. Environmental conditions, clothing and workload were replicated during each individual's tests.

Mean skin temperature (MST), rectal temperature, oxygen consumption and heart rate during exercise were measured.

Only mean skin temperature appeared to be impacted by the introduction of sunscreen.

Initially, the application of sunscreen significantly reduced the mean skin temperature during exercise in the heat. But, according to researchers, this effect occurred in the first few minutes following application.

After that, MST values were similar in both treatment conditions.

Researchers could not determine a solid explanation for this effect, and suggest further study.

They did theorize that the enhanced cooling could be due to evaporative properties of alcohol and water contained in the sunscreen. Or, possibly, the same characteristics of the product that make them water resistant could lead to more moisture being trapped at the skin surface.

10 STEPS TO START RUNNING

By Jeff Galloway, active.com

If you've decided to take up running as a means to begin exercising or as an addition to your current exercise regimen, you've completed the first step to becoming a runner. Or maybe you signed up for a race or someone else decided that you will start running. Either way, running can improve your life both physically and mentally. When you add running segments to a walk, you can experience a sense of joy not bestowed by other life activities. With proper pacing and the right run-walk-run™ ratio, you can build up your training--there is no need to experience pain or fatigue--and no need to puke!

I have helped over 700,000 people improve their lives through my books, beach retreats, running schools and individual consultations. Here are ten highlights from my book *Getting Started*.

1. First, gradually increase a gentle walk to 30 minutes. This can be done every day or every other day.
2. Then, insert segments of 5-10 seconds of running, every 1-2 minutes, every other day. If you want to exercise every day, walk only on the day between run-walks, otherwise, use it as a rest day. If all is well after three or four sessions, increase the running segments by five additional seconds each week. When you are able to comfortably run for 30 seconds and walk for 60 seconds, gradually decrease the walking amount by five seconds each week.
3. It is important to be regular with your run-walk--about every other day.
4. If you experience pain, inflammation or loss of function in the feet or legs, stop the run immediately. With the right (conservative) amount of walking, you can reduce injury risk down to zero.
5. To prepare for a 5K (3.1 miles), increase the distance of one of your run-walks each week by 5-10 minutes per week. Keep the ratio of running



to walking (run 10 seconds/walk 50 seconds). When you have covered four miles on your long one, you are ready for a 5K.

6. To prepare for a 10K, increase the distance of the long run every other week by 10 minutes. On the shorter long run weekend, you can cover half of the distance of your current long run. When you have covered seven miles on the long run, you are ready for a 10K.
7. Don't drink or eat very much before a run. Eating 100-200 calories of simple carbohydrate after a strenuous run will speed up the reloading of muscle fuel for your next run.
8. Run and walk slowly enough that you can carry on a conversation--even at the end. If you're huffing and puffing, you went too fast.
9. Slow down and walk more when it's hot. If you have increased the short runs to 30 sec run/30 sec walk, on a hot day you should run 15 sec/walk 30 seconds. The best time to run/walk on hot days is before the sun gets above the horizon.
10. Find ways to enjoy every run. I hear from dozens of former couch potatoes each week who tell me that running has improved the way they feel and live for the better: body, mind and spirit.

BETTER BODIES: STRENGTH TRAINING FOR WOMEN

You are invited to discover what so many of my clients already know – Group Personal Training can make achieving your fitness goals more enjoyable and motivating than you ever thought possible.

Workouts feature upper and lower body training using body weight and free weights in a fun and challenging circuit. Balance, core, abdominal and back exercises included. Join this great group for accountability, support and camaraderie.

DROP-INS ARE WELCOME!

Monday & Wednesdays, 7:00pm

Classes are full, please RSVP to attend.

Saturday 9:30am w/Isabel Childs
Spots are available!

\$25 Drop-in, please RSVP.

Sessions are held at THE FITNESS LAB at 4031 Stone Way N.

WOMENS RUNNING GROUP: TUESDAYS

Join a fantastic group of women as we hit the track at Greenlake each week this Spring. Each session kicks off with a dynamic warm up including drills and end with a running workout guaranteed to improve your running performance or get you started on the right foot. Groups include a variety of running levels, so you'll always have a partner. All ladies walk/jog/run at a comfortable pace that compliments their fitness level. Bring running attire, shoes, a great attitude and water. This class is a MUST for those seeking a fitness challenge.

When: Tuesday evenings, 7:00 - 8:00pm. Begins April 8 - November

Where: Lower Woodlawn Park, Greenlake Track (Field 7), Seattle
Meet on the inside, by the bleachers.

Coaches: Dillon Kreider & Rachel Scheiner

Cost: \$60/month, \$15 drop-in

HEART DISEASE AND WOMEN

Did you know that heart disease is the leading killer of females in America? Not only does heart disease kill more women than men each year, but females who survive a cardiac event fare much worse than their male counterparts. Yet many women fail to recognize the toll that cardiovascular disease (CVD) can take on their bodies, and thus fail to do what is necessary to reduce the risk of getting this largely preventable disease.

WHAT IS CVD?

What is CVD? What puts women at risk and how can you lower your risk? Natalie Digate Muth, MPH, RD, CSCS, at the University of North Carolina, discusses these topics below.

The term cardiovascular disease refers to any disease of the heart and its blood vessels. Generally speaking, CVD is an umbrella term that encompasses all conditions affecting the heart muscle itself, the valves of the heart and/or the blood vessels that supply the heart (i.e., coronary arteries).

Vessel disease, or vascular disease, includes diseases such as hypertension (high blood pressure) and atherosclerosis (hardening of the arteries caused by the formation of plaque deposits within the arterial wall).

Atherosclerosis of the coronary arteries is the main culprit behind chest pain (angina) and heart attack (myocardial infarction). Although the condition is not usually dangerous until middle age and beyond, atherosclerosis typically begins to develop in childhood.

EDUCATE YOURSELF ABOUT YOUR RISK

Minimize your CVD risk by learning about risk factors such as:

- elevated total and LDL (low-density lipoprotein) cholesterol levels
- low HDL (high-density lipoprotein) cholesterol levels
- obesity
- smoking
- hypertension
- sedentary lifestyle
- poor diet
- stress and depression
- family history of premature CVD
- middle age
- diabetes

The more risk factors that are present, the higher the risk of atherosclerosis and subsequent heart attack or stroke.

TALK TO YOUR DOCTOR

A simple preventive health checkup and a blood draw in the lab can arm you with the information needed to determine your specific risk. Ask your doctor questions such as:

- What is my risk for heart disease?
- What is my blood pressure reading? What does this reading mean for me, and what do I need to do about it?
- What are my cholesterol numbers? What do these numbers mean for me, and what do I need to do about them?
- How can I tell if I'm having a heart attack? What are the typical signs in a woman compared with a man?

IMPROVE YOUR RISK

Regardless of your risk, you should follow these guidelines, with women at highest risk needing to make changes urgently:

Quit Smoking. Smoking is responsible for multiple serious diseases.

A lean and physically fit, fruit- and vegetable-loving woman who smokes is not immune from CVD.

Aim for a Healthy Body Mass Index (BMI). A BMI of between 18.5 and 24.9 is considered optimal (check out www.nhlbisupport.com/bmi to determine your BMI). While this BMI range may be out of the question for you, even a small weight loss can reduce CVD disease risk.

Engage in Regular Exercise. Experts recommend getting at least 30 minutes of moderate-intensity physical activity daily. If you need to lose weight, up that time to 60–90 minutes daily.

Eat a Healthy Diet. Aim for a regular diet rich in fruits and vegetables, whole grains and high-fiber foods. Consume fish (in particular oily fish like salmon, trout and tuna) at least twice per week; limit saturated fat, cholesterol, alcohol and sodium intake. Avoid any foods that contain trans fats.

Seek Help for Depression. Depression wreaks havoc on the heart and arteries. If your depression doesn't improve with a regular exercise program, seek professional help not only for your mental health, but also to protect your heart.

RUNNERS' RULES TO EAT BY

By Alisa Bauman

If you're pretty sure your diet needs an overhaul (whose doesn't?), keep the following principles in mind. Once they become ingrained in your thinking, your food choices will improve automatically.

QUALITY

Pay attention to the types of foods you eat. Are they the best quality? For fruits and vegetables, the most nutrient-packed are usually the most brightly colored. Think dark greens and bright oranges, yellows, and reds. For grains, the less processed, the better. Choose fat-free and low-fat dairy products. For meats, choose leaner cuts and smaller servings. And stock your cupboards with plenty of high-quality, nutrient-packed beans, nuts, and soy products.

VARIETY

Try not to settle on the same foods over and over. Your repertoire of vegetables, for example, should not include the same four or five types every day. Branch out. For grains, move beyond wheat and rice to quinoa, barley, and millet. Try new fruits such as papaya, mango, kiwi, star-fruit, or blood oranges.

THE LINGERING EFFECTS OF CAFFEINE

Turns out that extra-tall latte first thing in the morning does more than just perk you up - it also stresses you out.

And even if you consume your caffeine before 1 p.m., you could still be feeling the effects - higher blood pressure and stress levels - by the time you go to bed.

Researchers at Duke University in Durham, N.C., studied the effects of caffeine on 47 regular coffee drinkers.

Participants consumed the caffeine equivalent of four small cups of coffee in two pills (500 milligrams), one pill in the morning and one sometime before 1 p.m.

On another day, participants were given

FREQUENCY

As a runner, you need more food than the average sedentary person, so you should eat lighter meals every 3 to 4 hours. Each makeover diet contains snacks to help you maintain steady energy levels throughout the day, which helps with weight control as well.

JOY

You should love the foods you eat. Don't eliminate the foods you love or force yourself to eat the foods you don't. Every nutrition plan has room for junk food, as long as it's the kind you love and not the kind you eat because it happens to be handy.

ADVENTURE

Making a change takes effort, but it's worth it. When you start a new eating plan, you'll experience different flavors and textures. Eating becomes more than something you do to pass the time or quiet a rumbling stomach. It becomes an adventure. So go ahead and experiment. Cook new recipes. Eat unfamiliar foods. Go to new restaurants. Congratulate yourself every time you move out of your comfort zone.

placebos.

When consuming the caffeine pills, participants felt more stressed, had slightly higher blood pressure and produced 32 percent more of the stress hormone epinephrine than when taking the placebo. FACT: Caffeine has a half-life of an average of four hours, so it will take your body four hours to rid itself of half the amount of caffeine that you've consumed. After eight hours, your body will contain one-quarter of the original amount and, after 12 hours, your body will still contain one-eighth of what you first drank.

Disclaimer

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RECIPE

Cookinglight.com

Minted Carrot Salad

Carrots are one of the most versatile and nutritionally charged veggies you'll find.

The adaptability of carrots allows them to be served in an endless array of recipes. Carrots blend well with savory and sweet flavors in appetizers, side dishes, soups and desserts. Even in unlikely combinations such as Spiced Braised Carrots with Olives and Mint, you'll love their flavor. When blended with herbs and chicken broth, carrots can turn a basic stock into irresistible Cream of Carrot Soup. They even add their crunch to sushi in Shrimp Maki.

Ingredients

- 3 cups (1/4-inch) diagonally sliced carrot
- 1/4 cup sherry vinegar
- 3 tablespoons fresh lemon juice
- 2 teaspoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 garlic clove, minced
- 2 tablespoons raisins
- 2 tablespoons chopped onion
- 2 tablespoons chopped fresh parsley
- 1 tablespoon pine nuts, toasted
- 1 tablespoon chopped fresh mint

Drop carrot into a large saucepan of boiling water; return to a boil. Drain and rinse under cold water.

Combine vinegar and next 5 ingredients (vinegar through garlic) in a medium bowl, and stir with a whisk until blended. Add carrot, raisins, onion, parsley, and pine nuts; toss gently. Cover and chill. Stir in mint before serving.

Somatraining.com for more carrot recipes.