

JKPT Fitness Tips & News

February 2008

Q. I'm trying to help my friend stick to her resolution to exercise regularly. Can you pass along some tips that will help her stick to it?

ACE Fitness Q&A

A: According to many experts, four of the most critical factors regarding exercise adherence are:

1. injuries
2. time
3. boredom
4. results

Not surprisingly, individuals won't stick with exercise programs in which they get hurt. The old adage, "no pain, no gain," makes no sense to most people. Individuals prefer to engage in exercise regimens that are time-efficient, which will allow them to continue to enjoy valued hobbies and other interests. Fortunately, individuals can experience the innumerable benefits of exercise without enduring marathon workouts.

Common sense dictates that people prefer to participate in exercise programs that are enjoyable. Boredom can have a devastating impact on an exercise commitment. At the very least, the activity should allow an exerciser to disassociate from the negative aspects of the exercise experience (fatigue, muscle soreness) and to refocus on more positive factors. For example, the high-tech features on many contemporary exercise machines are designed not only to provide physiological and performance feedback, but also to engage the exerciser in a diversion from the physical effort required

for the exercise.

Achieving meaningful results can be among the most important adherence factors for many individuals. People typically participate in exercise programs to achieve specific goals (e.g., weight loss, stress reduction, improved strength, etc.). Obviously, they're more likely to continue expending the time and energy involved if their efforts produce desired and meaningful results.

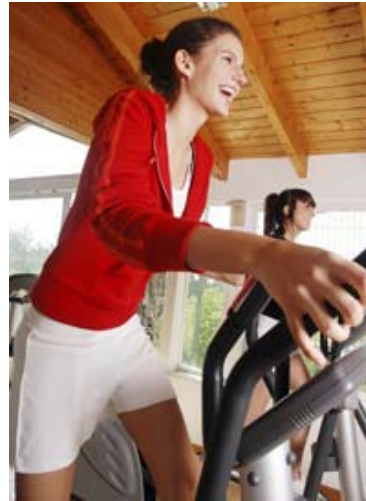
There are a number of steps your friend can take to increase her interest, enthusiasm and, ultimately, long-term adherence, including:

Establish the intrinsic motive to exercise. Help your friend determine exactly what she wants to gain from an exercise program.

Emphasize short-term goals. Goal setting should be viewed much like climbing a ladder, with an emphasis placed on reasonable distances between rungs.

Minimize injury/complications by not doing too much, too soon. Oftentimes, novice exercisers who increase their activity dosage too abruptly become discouraged, especially if they feel too sore or become injured.

Encourage group participation. Group commitments tend to be stronger than those made individually. Often, the encouragement of a group can provide an individual



with the incentive to continue exercising during periods of decreasing interest.

Emphasize fun and variety in the exercise program. The type of exercise program also has been shown to influence long-term exercise adherence. Unchanging and regimented exercise programs often become monotonous and boring, leading to poor exercise adherence.

Include significant others, family members and/or friends in periodic functions. The attitude and support of those with whom an individual interacts most frequently helps determine whether that person will adhere to an exercise program. A

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BOOT CAMP CLASS BY JENN

Intense Cardio Workout. Join the fun!

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REFERRAL BONUS:

For each person you refer to **JK Personal Training LLC** who gets involved in a training program with us, we will give you a **FREE** personal training session!



Jenn



Kerry

MOVEMENT STUDIO CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:30 AM Joelle Pilates	5:30 AM Jenn Boot Camp		7:00 AM Jenn Boot Camp	8:00 AM Joelle Fitball Strength / Pilates
	6:30 PM Joelle Pilates			6:30 PM Joelle Pilates		9:00 AM Stacie Hatha Yoga 75 Min

PM CLASSES

Updated 02/01/08. Schedule subject to change. Please check back regularly.

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Working with a personal trainer is one of the quickest and most successful ways to improve your health & fitness.

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Trainers providing programs to help you reach your goals!

Disclaimer

Fitness and health information presented on these pages is intended as an educational resource and is not intended as a substitute for proper medical advice. Consult your physician or health care professional before performing any of the exercises described on these pages or any exercise technique or regimen, particularly if you are pregnant or nursing, or if you are elderly or have chronic or recurring medical conditions. Discontinue any exercise that causes you pain or severe discomfort and consult a medical expert.

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participant's significant other, as well as family and friends, can play an important role in this regard.

Keep an exercise log. The importance of immediate, positive feedback to reinforce desirable health-related behaviors is well-documented. A progress chart that allows your friend to record daily and cumulative exercise achievements (e.g., total exercise time, mileage,) can help her see the progress she has made.

Establish regularity of workouts. People who start their workouts at the same time each day are more likely to make exercise a habit.

Source: Dr. Cedric X. Bryant, ACE's Chief Science Officer; ACE FitnessMatters, Mar/Apr 2007.

“To keep the body in good health is a duty, for otherwise we shall not be able to trim the lamp of wisdom, and keep our mind strong and clear. Water surrounds the lotus flower, but does not wet its petals.”

-Hindu Prince Gautama Siddharta, the founder of Buddhism, 563-483 B.C.

Upcoming Events:



Clif Bar Chilly Hilly Bicycle Classic 2008
Sunday, Feb. 24, 2008
8:00 AM
Bainbridge Island, WA
Downtown Seattle Ferry Terminal
www.cascade.org

The Clif Bar Chilly Hilly is the ride that has been kicking off the cycling season in the Northwest for the past 35 years. You can start your 33 mile ride around Bainbridge Island either from Seattle, with and early morning ferry ride, or on Bainbridge Island. The name Chilly Hilly says it all. The weather in February is Chilly and the 2,675 feet of climbing on the route is the Hilly part.

Register at www.active.com.

Register by Feb. 13 and get your rider packet mailed to you FREE! After Feb. 13 rider packets will only be available for pickup at the start line you select (Seattle or Winslow). The Seattle registration fee includes your ferry ticket for one bike and rider. For complete ride information please go to www.cascade.org. Please be aware that Active.com charges a fee of about 7% for this online service.



22nd Annual Big Climb for Leukemia
Sun., March 16, 2008
Columbia Center
Seattle, WA
8:30 a.m. - First Wave
www.lls.org

Participants may choose to enter the Race Stairwell (timed) or the Climb Stairwell (untimed). Both stairwells are 69-flights of stairs and lead to the top of the Columbia Center. The Columbia Center is located at 701 5th Ave. in downtown Seattle. Register at www.active.com.

2nd Annual Run With Cops Not From Them 5k Run/Walk
Sat, June 21, 2008
9:00 AM
Marymoor Park, Redmond, WA
iaawp.us-runwithcops2008.com

2nd Annual Run With Cops Not From Them 5k Run/Walk fun day! We hope to see you out there for entertainment, food and hang out with the cops! Everyone is welcome, adults, kids and families! This fundraising event helps raise money for the WA State Law Enforcement Memorial Fund and the 2009 International Association of Women Police Training Conference. Register at www.active.com.

Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

Eat Well to Stay Motivated and Energized

DO YOU HAVE TROUBLE EXERCISING at noon or after work even though you're truly committed to exercise and it's the only time you have to work out?

Do you feel so exhausted that you just can't face the gym?

Your diet—rather than simple sloth—may be the problem. If you tend to skip meals in an attempt to save calories, you may be robbing yourself of important fuel for your workout. While skipping meals may temporarily make your stomach feel flatter, doing so can also leave you feeling tired, irritable and unfocused. Then, you'll be tempted to forego your noontime workout, or go home, eat and stretch out on the couch in front of the TV after work.

If, however, you follow some simple, sensible dietary practices throughout your day, you'll get that workout done. And rather than feeling lightheaded and exhausted afterward, you'll be energized and refreshed.

Stay with Feel-good Foods

One key to staying motivated to exercise is to keep the amount of sugar in your blood—and thus, your energy level—stable to prevent ups and downs. You can best do that by eating a series of small meals throughout the day—as many as five or six—that are composed of complex carbohydrates, such as whole grain breads, beans and other vegetables, whole grain crackers and fruit. If you plan ahead and make time for grocery shopping, you can easily pack some simple meals and snacks to take to work with you.

Eating complex carbohydrates helps keep your blood sugar stable because they are digested and absorbed slowly into the blood and don't require your pancreas to produce much insulin. Refined carbohydrates, such as potato chips, doughnuts and cookies, are absorbed very quickly and trigger the pancreas to pro-

duce large amounts of insulin. So, while they may give you an initial boost, your energy will drop off quickly, and your mood will follow.

The amount of sugar in your blood is also related to the amount of serotonin in your brain. Serotonin is an important chemical called a neurotransmitter that helps to regulate mood. If your level of serotonin is where it should be, you'll have a sense of well-being and confidence—and feel ready to tackle the treadmill. Should it drop, you may feel tired and depressed. If you often experience a craving for carbs, this may be your brain's way of telling you it needs more serotonin.

You'll keep your motivation to exercise if you:

- Have a glass of juice to boost your energy before a morning workout.
- Eat a breakfast that includes whole grains and fruit or fruit juice.
- Eat small, frequent small meals and snacks during the day to maintain your blood sugar.
- Make sure to have a light, healthy snack an hour before your noon or after-work workout.
- Stay hydrated, keeping a water bottle at your desk at work.
- Limit—or eliminate—the amount of caffeine in your diet.

Cut the Caffeine

What about caffeine? Good question. Many athletes rely on caffeine for the initial kick it can provide. Remember, though, that caffeine can also affect the amount of insulin, and thus, sugar, in your blood. Further, it can cause dehydration, which can also sap your energy.

While drinking a caffeinated beverage may help get you to the gym, within an hour you may

feel tired and too lightheaded to complete your workout, or to do it well.

If you plan to engage in running or other highly vigorous activity, remember that some forms of caffeine, coffee in particular, can lead to mild gastrointestinal distress, as can some bulky foods. So, you'd be wise to limit the amount of coffee, tea and soda that you drink for a number of reasons.

Suppose you're an early bird, and your best time to work out is in the morning before you go to work. For quick energy, drink some juice upon rising and avoid coffee. Once you've completed your workout, have a more solid breakfast of whole-wheat cereal or toast and fruit to fuel your concentration for the morning's work. If you work out and eat too lightly, chances are you'll get "the drowsies" by 2 p.m., if not sooner.

Keep in mind that finding the right combination of food and drink to energize your workout—whatever time of day you choose—may take some experimenting. It all depends upon your individual tastes and your metabolism. With a little patience, an open mind and a little creativity, you'll determine which foods suit you best.

Compliments of:



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If you are interested in information on other health and fitness topics, contact: American Council on Exercise, 4851 Paramount Drive, San Diego, CA 92123, 800-825-3636; or, go online at <http://www.acefitness.org> and access the complete list of ACE Fit Facts.