



Timely Information for Personal Success

Running a Race that You Don't Have to Win!

By Tim Lencki

If you're looking for a way to motivate yourself toward a more active summer, plan to enter a local 5-kilometer race. Summer and fall are great opportunities to give this a try!

Since I made a local 5-K race an annual event, I've greatly increased the consistency of my aerobic activity. The beauty of an event like this is that it will motivate you to "*do something*." You don't have to enter to win — just race against yourself! In other words, try to better your time each year.

Or, if you run more than one race in a season, make it a goal to improve with each race. Your desire to improve each time will motivate you to be more consistent throughout the year. I speak from experience.

The following are some tips to consider to make your 5-K race as positive an experience as possible:

☑ **Set an attainable goal.** A good goal for your inaugural race is to simply finish and have fun doing it.

☑ **Wear broken-in running shoes.** New or different running shoes could start rubbing your feet and ankles the wrong way during the race, causing you to develop an uncomfortable blister.

☑ **Eat a light meal at least one hour prior to the start of the race.** During the race, digestion slows as blood is diverted to the exercising muscles. Select foods that your body can easily digest, such as breads, cereals, or fruits.

☑ **Line up behind the crowd.** Position yourself in the back of the starting pack, so that you can ease into your own pace. Trying to immediately get in front of the pack could spell trouble toward the end — unless of course you're an experienced runner.

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Summertime Exercise Tips

Exercising during the summer months involves using some smart strategies compared to working out during the cooler months of the year. They are as follows:

1. Stay hydrated — This is always important, but it's particularly crucial in summer. Your body can easily lose up to a quart of water an hour while exercising in hot weather. Drink water before, during, and after exercising. Shoot for 8-10 ounces of water every 20 minutes.

2. Wear loose-fitting clothing — It's important to allow circulation of air between your skin and the environment. Wear light color

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Healthy Recipe: Honey Mustard Chicken Breasts

INGREDIENTS:

- 1 Tablespoon olive oil
- 2 teaspoons (each) white wine vinegar, mustard, and honey
- 2 Tablespoons fresh herbs (oregano, tarragon, basil, rosemary, or combination)
- salt & pinch of cayenne pepper
- 1 chicken breast (4 to 6 ounces)

NUTRITIONAL INFORMATION:

- Calories per serving: 233
- Protein: 33 g.
- Carbohydrates: 2 g.
- Sodium: 409 mg.
- Fat: 9 g.
- Saturated fat: 1 g.
- Fiber: 0 g.



Serving size: 1 chicken breast

DIRECTIONS:

❶ Mix olive oil, vinegar, mustard, honey, salt, cayenne pepper, and herbs together in a large re-sealable plastic bag. Add chicken breast and seal bag. Turn bag over several times to thoroughly coat chicken with marinade. Refrigerate at least 30 minutes or up to 4 hours. ❷ Preheat grill to medium high. ❸ Remove chicken from marinade, shake off excess and season both sides with salt and pepper. Discard leftover marinade. ❹ Grill breast until golden brown, about 4 minutes. Turn over and cook an additional 4 minutes, or until chicken is browned and cooked through. ❺ Let chicken stand for five minutes before serving.

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Questions and Answers Workout Questions Addressed

Q: Should I eat before and/or after my workout?

A: Eating prior to a workout can provide the energy you'll need. However, I don't recommend eating less than an hour before starting. It also depends on the person, and on what you eat. It's important to eat immediately *after* a workout to help replenish your body of the nutrients needed to recover. A good mix of protein and carbs are recommended.

Q: When is the best time to work out?

A: My most common response is to work out at the time when you'll be most consistent. This may be early in the morning, lunchtime, or after work. Personally, I'm partial to early mornings because the distractions of the day won't sabotage your workout. Be careful if you like lunchtime exercise. I would suggest eating *after* your workout, since beforehand can cause digestion problems. I also recommend caution if you work out in the evening. Exercise raises your heart rate and body temperature, which can lead to a restless night of sleep. The main thing, though, is to be consistent. Find the time that works best for you...then, stick with it! ❖

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❑ **Take advantage of water stations along the course.** Drinking a cup each time it's offered will help keep you properly hydrated.

❑ **Invite a friend and/or family member to train with you.** Having someone to run with will make it more enjoyable. On race day, encourage your non-running friends and family to stand near the end of the course so they can cheer you on.



Summary

Having a goal to finish a 5-K race will keep you motivated and give your workouts a purpose. Find a 5-K race in your area, and fill out the registration form. Accountability is a great thing! ❖

Tim Lencki, MS, CSCS, is a strength and conditioning specialist and author of "Fitness One Day at a Time" and a new bookette® series for active lifestyles. Visit Tim's website at www.thefitnesseducator.com. **Editor's note:** The advice presented in this article is for educational purposes only and should not be construed as a substitute for medical advice. Consult a physician regarding the applicability of recommendations appearing in this article.

Summertime Exercise Tips

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clothing, and *avoid* cotton and linen material in lieu of synthetic fabrics, such as polyester.

3. Avoid peak hours — Try to exercise in the early morning or evening to escape the intense heat. In addition, consider exercising indoors on extremely humid days.

4. Wear sunscreen — This should go without saying, however, some people need to be reminded. Be sure to apply sunscreen on your ears, lips, nose, and the tops of your feet. ❖

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