



Health & Fitness

By: Christine McInnes

Disclaimer: This newsletter is based on the information I have discovered through my passion of health and fitness. I am not a health professional. Seek the advice of your physician before starting a new diet and/or exercise program.



“Cold and Flu Season”

Did you know that we are exposed to many flu and cold viruses, everyday? Now that we are in the cold and flu season, you could use a few tips on how to avoid getting infected. My number one tip is, moderate **consistent** exercise. Exercise helps to strengthen your immune system and fight against the common cold, flu and more serious sicknesses such as heart disease, stroke, some cancers and obesity. I want to stress the importance of the word **consistent**, because the positive effects of exercise are only temporary. The more consistent you are with your exercise routine, the more efficient your body will become and be able to fight off infection.

Moderate exercise for approximately 45 minutes helps boost the production of macrophages which are cells that attack bacteria. Exercise also helps macrophages and other immune cells travel through your body more quickly to kill bacteria and viruses at a faster rate.

Unfortunately, a few hours after we stop exercising our bodies return back to normal levels and immune cell production slows back down. However, if you are consistent with your routine the positive effects will last longer.

Some of you may be feeling under the weather and not sure if you should workout or not. I go by the following rule: Symptoms above the neck – Hit the pavement! Symptoms below the neck – Stay in bed! Meaning, if you have a stuffy nose, watery eyes and/or sneezing it is okay to take part in a low to moderate intensity workout such as a leisure run, walk or bike ride. The most important thing to do is listen to your body and make sure your energy levels are good. If your symptoms include a fever, body aches, extreme tiredness, vomiting, nausea... it is time to rest. You do not want to put all your energy into working out and not have enough energy for your body to heal itself. According to the American College of Sports and Medicine (ACSM), you risk kidney

9 Tips to Treat Colds and Flu the 'Natural' Way

Charles B. Inlander, president of The People's Medical Society.

Read the full article on WebMD (link provided in newsletter).

1. Blow Your Nose Often
2. Stay Rested
3. Gargle
4. Drink Hot Liquids
5. Take a Steamy Shower
6. Use a Salve Under Your Nose
7. Apply Hot or Cold Packs Around Your Congested Sinuses
8. Sleep With an Extra Pillow Under Your Head
9. Don't Fly Unless Necessary

Remember, serious conditions can masquerade as the common cold and a mild infection can evolve into something more serious. If you have severe symptoms or are feeling sicker with each passing day, see a doctor.

problems, heatstroke and fluid imbalance if you work out with a temperature at 100.5 degrees or above.

If you are training for an event, you may be worried that any time off from training is going to have a negative impact on your progress. The fact of the matter is that a little time off when you are not feeling 100% is a lot better than missing a lot of time because you have pushed it too much. If you have been consistent with your training, taking some time off to get better will not have much of an impact on your fitness level.

Just like anything though... too much of a good thing can become bad. This is true for exercise too. Overtraining, endurance training and endurance events such as a marathon or a triathlon can weaken your immune system. It is important for anyone who takes part in a high-intensity workout for more than 90 minutes to know that they are more susceptible to illness, especially for the first 72 hours after working out. Our bodies temporarily produce higher amounts of stress hormones such as cortisol and adrenaline which raise blood pressure and cholesterol levels, suppressing the immune system. This is why it is extremely important to include rest and recovery days in your training routine and after an endurance event.

Other things you want to include in your daily routine to help your immune system fight off a cold or flu are: eat well, stay hydrated and get plenty of sleep. Sugar feeds illness while vitamins and minerals fight against it. Get your vitamins and minerals by consuming your daily recommend amounts of fruits, vegetables and grains. Make sure you are eating enough calories because lack of calories can also weaken the immune system. Our bodies put all those nutrients to work and repair our bodies while we sleep. If possible you should be on a normal sleep routine where you go to bed the same time every night and get up the same time, allowing 7-9 hours of sleep each night. For tips on hydration see August's Newsletter.

I hope this newsletter finds you and your family in good health and provides tips to keep it that way. If you have been feeling ill for a long period of time, it may be time to see a doctor to make sure it is not something serious. Check out flufacts.com and webmd.com/cold-and-flu/9-tips-to-treat-colds-and-flu-the-natural-way for more info.

Symptoms	<u>Cold</u>	<u>Flu</u>
Fever	<i>Rare</i>	<i>Usually Present</i>
Aches	<i>Slight</i>	<i>Usual, often severe</i>
Chills	<i>Uncommon</i>	<i>Fairly common</i>
Tiredness	<i>Mild</i>	<i>Moderate to severe</i>
Symptoms	<i>Symptoms appear gradually</i>	<i>Symptoms can appear within 3-6 hrs</i>
Coughing	<i>Hacking, productive cough</i>	<i>Dry, unproductive cough</i>
Sneezing	<i>Common</i>	<i>Uncommon</i>
Stuffy nose	<i>Common</i>	<i>Uncommon</i>
Sore throat	<i>Common</i>	<i>Uncommon</i>
Chest Discomfort	<i>Mild to moderate</i>	<i>Often severe</i>
Headache	<i>Uncommon</i>	<i>Common</i>

Chart provided by: www.flufacts.com

“Iron Woman”

This month’s athlete is one of the most determined women I know and I am not just saying that because she is my mother. I am saying that because of all the physical adventures she has taken part in and aspires to accomplish.

One of her accomplishments is the Georgia Ironman 70.3. The 70.3 represents the miles one must travel using nothing but the power of their body to get from the start to the finish. It consists of 1.2 mile swim, 56 mile bike ride, followed by a 13.1 mile run. It is hard to imagine doing one of these events in one day, never mind all three back to back.

Are you wondering why someone would want to take on this challenge while working a full time job, manning a farm and trying to maintain a work-life-train balance? I wondered the same thing and Cheryl’s response was, “I love physical challenges and after running the Rhode Island Marathon, I realized it was time to change it up. I’m not a big fan of running, I love biking and thought learning how to swim would be fun. I have done a couple of du-athlons and I like the feeling of giving a break to one part of the body and start working another. I chose Ironman over any other triathlon just because of the name and reputation.”

In order to physically and mentally prepare for the Ironman, Cheryl had to dedicate a large portion of her time to training. She mentally trained by watching documentaries about Ironman events and went to the Ironman 70.3 in Orlando Florida. She worked out twice a day on most days with only one day of rest per week. On the days she didn’t have to work her normal 12.5 hour shift, she would endurance train by doing higher miles and multi-sports training. This would consume the entire day between traveling, logistics and actual train time. The average amount of physical training she would do was 8-10 hours a week. For the days she didn’t want to get out of bed, she would tell herself “The will to win is nothing without the will to train.”

While training she faced a lot of challenges and when I asked her about them her reply was “Do you want the whole list or just the top ten?” But with her determination and dedication to training she was able to overcome some of them as she would tell herself “Train hard, race easy.” In the beginning she didn’t know the best places to train but eventually found some great places; such as lakes without alligators and scenic bike routes with less traffic.

Swimming was a new adventure she was taking part in so there were a lot of things she learned while training. She had to adjust to the harsh chemical in the training pools and discovered that ear plugs, coating your face with Vaseline and showering immediately after would cut down on some of the side effects. She found out that indoor pools even close during lightening storms. She talked to a few people to get tips on what to look for when buying and wearing a wetsuit. Most of all she realized how hard it is to



Mentally preparing before the Georgia Ironman 70.3

put on and take off a wetsuit and stressed the importance of practicing because each time it got easier.

Other challenges she mentioned were more like sacrifices or adjustments one would need to make in order to train for an endurance event. Decreased social life because she could not participate in late night events, no alcohol and only socialized with fellow bikers on rides she could fit in her schedule. She had to make sure her 2 week vacation to France during the Tour De France didn't interfere with her training too much. And one we all face... managing a training or workout routine around our work schedules.

Cheryl completed the race in 7:16:46, swim

38:39:00, bike 3:45:54 and run 2:32:41. When I asked her how she felt during the Ironman she said, "Much better than I expected, thanks to the rain. If I had sun and heat to deal with it would have been a whole different story. Only real issue was blisters and that was because my feet were saturated for 5 hours before putting on the sneakers to start running. Also a HUGE boost was having family cheering me on. I didn't really feel like I had to tap into my storage bank for energy but try as I might I could not smile to cross the finish line. As odd as it sounds, my face felt more tired than the rest of me. There is picture of me crossing the finish line with eyes closed. I totally remember that."

Just like many of us, Cheryl struggles with her diet. She has recently become a vegetarian and finds that when she tracks her food intake, she is aware of her nutritional balances but has a hard time with tracking consistently.

During the Ironman training she had to battle with an increase appetite from all the strenuous workouts and finding a balance between fueling her body to keep up with training without consuming too much resulting in a gain. She describes herself as a "Carbovour" because carbohydrates are what she craves. To insure she gets the protein her muscles need to repair, she takes protein shots after training.

She has a list of athletic goals ranging from climbing the highest elevation in Hawaii in January. Run the Myrtle Beach Half Marathon in February. Climb Everest Base Camp in May and her long term goal is to complete a full Ironman within the next 4 years... that is



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double the distance of the Ironman 70.3. Even though it is a goal of hers, right now, she cannot imagine those distances.

Her advice to you, if you want to take part in

an endurance event, is: "Train, train, train. And as far as I'm concerned the best training is by imitating the event. So brick work... meaning, go for a long bike ride and then run after. Mix it up with all three sports. I'm sure weight training has benefits but I didn't have time for both so I felt my time was best spent on doing what I would be doing for the event. Aside from training, I would say to people who have an interest in an endurance sport is to "just do it!" Don't be afraid of all these imaginary things you think can happen during the event, don't say you are too old, too heavy, too slow, don't say you don't have time to train, don't make excuses of any kind... Just Do It. You will be so glad you did"

*For more information or to share your comments please
feel free to contact me.*

I would love to hear from you!!



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****Recipe of the Month****

White Bean and Vegetable Soup

SparkRecipes: submitted by: BEAGLESK

1/2 cup chopped onion	1 potato, diced
1 cup chopped celery	1 cup sliced cabbage
2 tomatoes, diced (or canned)	1 cup zucchini, sliced
1 cup carrots, diced	1 tsp olive oil
1 cup broccoli, chopped	1 can great northern white beans

In a medium sauce pan add the olive oil. Heat to medium heat and add onions, sauté until translucent. Add celery, tomatoes, carrots, broccoli, potato and cabbage, sauté until they reach a crisp tender stage. Add the zucchini and sauté slightly, and then add water to cover vegetables. Let simmer just until tender. Drain and wash beans and add to soup heating through.

Add salt and pepper to taste. Some herbs are a nice addition: basil, oregano or parsley. This keeps well in the fridge for several days.

8 Servings

Nutritional Info: Calories: 131, Total Fat: 1.2 g, Cholesterol: 0.0 mg, Sodium: 143.9 mg, Carbs: 25.9 g, Dietary Fiber: 6.7 g, Protein: 6.2 g