



*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.*

# Running

Running is my favorite physical activity although you wouldn't know it if you looked at my exercise log this year. I seem to have left my running MoJo on Peanut Island during the Ultra Marathon (while running 42.77 miles in a 12 hour timeframe) on New Years Eve. Or maybe it was before that in Belgium at the Brussels Marathon in October... It is hard to pin-point the exact time and location. Although, I haven't done much for running lately, I still love it and know that I will get back into it. I just need to rediscover the feeling it gives me as I lace up my shoes and hit the pavement as the stress leaves my body. I was happy when I looked over my past newsletters and discovered I haven't done an article on running. I must have been saving this topic for when I needed the motivation the most.

I remember reading an article in Runner's World Magazine that said to help you stay motivated to run, you should write a list of all the reasons you run. Such as: you want to be 5k, 10k or marathon ready, so you can do a triathlon, so your favorite jeans fit, it helps clear your mind, to prevent heart disease and diabetes, you run for a cause like finding a cure for cancer, to get/stay in shape, its bathing suit season and so on. I found it interesting that in the article the author wrote that if you write "running is fun" on this list, then you don't have to have this list! Well guess what... I find running to be extremely fun and I still need this list to help motivate me from time to time. We all experience periods in life where we are more motivated than others.

**"The First person you have to inspire everyday is yourself. Running will do that."**  
~Marc Parent~

If you go online, you can find a training schedule for anything from getting off the couch to running a 5k, 10k, half marathon, marathon training, to even ultras and triathlons anywhere from beginner to novice and advanced. It can be overwhelming at times if you are trying to find the right schedule for you. Some of the schedules I have found helpful

have been created by Hal Hidgons (love his marathon training), Jeff Galloway (who combines walking and running) and C25K (more details to come in Jo-Anna's article below). Even when you find the "perfect" training schedule you will have to make it your own to avoid injury, burn out or boredom. Not to mention life just gets in the way. Do not let a training schedule rule your life and allow yourself some flexibility. You don't want your training schedule to feel like a burden. It is a guideline to enhance your fitness level and health. As you read Jo-Anna's article below you will see how she modified the schedule to fit her lifestyle and fitness level. If you ever want advice on which schedule will fit you, your lifestyle and fitness goal, let me know.

Often times when people try to get into running they do it to lose weight and they go with the mind set of getting it over with as soon as possible. Often times they will push themselves as fast as they can so it ends soon; causing them to be exhausted from the moment they take their first step and leaves them out of breath and wanting to quit because "running is too hard." If this sounds like you, the next time you go running... slow down

## **10 Benefits to running**

*By: Ririan*

### **1. Win the battle of the bulge.**

*Approximately 60 percent of runners start running to manage their weight. Running is one of the top activities for burning fat.*

### **2. Prevent muscle and bone loss.**

*By running regularly our skeleton gets the demand it needs to stay healthy and young.*

### **3. Fight disease.**

*Running reduces the risk of stroke, breast cancer, osteoporosis, diabetes, and hypertension. It reduces the risk of heart attacks, by strengthening the heart and lowering blood pressure.*

### **4. Maintain and improve general health.**

*It raises HDL (or “good”) cholesterol, reduces the risk of blood clots, and encourages use of the 50 percent of your lungs that usually go unused and boosts the immune.*

### **5. Get confident.**

*Jogging builds confidence and self-esteem like few other individual sports can. It provides a feeling of empowerment and freedom that comes with knowing that your legs and body are strong and capable and boosts self-image.*

### **6. Stress relief.**

*Whether by allowing you the time to think about life’s problems or time to escape, tension easily flies by the wayside as you run. Distance runs are great for solving headaches and problems. Speed runs are great for tearing through aggression and anger.*

### **7. The famous “Runner’s high.”**

*Aside from just the stress relief, jogging has also been proven to improve attitude. It creates a release of endorphins that can cause euphoria (runner’s high) or just a general sense of happiness.*

### **8. Train your mind.**

*By making yourself overcome the obstacles that running brings, you learn focus and determination. The will and strength that gets your body through long runs or those runs you’d much rather skip is what in turn strengthens your mind and gives you focus and determination in other areas of your life.*

### **9. Improve coordination.**

*Trail running which involves running on unpaved trails especially requires a great deal of coordination. Runners, who regularly run on these types of surfaces, quickly learn to maintain better control over their bodies to prevent tripping and stumbling while running.*

### **10. Versatility.**

*Not many sports can be done almost anywhere with almost no gear. From urban sidewalks to rural trails and all the real estate in between, the world is loaded with places for runners to explore.*

and take deep breaths as you find your groove and/or combine walking and running as you build your base. When training, even an experienced runner doesn’t push themselves as hard as they can the entire time they are running. If you are just getting into a running routine you will naturally increase your speed simply by the act of running. Your muscles, lungs, heart, joints and tendons will become stronger with each step you take.

If you have been running for a while but you start to notice you are no longer getting faster it might be time to incorporate speed drills into your training routine (or add an extra day of speed training, if you are already doing it once a week). I personally think everyone should incorporate speed into their exercise routine at least once per week. Even if you are a walker, cyclist or swimmer you can dedicate one day to speed. Join the McInnes Fitness Challenge called “Wind Wednesdays”. I originally named it “Wind Wednesday” as in “Run Like the Wind”, but after doing a few speed drills I found myself very winded so now it has double meaning. So feel the wind in your hair with me on Wednesday as you become winded from a great workout! See the challenges page on [www.mcinnesfitness.weebly.com](http://www.mcinnesfitness.weebly.com) for more info. Keep in mind that speed drills should only be done once or twice a week to avoid getting injured. So if you are already doing it twice a week but find that you have still plateaued, you may have to look at your diet or your entire training routine to see why.

I haven’t been running my entire life... in fact no one in my family has. My sister has been running the longest out of all of us and she didn’t even start until she was in High School. I started running in 2001 on my 22<sup>nd</sup> birthday. My mom asked if I wanted to run a 5k road race as a birthday gift. I agreed to the offer not knowing how life changing this event would be. My mom started running at the age of 35 when my sister was running track. She was motivated by the energy of the crowd as well as the runners and knew if I went to an event, I would be too. My husband, Keith ran his first road race at the age of 28 and also became hooked. My grandmother saw how much fun we were having at the events and wanted to join in at the age of 69! And then my grandfather felt the contagious energy and joined in on the fun at the age of 77! All of us have reached personal records (PRs) since we began running... age is not a factor!

One of the most motivating things is an event such as a 5k. Typically the money goes towards a great cause so you are doing yourself and your community a great service. You see people from so many walks of life and even though it is technically a race, many of us are not competing against each other. People do 5k races to track their own improvements and to make strides towards a worthy cause. We are there to encourage and motivate each other from start to finish and beyond. Once you enter your first race, you discover the finish line is only the beginning. You may even discover you have a competitive side that will motivate you even more.

The best way to learn how to run is to watch children play. You will notice they do not land on their heels. This is called heel

striking and is bad for your muscles, joints and tendons. When you heel strike you increase the force with which your foot hits the ground and this force vibrates up your body. It can injure your knees, your hips and lower back. It also puts the breaks on because your foot is landing in front of you instead of under you and then stays on the ground longer. When you land on your forefoot or midfoot you roll forward and no energy is wasted. The only part of your body that you want to keep stiff is your core. In Chi Running they say to pretend your spine is a needle by keeping it straight. You want to keep your back straight, contract your abs, tilt your hips forward and keep your chest and head up to protect your back and help with breathing. Do not lean forward from your hips and remember not to stiffen your shoulders or hands, you want your arms relaxed. Also, try to streamline your running by making your feet point forward and keep your arms by your side, do not cross them in front of your chest. I have a tendency to cross my arms in front of me thinking it'll make me run faster but I know that all this does is waste energy. Think about swinging your elbows back and as you increase your arm-swing, your legs will follow.

As odd as it may sound to me, people have mentioned that running to them is boring. To add a little excitement to your run, check out events such as the Warrior Dash where you run from obstacle to obstacle. Or make your own fitness run with workout stations where you run for .25 miles and then do a set of jumping jacks, run another .25 miles and then do a set of pushups and so on. Another way to make running fun is to find a running group or a running buddy and/or join or make a fitness challenge where you and others have to run for so many miles in a certain timeframe. Also change your route, run in different distances, locations and terrain. I have fallen in love with trail running because it is exciting and nice to get away from the traffic and concrete. Although form is important don't get too caught up in it, do a body scan from time to time. Focus a lot of your time on smelling the fresh air and enjoying your surroundings. There are so many things in life that we don't notice because we don't take the time to slow down and look around. We focus too much on what's at the other end. Learning to be in the present while you run will allow you to be in the present throughout the day and will enhance your entire being.

The best thing about running is that even though it can be fun to run with others... you don't have to rely on a partner or team to get through a run. You only need to rely on yourself. It doesn't require a lot of equipment although I can not stress the importance of getting a good pair of running shoes. Go to your local running store and get advice on how to find a shoe that is perfect for you.

Like I mentioned in the beginning of this article, we all have our ups and downs with running. Often times these ups and downs can happen in the same run. When I am starting to feel like I want to stop (or skip a run entirely), I ask myself, am feeling lazy or is my body really signaling me that I need a break? When I run, I think of others who are less fortunate and run for those who cannot. I remind myself of the wonderful condition I am in from running and tell myself to keep going. I am in control of what I am doing and no one can take that from me. It is very empowering to use your own body and energy to get yourself from point A to point B. When we have the gift of running it is a shame to let it go to waste. And by the gift of running I don't mean we run fast, win races, or even have the ability to run an entire mile at once, I mean we have the ability to use our own strength and power to get us from one location to another and we have the ability to use our own bodies to keep us healthy. What could possibly be a better gift than that? We only have one body and one life... make the best of it by keeping it or getting it in shape. If you are not exercising at this point in your life it is not too late... Get up and make this the first day of the rest of your life and start moving!

## “Born to Run”

Jo-Anna Laverriere, is an amazing woman who I have been very lucky to get to know and have in my life. Her drive and determination to be a runner is inspiring. She has always wanted to be a runner but a few things kept getting in her way. With her family as motivation and fear as inspiration she has become the runner she has always wanted to be and has conquered more than she could have imagined! She is also the woman who introduced



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me to Sparkpeople.com which is a FREE online website for weight loss, exercise, nutrition and motivation.

We started working together at Ocean Community Federal Credit Union back in 2004. At the time, another coworker and I were meeting after work to go running. We invited Jo-Anna to come along but she had an excuse every time. She wanted to run on her own and get into shape before she would run with others. Little did we know Jo-Anna was envious of us and other runners she would come across. She had a runner's heart and soul but struggled with having the confidence to get out and enjoy it. To me, Jo-Anna has always been a strong, fun loving, confident woman. I couldn't imagine anything getting in her way of doing anything she wanted. I had no clue she struggled with her self image and felt she was too overweight and her breasts were too big to run. She felt as if she would look too awkward and everyone would stare at her. When I found that out during our interview... I was shocked! I knew she struggled with getting into running but I had always thought her struggles were physical and never knew they were emotional as well.

I remembered her starting to run on the treadmill and then falling off and needed to take time off to recover. After recovering she got back into it but then she slipped off her icy porch and injured herself again. But once again she put her sneakers on and began to train again. She even had to undergo surgery which gave her one of her longest breaks from being able to run but wouldn't you know it... as soon as she got the okay to run, she got back up and hit the pavement/treadmill!

Once we both left the credit union we lost track of each other but would stay in touch through email from time to time. It wasn't until the Jimmy the Greek's Frosty 4 miler on January 25, 2009 that I bumped into her. My jaw dropped because Jo-Anna had reversed the aging process. She had grown out her hair, had running clothes on with her race number attached, a huge smile on her face, lost 65 pounds and gained at least 10 years of youth and vitality. She had a new confident healthy glow!! I can not express how happy I was to know she was finally living her dream! Not only that, her husband Gary (who faced his own struggles with vertigo and wanting to run) was on one side, looking slim and years younger. He was wearing running clothes, a race number and a huge smile too. And her son Derek was on the other side looking so proud of his parents and ready to enjoy a race as a family.



Gary and Jo-Anna enjoying their healthy lives together!

During our interview, I asked Jo-Anna what got her into running; she replied with "Fear!" There is a long history of diabetes in her family from her grandfather to her mother and most of her 9 siblings. Her mother and older sister are insulin dependant and have to take up to 4 shots of insulin a day. The fear of becoming diabetic and "sticking herself with needles" got her running. She said, "I have wanted to run all my life. But with the way I was built, I never thought I could. When the doctor told me I was pre-diabetic and headed for insulin I told her to give me time to straighten it out.

I was frightened into running. I would run at 5:30 in the morning when it is still dark and people could not see me." She continued by saying, "I started by walking but my sons knew I always dreamed of running. My family encouraged me to start even though I was heavy. At that time, I was 204 pounds---not an easy feat!"



Jo-Anna's transformation!!



Gisele (left) and Jo-Anna's strong finish at one of their many races together!!

She started the Couch to 5K (C25K) program and Gary got her a MP3 Player and she downloaded a podcast from Robert Ulrey (designer of C25K). C25K is a 9-week program that helps you build your running base by pushing you each week until you're able to complete a 5K. Jo-Anna extended the program by repeating the weeks she was unable to complete the first time around. She did some weeks two or three times making sure she was able to do each and every training workout. Since then she has logged over 3,700 miles and participates in road races from 5Ks (3.1 miles) to 10Ks (6.2 miles) to half marathons (13.1 miles) and has a goal to complete a race every month!!



Jo-Anna living her dream thanks to the support of her loving family!!

When I asked her what keeps her going besides the fear she said “My family, specifically my sons, they motivate and encourage me daily, cheering me on with every little gain... There is a website that my sons got us to join called 'dailymile.com' that tracks your training and is a social community where you talk with people who are on the site from all over the World with similar goals and training that "friend" you. It is a great tracking and training tool. You can see how far you have come and get advice on many topics from others.”

Her and her husband try to eat healthy and exercise daily and she says, “With these basic changes, I am no longer "pre-diabetic". My A1C (a measure of blood sugar over a period of 3 months) has been 5.4 for the last year and a half. Pre-diabetic levels are anything above 6 and Diabetic levels are anything above 7. I had lost 65 pounds in three years although I have gained a little back. It will always be a constant battle with me, one I will fight for the rest of my life. With running in my life, I know I will never go back to where I was.” Her running hasn't only helped her physically but has also helped her in her career, “I have been promoted to Assistant Manager and I know without this confidence I would not have been able to accomplish this. I had tried for this position 3 years previously and not gotten it, and I was going up against some very qualified people for the position. Running has shown me that I can accomplish anything I set my mind to.”

When I asked her how she went from running in the dark to running road races and sharing her pictures Online she said, “I have done a lot of races and met a lot of people running races. EVERYONE is very supportive no matter how fast, slow, old, or out of shape you are. The running community is so encouraging they take anyone in and make them feel like they can accomplish whatever they attempt. A 15 minute mile is

celebrated as enthusiastically as a 6 minute mile! I think I have the confidence to post my runs on Facebook because so many people have told me how proud they are and many have told me that I have inspired them...if I can help someone else feel this way.....it is worth posting some unflattering pictures on Facebook. Running has made me happier, healthier, and more confident.”

One of her friends she has inspired is Gisele who thought she could never be a runner. With the help of Jo-Anna she has discovered otherwise and has lost over 50 pounds. Jo-Anna and Gisele now run together regularly, share diet information and are participating in the Relay for Life. Their husbands also run together and the 4 of them have completed many races together. Jo-Anna, Gary and Gisele are doing a Half Marathon in Corning, New York on September 30<sup>th</sup> (Gisele's husband will be participating in the full). This will be Jo-Anna's 4<sup>th</sup> and Gisele's 1<sup>st</sup> half

### **Bulgur Protein Bomb**

This recipe is brought to you by Cheryl Cromwell... An athlete who knows how to whip up a healthy meal when time is short.

**1 cup cooked Bulgur\***

**½ cup black beans**

**½ cup edamame,**

**1 tsp of fresh squeezed lemon juice**

Mix ingredients together, simply heat and enjoy!!

**Calories 364.6, Total Fat 3.4g, Saturated Fat 0.2g, Cholesterol 0.0mg, Sodium 80.0mg, Potassium 429.1mg, Carbohydrate 63.2g, Dietary Fiber 16.7g, Sugar 2.2g, Protein 23.2g**

*\*Bulgur cooks very quickly for a whole wheat product. There is no need to boil this on the stove for a long time. When boiling you simply need to pour boiling water over the grain and let it stand for 30 minutes. (2-1/2 cups of water per 1 cup of bulgur.) Then drain into a strainer and then fluff it up with a fork.*

marathon!! If you were to talk to Jo-Anna and ask her for advice on how to become a runner and prevent your insecurities from stopping you, she would tell you “Get comfortable clothes (a really good running bra if you’re a lady), run in the morning if your worried about people watching you, download the Couch to 5K program, and run WHERE and WHEN you are comfortable.” Once you build up your confidence you will want to share your new profound love for running and yourself! You won’t even care if anyone is watching!”



## Inspirational Partner Tricia Cromwell

Wardrobe Consultant, Trust in Tricia  
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[www.facebook.com/itrustintricia](http://www.facebook.com/itrustintricia)

Stella & Dot Independent Stylist  
[www.stelladot.com/triciac](http://www.stelladot.com/triciac)  
857.244.0532

Tricia has put together a blog special for us!! I asked if she would be interested in being in my newsletter since she has helped so many people look their best no matter what stage of their life they are in. The following are some highlights of the blog that I couldn’t wait to share...

*“Many potential clients will tell me they are dying to work with me, but just have to wait to lose that last 5 pounds, or baby weight, or they just started a new diet so they're not sure how their weight loss will go. But waiting is not the answer because lets face it- with our critical selves we may never get there! I firmly believe that feeling good and looking good go hand in hand and are direct causes of each other. I commend anyone who is on a journey of bettering themselves physically or becoming more healthy, but throughout this process you still have to be seen by the world everyday so why not look your best? Even if it is temporary, or even if it is just for the body and weight you have right now that is subject to change. I promise, looking good is a huge motivation to stick with your new routine or diet, and it really does help the way not only others perceive you, but how you perceive yourself. Let's be honest, we all love when someone notices if we have dropped 10lbs. But if we remain wearing oversized,*



**Me using some of Tricia’s tips to add a little style & curve to my outfit!! I rolled up my sleeves, unbuttoned the top & added belt)**



*trying-not-to-draw-attention-to-myself clothing (ie the sweats, scrubs and oversize tees and sweatshirts), who is going to be able to notice that we lost any weight?! And how then do we benefit from really being happy with what we see in the mirror and how our hard work is paying off??” She goes on to give tips on what you could do with your existing wardrobe to make it fit the new you. I have used a few of her tips as you see on the left.*

*“The biggest hurdle people face when losing a significant amount of weight is that they are still seeing their "old" selves; the reflection in the mirror does not match how they see themselves in their heads. There are also transitional types of pieces you can buy that can support a weight shift of 5 or so pounds. For example empire waist shirts and dresses, and A- line skirts and dresses skim over the hips so can adjust to fullness without clinging.”* Be sure to read the rest of her blog: <http://www.itrustintricia.com/how-to-build-a-wardrobe-that-fits-while-you-are-losing-weight/> for more tips and check out her before and after pictures <http://www.itrustintricia.com/before-afters/> I personally had the opportunity to see Tricia in action as she did a closet analyzes for me, took me shopping and then integrated my much needed new jeans into my existing wardrobe. If you want to “Take the guessing out of dressing”, you need to contact Tricia for more details!

Check me out at: [www.mcinnesfitness.weebly.com](http://www.mcinnesfitness.weebly.com) and  
<http://www.facebook.com/pages/McInnes-Fitness/137086976362110>