

Happy June,

Summer keeps trying to come!! We will be too hot in no time.... In this month's newsletter there is a reminder of my traveling this month and next, as well as an article on jazzing up your walks and some suggestions on walks you can take. I would like to also mention that the Y will be having the triathlon again this year. We had a team last year and I think all three of us had fun. It would be great to have at least one team this year, so if interested let me know and let me know what sport you would like to do.

My travel schedule along with class changes.

Gone June 13 – 19th

I will see clients the week of June 20th

I will teach yoga at Baxter's and the Ashland Yoga Center the week of June 20th.

Gone June 27 – July 10 - I will be back to town and ready for work on Monday, July 11th.

Starting July 11th, I will teach only Monday night yoga at the YMCA (This means no more Wednesday evening yoga classes at the Y for me, although there will be a new instructor for the Wednesday evening class and her name is Kelly.).

The osteoporosis prevention class ends this Friday, June 10th and will resume again on Monday, September 12th at 8 am at the Grove. I will inform you with more information on this later.

For those of you who have been doing NLP work on a donation basis, this will continue until the end of July. I will start to charge in August and will announce the price in the August newsletter. Thanks again to all who have participated. I would love to receive an email from you on how it has been for you. Have you seen any changes?

Walking is the most popular form of exercise. It has so little prep work like not having to pump the tires, put on a helmet, change the clothes, etc. Gosh, you can go for a walk in a dress. As long as you have good walking shoes on, you are set to go. I mention the dress because I often see business workers out on their lunch time walking around town with their dress and walking shoes. It is great to see!

The focus on the article about jazzing up walks is to make them more fun and motivating. Try some of these ideas if any of them grab your attention! The article is from the American College of Sports Medicine and is written by Dixie L. Thompson, Ph.D. associate professor in the Department of Exercise, Sport and Leisure Studies at the University of Tennessee, Knoxville.

Jazz Up Your Walk!

Walking is the most popular form of exercise for U.S. adults. Regular walking helps control weight, improve cardiovascular disease risk factors and lower the risk of developing type 2 diabetes.

ACSM (American College of Sports Medicine) recommends that adults accumulate at least 30 minutes of moderate intensity activity on most, preferably all, days of the week. A brisk 30- minute walk performed at least five times per week can, over time, be expected to result in health improvements. However, this is the minimal recommendation, and for most health-related variables (particularly weight control), more is better!

To avoid becoming bored with your daily walks, here are some suggestions that you may find useful for reenergizing your walking routine.

Find a New Route

To change your routine, identify walking trails and bike/walk paths in your area by contacting your local Parks and Recreation Department. Although these may take a bit of work to get to, they are often out of the traffic flow and provide a relaxing location for exercise.

Build in Challenges

If you typically walk 2 miles in 30 minutes, try to finish the course in less time. Or, keep your walk time at 30 minutes but walk further during the period. You can also build slower- and faster-paced parts into your walk by walking faster from one landmark to another and then slowing your pace until you feel recovered. It is a way to challenge yourself without the formal structure of interval training. Remember, make small changes as you increase the duration or intensity of your workouts to allow your body time to adapt.

Take a Hike

Hiking is a great way to get exercise and clear your head from the daily grind. Most state and national parks have published lists of hiking trails with the length and difficulty indicated. If you hike, keep these things in mind:

- ? It is best to hike with at least one other person, and let others know which trail you will be hiking.
- ? Plan for the weather conditions.
- ? Wear shoes appropriate for the trail.
- ? Carry adequate water and food.

Try New Toys

Pedometers can measure how far you walk in both daily activities and exercise bouts. You may find the goal of taking 10,000 steps per day useful for ensuring daily exercise, or use a pedometer to measure your daily steps without exercise and then set a target step goal so that you walk an extra 2 miles per day. A heart rate monitor also can serve as a motivational tool to help you get the most out of your walks. As you train, you will find

that walking at the same pace will yield a lower heart rate. This means that you need to walk faster to get the same target heart rate.

Bring Along a Friend

Exercising with a friend will increase your enjoyment and also will help to promote good health in your friend. Although you may not be able to walk together every day, set specific days and times when your schedules allow. This will guarantee that you get those walks in.

Walking is an enjoyable, health-promoting activity that many can fit into their routines. As you walk for exercise, remember it does not have to be the “same old thing” every day. Try some of these ideas. You may just find something that reenergizes you!

If you enjoy walking and want to do more of it, check out the booklet “Coastwalks 2005 Summer Walks.” I found this at the Y and it has 3 – 6 day walks on the coast. The walks are not only walks but also educational experiences. The walk in Mendocino County goes into the history of the central Mendocino coast. What a great way to take a vacation and get exercise at the same time. If you are interested look for the booklet in the fitness area at the Y. I will take some copies to Baxter’s and their web page is:

www.coastwalk.org. Check them out!

Have a great month. Remember the next newsletter will be out in August. I will think of you when on the road traveling, biking in New Mexico, meditating (although as seldom as possible when meditating)..... have fun! What ever you do, do it with full attention and enjoy it!

See you soon!

Carol Lee