

WELLNESS MINUTE

SEPTEMBER 2018

*Let's
Start
Running!*

STARTING
A RUNNING
AND WALKING
PROGRAM

STAY
HEALTHY!

EXERCISE
OF THE MONTH
8-WEEK BEGINNER
RUNNING PROGRAM

RECIPE
OF THE MONTH
HASSELBACK
SWEET POTATOES

Let's Start Running!

STARTING A RUNNING AND WALKING PROGRAM

Many of our coaching clients have asked us how to start running (and brisk walking) -- so we thought now would be a great time to address this excellent sport! You might ask "why should I start running or walking briskly?" This newsletter is devoted to the excellent benefits of running and walking.

The eight reasons you should start running or walking briskly:

STRESS RELIEF:

Ideally, you will be able to get outside and take a run. Letting your daily stress melt away as you jog through neighborhoods can be nothing short of perfect. After you get through the first few minutes of your run (for me, it's about seven minutes), the rest of it feels terrific.

1.

IT'S FREE!

Besides supportive, comfortable athletic shoes, you don't need any equipment. The only requirement is to cross the threshold of your door, and explore your neighborhood by foot!

2.

PHYSICAL HEALTH:

From cardiovascular health to bone density, if you want to live longer, running and walking are great ways to achieve that goal.

3.

MENTAL HEALTH:

The "Runner's High" is no joke! It's well documented that while running and walking briskly, your brain releases chemicals called endorphins which can improve mood, outlook, and your overall happiness. This natural high can last for hours or days.

4.

SOCIAL CONNECTIONS:

Running is a great social event. Recruiting friends, neighbors, family members or joining a local running club is a great way to strengthen your commitment to exercise. Talking to running buddies during your runs can be deeply satisfying and motivating. You'll be surprised at how large and inclusive the running community can be.

5.



WORKING TOWARD A GOAL:

Lots of us are goal-oriented. By signing up for a short race, you can stay on target with your commitment to run. Goals give us purpose and pride, and signing up for races is a great way to get runs and walks in. Notice how your mood improves once you are working toward your goal!

6.

WEIGHT LOSS:

Many people begin running and walking to lose weight. As you develop a running schedule, you may notice your body becoming leaner and more toned. If your main reason to start running is weight loss, combine it with one of the other reasons to help you stay excited and motivated.

7.

BEING CHARITABLE:

If you're a new runner, running for a charity can be a terrific motivator. Lots of charities host races and signing up for those particular races means that a portion of your entrance fee will be donated to the specific cause. If a race is unaffiliated with a charity, you may want to donate your own designated amount or raise money for a charity that speaks to you. When friends and coworkers donate on your behalf, you'll find the motivation to keep going!

8.

This recipe is great as a year-round side-dish, will pack well if you bring your lunch to work, and gives you an excellent source of carbohydrates for running.

Total time: **1 hour, 10 min**

Prep time: **10 min**

Cook time: **1 hour**

Hasselback Sweet Potatoes

4 medium sweet potatoes

1 Tbsp. unsalted butter, melted

1 tsp. olive oil

1 tsp. finely chopped fresh thyme leaves

1 garlic clove, finely grated on a microplane (or finely chopped)

Kosher salt and freshly ground black pepper

1/3 cup Greek yogurt

1 scallion, white and green parts chopped

Directions

Preheat the oven to 425° degrees F. Line a baking sheet with aluminum foil.

Make a series of 1/8-inch slices along each potato, slicing 2/3 of the way through.

Stir together the butter, oil, thyme, garlic, 1/4 teaspoon salt and 1/4 teaspoon pepper in a small bowl. Rub the potatoes all over with the mixture, getting in between the slices.

Place on the baking sheet and roast until the center of the potatoes are tender and the outside is crisp, 50 minutes to 1 hour.

Halfway through the roasting time, remove the potatoes from the oven and run a fork gently across the tops of the potatoes, using light pressure, to fan the slices and separate them from one another.

Meanwhile, stir the yogurt and scallions with a pinch salt and a pinch of pepper. Serve the sauce with the potatoes.

STAY HEALTHY!

STAYING SAFE WHEN YOU RUN
IS EQUALLY IMPORTANT AS
FINDING THE REASONS TO RUN.

If you're new to running and consider yourself a newbie, keep your weekly training volume the same for the first 4 to 6 weeks to allow your body to properly adjust.

During the early stages of training, focus on training (walking, run-walking, or jogging) consistently and do not get tempted to do more than you can handle.

Once you can run comfortably for 20 to 30 minutes without much huffing and puffing, then increase the distance you run, the length of time you run, or your speed. It's also important to listen to your body. But "what do I listen for?" you may ask. Your body gives you warning signs, which include excessive soreness, aches, sharp pains, and persistent pains. What do I do about this? You may need to take a day off to heal pain. Do not let your ego stand in your way.

Sleep is so important when you run! While running may make you more energized during the day, at night your body may crave extra sleep. Sleep can provide you with the right environment required for optimal recovery. During deep sleep, the pituitary gland releases large quantities of the growth hormone—key for repair and recovery. You may need an extra 30 minutes to 2 hours more sleep to help your body recover.

Hydration is key to running. Drink plenty of water—whether you feel thirsty or not, and regardless of weather conditions. Your body perspires more during exercise, so you need to replenish yourself throughout the day.

HOW DO I KNOW IF I HAVE PROPER RUNNING FORM?

Your running mechanics are determined by the strength and flexibility of certain muscles and how your body is built.

Here are some tips according to physiologist Adam St. Pierre, physical therapist, and Christy Barth, strength and conditioning specialist, both from the Boulder Center for Sports Medicine:

Watch Your Elbows

Keep your elbows bent at 90 degrees or less.

Keep Your Knee In Line

Make sure your foot strikes under your knee, not in front of it, which can lead to injury. It doesn't matter whether the heel or forefoot hits the ground first, as long as your foot is not in front of your knee. This is especially important when running downhill.

Relax Your Hands

Keep hands loose and below your chest. Make sure your hands don't cross your midline and your hands don't punch forward, both of which can throw off your gait. Pay careful attention to this when you're carrying something like a music player or a dog leash. Switch hands halfway through the workout if possible.

Maintain a Short Quick Stride

Do not try to lengthen your stride; avoid reaching forward with your foot, which can lead to overstriding and will set you up for injury. Instead, stick with shorter paces.

Push Up and Off

Focus on pushing up with your feet and off the ground behind you.

Work Your Core

When starting a running program, it is also a great time to start working on your core strength, particularly your glutes and abdominal muscles. A strong core makes it easier to stay upright—even when you're tired—and avoid leaning too far forward from your hip, which can lead to injury.

Exercise of the Month

8-WEEK BEGINNER RUNNING PROGRAM

WEEK 1

Walk for six minutes, then jog at an easy pace for one minute. Repeat three times. Aim for three sessions with that same sequence for week one.

WEEK 2

Walk for five minutes, then jog for two minutes. Repeat three times. Aim to do three sessions in week two.

WEEK 3

Walk for three minutes, then jog for four minutes. Repeat four times. Aim for three sessions in week three.

WEEK 4

Walk for two minutes, then jog for five minutes. Repeat four times. Shoot for three of these sessions in week four.



WEEK 5

Walk for two minutes, then jog for eight minutes. Repeat three times. Do three of these sessions in week five.

WEEK 6

Walk for two minutes, then jog for nine minutes. Repeat three times. Try to do three sessions for week six.

WEEK 7

Walk for one minute, then jog for 11 minutes. Repeat three times. Do three sessions this week.

WEEK 8

For your first run this week, try walking for five minutes to begin and end the workout, and running for 20 minutes in between. By the end of the week, try to run for 30 minutes without stopping.

Once you've finished the program, aim to run for 30 minutes three times a week. You'll notice that your stamina and fitness will continue to improve. Soon you'll be ready to run your first 5K!

Wellness-Connect
powered by Allura Health

4445 Eastgate Mall #200
San Diego, California 92121
Website: www.Wellness-Connect.net
Email: support@wellness-connect.net
Phone: (877) 931-8005

HEAR from our MEMBERS

With the Wellness-Connect point program and all the apps that are compatible to track your movement, exercise, etc., it's easy to earn incentives.

Rhonda P. | NORTH CAROLINA

I just wanted to acknowledge that Wellness-Connect is a great program. It is because of this program that I have got into a fitness regime that I earlier thought wasn't possible.

The online coaches are great to interact with and they helped me with great tips on nutrition & fitness.

Thank you for implementing Wellness-Connect. It is truly beneficial.

Chetan S. | LOS ANGELES

I've been reading your email articles regarding better health and wellness. After reading and learning all about better nutrition, I've made several changes to my diets and habits.

Wellness is an everyday challenge - breaking habits is difficult. But I'm seeing it pay off more and more each day.

Daniel B. | FLORIDA