



My local Motivation Team!!  
In front Blaise (Boot camp instructor) my husband Keith, myself and friend Amanda

## 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.*



## “Motivation”

The year is coming to an end and a lot of people (me included) are having a hard time finding the motivation to eat right and stay active. Excuses such as “It’s the Holidays!” and “I’ll do better in the New Year!” roll of the tongues of many. But I ask you what better gift to give yourself and your family than the gift of health and happiness? Don’t wait until the New Year or some other future date to start treating yourself right, **START NOW!**

Just like Santa I want you to make a list and check it more than twice. We can call it the nice list... Write down all the personal benefits you get from living a healthy lifestyle. Keep adding to this list for a couple of days, you will be amazed by how many reasons you have to eat right and stay active. My list includes things such as: Being able to get a PR (Personal Record), beat my husband in a 5K, beat my sister in the Belgium Marathon in Oct of 2011, have energy to do everything that I want to do, keep my cholesterol low, lose that 5 pounds that doesn’t want to budge, feel and look great, be able to wear my sexy jeans and the list goes on and on. Keep this list as a resource and reference it every now and again. I keep my list in my fitness journal where I track my accomplishments and future goals as well as keeping track of my food intake, exercise, energy level and miscellaneous thoughts. My fitness Journal has served as a great motivational piece and a way for me to see how far I have come and what patterns I have in weight, food intake and energy levels.

Stop exercising and start training! Look to see what events take place in your area and sign up for one. This can be a 5k that you plan to walk, a half marathon you are going to run, a mountain or trail you are going to hike, a bike tour you are going to ride in or a tri-athlon you plan to finish. Find a training schedule that fits your fitness level, goal and event. Use the resources in this newsletter or e-mail me for guidance.

When you set your health/fitness goals, set them so that you can not stop thinking about them and share them with as many people who will listen. Matt Frazier from No Meat Athlete put it best when he wrote “Set an achievable goal, and not many changes. Since it’s something you know you can achieve, there’s no need to take any massive action, to crash through your perceived limits, or to transform yourself into the incredible person you’d have to be in order to achieve that goal. When you set a goal that seems impossible, though, that’s when the magic happens. First, you get insanely

excited, because it's something you've never dared to lust after before out of fear of failing. It energizes you just to think, "What if, just maybe, somehow...?" Then you recognize that yes, it is impossible—right now. There's a tremendous gap between where you are and where you want to be, and to do it, your whole life will have to change. And that's where real, lasting motivation comes from." See his blog on NoMeatAthlete.com to see 11 other tips to staying motivated.

Planning is extremely important if you are going to reach your goal and stay motivated. Plan all your meals and put your exercise routine into your day planner. It is said that 90% of people who workout in the morning stick to their exercise routine. To read more benefits about early morning workouts go to sparkpeople.com and read the article "Learn to Love A.M. Exercise" I am not able to get out of bed in the morning and I find that exercise after work is better. I often bring my workout clothes to work with me and run from the office or go to the gym on my way home. If I go home first I risk the chance of getting involved in something, and losing track of time and motivation. You need to find out what works best for you. Pack your lunches and snacks for the day and know what you are going to be having for dinner. If you are not prepared to eat healthy, you end up grabbing things on the run which are not always the best choices. Another thing I do to help me with healthier food choices when I go out to eat is look up the menu and nutritional information online for the restaurant to see what food options I have. This eliminates temptation at the restaurant table and allows me to make an informative decision on what I am going to put in my mouth. It is amazing the amount of calories and fat restaurants have in some of their entrees. I also do this to guarantee that there are vegetarian options.

Surround yourself by inspirational people by finding an exercise group or partner to workout with. When you join a club, exercise class or have a friend to workout with, you have another person who will hold you accountable and someone you are accountable for. It is hard to miss a run or boot camp class when you have a group or a person waiting for you. Working out with others also makes working out more fun and gives you something to look forward to. People in documentaries, movies, on the Internet and in books can also give you a tremendous amount of motivation.

Loose the all or nothing attitude. You may have planned to go for a 10 mile run or workout for an hour but you end up leaving work later than you planned or woke up a half hour late. You may think "Well, I don't have the time to do the entire workout so I am going to take the day off." Working out a little bit is better than skipping it all

**Websites used to find local events or groups:**

active.com  
coolrunning.com  
meetup.com  
seacoastdayhikers.com  
highpointersclub.org

\*\*Also check with your local running store, they may organize a running group or have information about some in your area.

**Training Websites:**

c25k.com (Couch to 5k)  
jeffgallow.com/training  
halhidgon.com  
trinewbies.com  
trifind.com  
<http://hundredpushups.com/>

**Training Books:**

"Triathlon Training Bible"  
"The Complete Triathlete's Training Manual"  
"Marathons for Dummies"  
"Run Fast" by Hal Hidgon

together. You could run half the distance or do a half hour workout. Something is better than nothing. The same goes for your diet... if you have an unhealthy breakfast and/or lunch it does not mean your entire day or week is ruined. Get back on track right away and make your next meal a healthy one! Small slip ups should not get in the way of how far you have come. You have the ability to control them before they become habits.

If a friend or family member gave you a copy of this newsletter and you have enjoyed the information, sign up to be on my monthly e-mail list to help keep you motivated. Each issue includes an athlete of the month, an article having to do with health and/or fitness and a healthy delicious recipe. If you have a topic that you would like me to cover or a story you want to share, please let me know.

## *“Taking It to New Heights”*

My little sister (literally she is barely 5 feet tall and is 3 years younger than me) Mary Montigny is taking it to new heights with all of her hiking adventures. She has hiked 43 United States Highpoints, Europe’s Highpoint Mt Elbrus (18,510 feet) as well as Africa’s Highpoint Mt Kilimanjaro (19,340 feet). Her goal is to complete all 50 United States Highpoints and 7 International Summits as well as competing in an Ironman Triathlon. She is an amazing woman who is not only physically strong but mentally strong. She is a great inspiration with a really big heart and many aspirations. I could not be more proud to be her sister and feel safer knowing that her job is to help protect our freedoms.

Mary is an active member of the United States Navy and had deployments all over the World. She has been stationed in our Nation’s Capital where she is able to travel freely to being restricted to a small compound in Afghanistan and everything in between. It is amazing that she still finds the time to stay active. When I asked her how she is able to train for all these highpoints her reply was “It is hard to train when I keep finding myself in flat environments... or in an enclosed compound. I just work to condition my heart and lungs with cardio to include running, swimming and biking.” When she was stationed in Afghanistan her living space was confined to a “hooch” with the dimensions of approximately 7 ½ ft x 16 ft. While in her hooch she would setup her laptop, pop in a Jillian Michaels DVD and use what small space she had, to workout in. The military also offers exercise classes that she would take advantage of. She also said, “The thing that you can not train for is how your body will respond to being in the thin air.” But the more you hike, the more your body remembers what it has experienced with the altitude. And when dealing with acclimating yourself to different altitudes Mary’s advice to you is to “Start small.”



*Nov 1, 2009 - 5 day expedition  
Africa’s Highest Mountain  
Mt Kilimanjaro 19,340 feet*

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*June 2, 2001 – 5 day expedition  
Europe's Highest Mountain  
Mt Elbrus 18,510 feet*



*July 28, 2009 – After many attempts  
Highest Mountain in the Congenital US, CA  
Mt Whitney 14,505 feet*



*Nebraska-Panorama Point 5424 feet,  
June 25 2009 (Mary and our Mother)  
One of Mary's favorite Highpoint pictures.*

She hikes because she loves being in the woods and in the great outdoors. It gives her the ability to leave the fast pace World and technology behind while she reconnects with Mother Nature. It also gives her the time to clear her head, reconnect with her own thoughts and goals in life. She also said, "I am not doing the 50 state highpoints just to complete a list

and bag some summits. I am doing it to have a reason to visit each state in our great nation and to experience what makes

each state unique."

Her most challenging hike thus far is Mt Kilimanjaro. When she talks about hiking and this hike in particular she said "Words can not truly describe the feeling that takes over your body and mind when you see with your own two eyes the views from above the clouds. The physical and mental struggles make it that much more rewarding. To over come the pain and how easy it would be to just quit and go back down, but to know that the mind is a powerful thing and understanding how to control it. And finding that you can over come almost anything. It feels like a spiritual feeling to me. On Mt Kilimanjaro, I was struggling with nausea, a pounding head ache and had to wake up at midnight to start the summit bid. It was cold and snowing. We climbed for an hour or so and then the snow stopped and the clouds parted, revealing the biggest, brightest and most pure stars that I have ever seen. Later the sun rose above the clouds and exposed the curve of the world. After 6 hours of climbing and thinking I was at the summit, my guide informed me that I had 40 more minutes. Instantly a wave of disappointment rolled over me and I was prepared to give up. I sat down and recollected my thoughts. This was the hardest struggle I have ever faced. I trucked on at an amazingly slow speed of

1 step per 5 seconds with hard long gasps for air that a witness would swear were ones of my final living breaths. My body was struggling to breath in enough oxygen in this thin air; struggling to produce red blood cells to better acclimate. Then I saw the summit and realized that I was amongst the first to summit that morning. I could also see the ever melting Kilimanjaro Glaciers that are said to be gone in 15 years. My eyes welted up with water and I was tempted to cry out and coddle like a new born baby. I could not see a thing and I began to stumble. ‘Pull yourself together Mary!’... ‘I did it! I really did it!’ My body was able to overcome my mind and my mind was able to overcome my body! This is my god.”

She has many favorite mountains/hikes for different reasons. One of which is Mt Whitney because she had attempted to hike it for about 10 years. When she lived in CA, she was going to do it, but could not find anyone to go with her and moved out of west coast without climbing it. Our mother and her climbed to the 10,000 foot level on June 2008, but did not have a permit to do the entire thing. Finally on July 27, she made it to summit in just over 11 hours, solo. Her guide book said plan for 14-16 hours. “I killed it!” she said with excitement.

As a Vegetarian she packs dried fruit, nuts and granola bars for snacks. Oatmeal for breakfast, peanut butter and jelly on a bagel for lunch (because is doesn’t get soggy). Dehydrated meals for dinner because they supply a complete amount of nutrients and have vegetarian options

Her next hiking adventure is going to be in Hawaii next month. She will complete this trip with our mother who has shared a lot of her hiking experiences with her. They are also going to hike Everest’s Base Camp in May of 2011. Her mantra is to “Live without regret” and she experiences life to its fullest.

Please forward me your comments and questions. I would love to hear from you!!

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

**Classic Granola**

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

2 cups Old-fashioned Oats  
½ cup Wheat Germ  
2 Tbsp Dark Brown Sugar  
¼ tsp Salt  
¼ cup Maple Syrup  
3 Tbsp Canola oil

1 Tbsp Water  
1/3 cup chopped walnuts  
1/3 cup sweetened flake coconut  
1/3 cup dark or golden raisins  
½ tsp ground cinnamon

Adjust oven rack to middle position, and heat oven to 275 degrees F (135 degrees C). Coat a 9-by-13-inch metal pan with cooking spray, and then set aside. Mix oats, wheat germ, brown sugar, salt and walnuts and coconuts in a bowl.

Bring syrup, oil, water and cinnamon to a simmer in a saucepan over low heat. Drizzle over oat mixture, and stir to combine. Pour mixture onto prepared pan.

Working a handful at a time, squeeze cereal to form small clumps. Bake for 30 minutes. Stir in raisins and continue to bake until golden brown, about 15 minutes longer. Let cool.