

Happy December,

Wow – another year has just about come and gone. I hope you are pleased with what you have achieved in reaching your weight goal or fitness goal for this year (if you had a goal for the calendar year). I hope that no matter where you are in achieving your goals, you are able to love, accept and appreciate yourself right now, right where you are!

In this newsletter, I wanted to share a poem one of my clients wrote as well as give you more info from the Personal Fitness Professional Magazine I receive each month. Before going into these, I want to thank those of you who have responded to any of the newsletters I have sent out this year. It is great and very important for me to hear your views, your struggles, you're achievements, and how the newsletter motivates you or upsets you. Thanks for sharing. Please feel free to share more.

The poem I would like to share is called Flow.

Running
The wind wraps
Around
My face
My arms
My legs
Defining my forward motion

My fingers
At first heavy
Dissolve
And become hinges
Centering my weight
Around which
Arms
Legs
Torso
Move in harmony

I move to a steady cadence
The beat of the music in my ears
May change the pace
But never my breathing
Two breaths in
Three breaths out

Lightly hitting the ground
Making little or no sound
The ground comes up to meet me
I am in flow

With the energy around me

Ruben Davalos 1990

Thank you Ruben for sharing with us all.

For those of you concerned about osteoporosis there was a blurb in the Personal Fitness Professional newsletter that stated that running outside is better than running on a treadmill. It stated that “an outdoor run provided more potential for bone building compared to running on a treadmill. The varied surfaces involved in an outdoor workout create more physical challenges, which can stimulate bone growth.” I would think this would be the same for walking on a treadmill compared to taking a walk outside on sidewalks and streets. When the weather is nice, I encourage you to go out and enjoy the fresh air while you walk or run!

Did you know that middle aged sedentary Americans consume about 17% of their calories from snacks? Interesting isn't it.

Here is something to add to what I have already told you about breathing:

“A recent study showed that people began to breathe faster and more shallowly when they typed on a keyboard or used a mouse. Rapid, shallow breathing increases muscle tension. Tense muscles could, in turn, increase the likelihood of repetitive stress injuries such as carpal tunnel syndrome.” So, remember to watch your breathing not only when working out or running, but also outside of the Y or yoga class. It is an important part of everything we do.

Even if you never touch the salt shaker, you could still be eating too much salt in your diet. The newsletter wrote: “American's average salt intake is nearly twice the recommended daily limit, and high sodium intake may contribute to hypertension. Most dietary sodium comes from prepackaged items such as spaghetti sauce, frozen pizza, canned soup or vegetables and salty chips or pretzels.” I encourage you to choose reduced- or low-sodium alternatives whenever possible and with canned vegetables, rinse them with water before using them.

From the November diet newsletters, one client lent me her book “The No-Grain Diet” by Dr. Joseph Mercola. Dr. Mercola says to eat more vegetables instead of grains. The Fitness Professional Newsletter wrote about wraps, which are made from purees of unstrained fruit and vegetables that are then dehydrated in the shape of a thin layer. You can wrap your lunch sandwich with this (instead of bread) and one wrap is equal to a single serving of fruit or vegetables. It is also completely edible. Neat. They should be available at the end of the year at grocery stores. If you check these out, I encourage you to read the labels before you buy any. Make sure there are no hydrogenated oils and check the amount of calories as well as the amount of sodium per serving. I hope they are healthy and taste good!

One last thing for this newsletter: we all are taking on challenges. Your challenge is to lose weight or get stronger, race better... My challenge is to find a way to help you

succeed at your goal. For all of us, we are stepping into a new adventure with each new workout or challenge. With this new adventure, we get to once again identify the adventure, plan, take action and commit to internal desire. Once we get going, we each gain the benefits: improved self-esteem, self worth, a feeling of accomplishment, freedom of having embraced another challenge (willingly and openly possibly), improved relationships and a step further in understanding our own unique selves and abilities. Wow – what an array of gifts we receive. Who wouldn't do this when there are so many benefits received from taking on a new fitness adventure? What adventure shall you take on for 2004?

Welcome to the last month of 2003. May this month bring you happiness and acceptance of you right now, where you are today. Find that harmony with the energy around you.

Carol Lee