

Think about Fitness- *With Jolene*



Monthly Feature: Don't Walk, RUN

Winter 2009

By Jolene

Running is an extremely time-efficient work out. Efficient workouts are vital to creating and maintaining a PLAN to be an amazing and fit person 😊.



Just by adding small bits of running, you increase your calorie burn and save time. You could walk 2 miles in 40 minutes or you could run it in 20- 30 minutes. Either way you are burning about 200 calories. Actually the faster you go you burn a little bit more calories a minute. You then maximize your workout time.

I suggest measuring your runs in miles rather than time. This way you measure your progress accurately. Some days you may run a little more and some days, you may walk a little more. But if you have a

mileage goal, you get similar results and can add a little more for additional challenge as you adapt.

How to turn your walk into a run

It is all about intervals:

- Run for a count of 100 then walk to recover.
- Map a route (www.mapmyrun.com) or use the track (Stott Center roof 8x's around is 1 mile) go for 2+ miles!
- Increase the count of your interval to 150 steps and then 200. keep adding and eventually you will be running the whole time.

Note: All good runners take walking breaks, don't think you have to run the whole time.

Green Fitness: Green Tea

Green Tea and your Metabolism

Green tea has had more than its fair share of good press lately, with several studies touting its protective effect against heart disease, rheumatoid arthritis and tumors.

Now a new, albeit small, study out of Switzerland reports that green tea may have the power to raise metabolic rates, speed up fat oxidation and help people lose weight.

Ten healthy men consumed either green tea extract, which contains 50 milligrams of caffeine, 50 milligrams of caffeine alone, or no caffeine at all. Only the group that consumed the green tea extract showed any increase in metabolic rate.

Researchers suspect that the powerful antioxidants found in green tea, along with the caffeine, are responsible for its higher fat-burning effects.

Source: American Journal of Clinical Nutrition, December 1999

Personal Training

A personal trainer is an informed health professional who can help you to create an effective fitness plan that will get you out of your comfort zone and help you to reach your goals.

Consistency ✧ **Simplicity** ✧ **Progression**

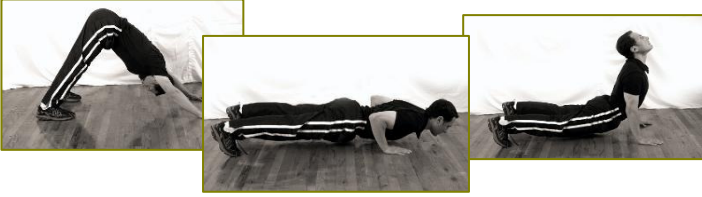
Stop thinking about it- DO IT

The World is Your Gym

My blog <http://nwdragonfly.wordpress.com> * Mind Body Medicine at PSU (MBMPUSU) a new student group

Check Out my Health Column in the Portland Spectator

Functional Strengthening: Hindu Warrior Push up by Jolene



To do the Hindu Warrior Pushup:
Began in wide legged down ward dog, slowly lower into plank, drop to low plank (squeeze your elbows in towards your ribs, move to up dog and back to down dog.
Do 1- 20 repetitions

The Hindu Pushup is a great strengthening exercise that works your arms, back and core. This exercise is found also in variations of the sun salutation in yoga.

If you'd like to see this workout in action check out my blog @ <http://nwdragonfly.wordpress.com> and search hindu push ups. Or you may want to schedule a training session with me at the Stott Center.

Yoga: Balance

By Jolene



A key concept in yoga is balance. It is about homeostasis creating a state of equanimity. Balance is one of those words that can be looked at several ways in your yoga practice and applied to life.

Yoga balances effort and ease, relaxation and hard work. You start out your practice focusing on the breath and centering inward. This calms your nervous system activating the relaxation response; which increases your body's ability to rebuild and renew. Then you work your muscles activating every muscle fiber pushing your limits challenging, pushing your edge.

Balancing both sides of the body is important. When you do a pose on one side, you always do the other. You stand on one foot then of course, you stand on the other. You stretch to the left and then to the right. This sounds simple yet the impacts on the body are profound.

You balance the mind and body. In yoga, you stress out your body physically and you push your mental constructs of your personal capabilities to deal with that stress. You keep it balanced. Meaning you don't push your abilities to far, just enough. Over time, you build a strong resilient mind and body.

An Old Irish Prayer

Take time to work
It is the price of success.
Take time to meditate
It is the source of power.
Take time to play
It is the secret of perpetual youth.
Take time to read
It is the way to knowledge.
Take time to be friendly
It is the road to happiness.
Take time to laugh
It is the music of the soul;
And take time to love and be loved.

~Aine Kennedy, Jan M. A. de Vries

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