



## Healthy Holiday Eating - By Larissa Beznaczk-Smyrnew, Mansfield Nutritionist

With the holiday season right around the corner keeping up a healthy lifestyle of regular exercise and healthy eating can prove to be quite the challenge. After-work parties, weekend get-togethers and family dinners are hard to pass up and difficult to say no to.

Accompanying this is this psychological aspect of the holidays, the memories associated with certain foods and traditions. Certain smells can stimulate a memory and have you running back to the buffet table several times without you even realizing why.



First and foremost you must make a holiday eating plan if you want to avoid weight gain. If you know that you will be attending a holiday open house in the evening be sure to eat healthily all throughout the day. Some individuals convince themselves that if they barely eat anything all day and "save themselves" this gives them reason to indulge later on. This in fact is counterproductive since this simply slows down your metabolism by starving yourself all day long and then eating that one big meal making it more likely to be stored as fat.

It is not necessary to gain the 7 holiday pounds that average individual gains from Thanksgiving to New Years. By following these tips you can ensure yourself a happy and healthy New Year.

- Before any event try having a snack so that you are not tempted to over eat.
  - fruit, yogurt and granola
  - fruit smoothie
  - vegetables and dip
  - almonds and apple
  - small salad

- peanut butter and jam sandwich

- Try limiting your alcoholic drinks which can add calories really quickly, for every alcoholic drink have one unalcoholic one.
- Avoid purchasing frozen hors d'oeuvres that are deep fried or in a pastry shell or crust. Instead choose shrimp/chicken skewers, flatbread pizzas and antipasto trays.
- Always have a raw vegetable assortment with various dips (hummus, baba ganoush, tzatziki) for cocktail parties.
- Bake the stuffing in a separate dish outside of the turkey basted with some vegetable or chicken broth, this will cut down on the amount of fat.
- Roast vegetables (carrots, peppers, sweet potato, squash, broccoli, onions, garlic) in olive oil with herbs, salt and pepper instead of boiling them and then tossing with butter.
- Make mashed potatoes with low fat sour cream and skim milk. Try using half sweet potatoes, half regular potatoes.

If at a holiday party try to make the following choices:

Instead of	Have this
Martini/holiday cocktail	White wine spritzer, mulled apple cider
Eggnog	Hot chocolate
Regular white mashed potatoes	Sweet potatoes
Game meats/lobster	White meat/fish/beef tenderloin
Brie, blue cheese, cheddar	Goat cheese, mozzarella, bocconcini
White bread, buns	Whole wheat pitas, whole grain bread
Cheesecake	Apple crisp, pumpkin pie
Shortbread cookies	Gingerbread and sugar cookies

### Herbed Chickpea Dip

This healthy holiday dip contained protein, fibre and monounsaturated fat (the healthy fat). Serve with raw vegetables, whole wheat pitas, grilled shrimps and chicken.



- 2 cups canned chickpeas, rinsed and drained
- ¼ cup low-fat plain yogurt or low-fat sour cream
- ½ cup chopped fresh cilantro
- ½ cup chopped fresh basil
- 2 garlic cloves, chopped
- 2 tablespoons fresh lemon juice
- 3 tablespoons water
- 2 tablespoons olive oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper

In a food processor purée chickpeas with yogurt, cilantro, basil, garlic, lemon juice, water, olive oil, salt and pepper until smooth. Add more water or olive oil if the dip is too thick or until you reach the desired consistency.



## Secrets to climbing Mount Kilimanjaro

Anyone with money can pay for the privilege of swimming with the dolphins or going to Fantasy Baseball Camp. But as author Gregg Stebben discovered, to make it to the top of Mount Kilimanjaro, you need discipline, willpower, endurance, and grit. And the passion to live big.

You'll probably never find me trying to climb Everest, the highest peak in the world. But then again, I never thought I'd ever find myself hiking to the top of Mount Kilimanjaro, either. For those of you who are geographically challenged, Kilimanjaro (or Kili, as it's known to its buds) is located in Tanzania, in eastern Africa. At 19,340 feet above sea level, it's the highest point in Africa, or roughly two-thirds as high as the 29,035-foot Everest.

However, altitude isn't the only difference between Kili and the big E:

You can climb Kili without oxygen.

You can climb Kili without losing your nose to frostbite.

You can climb Kili without dying.

Yes, you. I did it in October 2006 at the age of 45. And you can too. Because I'm going to tell you how. And if the mountain calls you after you finish reading this, I encourage you to pick up the phone and return the call.

After all, no matter how hard you pedal the bike or pump the Stairmaster at the gym, one way to make all those workouts really count is to tackle the highest mountain you can, then take your prize and whisper, I did it! to yourself as your feet take the last step to the top of the summit; the same summit that seemed terrifyingly unattainable way up, up, up there in the distant clouds just a few days ago.

And now you stand with your toes pointed out from one of the highest peaks in the world. It's cold, it's quiet, and yeah, you hurt. But it's just you and the mountain, with you on top. Meanwhile, a giant and perfectly formed glacier made famous by none other than Ernest Hemingway seems just inches away as you gaze down at it in the foreground, and beyond the glacier the entire magical continent of Africa spreads out before your eyes.

### LESSON #1: Altitude counts

There are many trails you can take to the top of Kili. But the shortest route is not necessarily the smartest; if you use a trail that takes you up the mountain too fast, your body may have trouble acclimating to the altitude. My group opted for a 4-day hike up the Machame Route, which allowed us to move at a steady pace and

enabled our bodies to adjust to the increases in altitude (and decreases in oxygen) every day—until we made the final push to the top.

As I approached the summit, I found myself shuffling along the trail in painstaking slow-mo, wondering how long it was going to take me to walk another 5 yards. I remember making deals with myself in which I'd promise to take 10 more steps without stopping; invariably, I'd have to stop after only five because I didn't have the energy to go on without another break.

Truth: No matter how much time you give your body to acclimate, the altitude and lack of O<sub>2</sub> will leave you feeling insanely sapped. So before you go, ask your doc about prescribing Diamox to help you cope with the symptoms of altitude sickness (headache, loss of appetite, nausea, and dizziness). I took Diamox and experienced none of these symptoms. My wife, Jody, took it and had a headache 1 day but was otherwise symptom-free.

### LESSON #2: Training counts

Strong legs are important. But since most of us already have them, building a tight core and strong upper body—which tends to fatigue faster than your lower body—is equally key. It's a lesson I learned, pre-trip, from Will Maloney, fitness manager at the Potrero Hill 24 Hour Fitness in San Francisco. Here, a few others:

Give yourself at least 8 to 10 weeks to train.

Wear a weighted vest during cardio to prepare you for carrying a pack.

Train on cardio machines that require you to use your arms as well as your legs to help you prepare for using walking sticks all day while you hike.

Give your body a boost by taking glucosamine daily and eating lots of omega 3 and 6 fatty acids for your joints. Also, consider gaining some healthy pounds pretrip—there's a good chance you'll lose a few on the trail.

### LESSON #3: Gear counts

Quality, moisture-wicking socks are a must. Light, comfy hiking boots are a must. Seasonally appropriate cold-weather gear is a must. A comfy, well-fitted day pack is a must. Get one with a built-in hydration system that allows you to drink continuously through a tube; it will be easier for you to stay hydrated if you don't have to unpack a bottle every time you want some water.

And walking sticks are recommended. Personally, I hate them, but most people use them. If you don't have your own set, you can rent them from your outfitter, who'll provide

all other basic camping gear (tents, sleeping bags, food), as well as porters to tote it up the mountain ahead of you. (Porters carry everything except what you'll need during the day while you hike: lunch, snacks, water, walking sticks, and warm clothing.)

### LESSON #4: Your guide counts

A guide is required. You won't be allowed to start up the mountain without one. Our group used a company called Wild Frontiers, and we were very happy with them, but you will find many other tour companies and outfitters on the Web. (Note: the bigger the price tag, the better the meals and the nicer the tents; the mountain, however, is the same for everyone.)

Keep in mind when guide shopping: It's okay to question authority ... a little bit.

Most outfitters take their hikers up the final summit of Kilimanjaro in the middle of the night, with the goal of arriving at Uhuru ("freedom" in Swahili) Peak in time to see the sunrise. And it is a stunning view. But is it worth the hassle of a freezing all-night hike? Negotiating the steepest part of the trail in the frigid African night while queuing up behind a few hundred other hikers was admittedly not my favorite part of the trip.

After we returned to the Tanzanian town of Arusha, we met some renegade Kili guides who believe the best time of day to head for the summit is after the other hikers have gone to the top and come back. And that sounds good to me: Why not hike in the warm glow of sunlight and have the entire trail and summit to yourself?

If you want to talk to a couple of guides who buck the trend and advocate a morning summit to the top of Kili, contact Onesmo (pronounced "Ohh-nez-mo") at East African Voyages at [info@eastafricanvoyage.com](mailto:info@eastafricanvoyage.com). Onesmo's the guy I'm calling when Jody and I are ready to go back. And we will go back. Will we see you there?

Source: You24. Used with permission.



photo: Charles Hamilton

### Marathon training that packs a punch

Your take-no-prisoners approach to marathon training will knock minutes off your time or—at least—keep you from crawling to the finish line.

For most marathoners, race day is more about competing against yourself—making it through 26.2 miles or finishing in your fastest time—than the thousands of other competitors in the race. After all, for the majority of people, even athletes, running 26.2 miles is hard and requires intense training and careful planning to avoid burning out early, sustaining injury, or hitting the infamous wall.

Even the most prepared runners have to climb the wall between miles 18 and 21 when the body's glycogen—the carbohydrate store in your muscle tissue that gets converted into glucose for energy—gets drastically depleted and your body cries uncle. At that point in the marathon, it becomes mind over muscle.

Although there's no way to avoid this part of the race (other than catching a cab from 18 to 21) you can prepare your body to work through it, which will get you to the finish line faster and with less pain. For help, we turned to Kelli Hein, trainer at downtown Dallas Super Sport in Dallas. Hein has run six marathons, including the 2007 San Diego Marathon in which she ran fast enough to qualify for the Boston Marathon. Now she has her sights set on breaking 3 hours and trying to train for the Olympic marathon trials in 2012.

But before Hein ever reached this elite status, she almost gave up on 26.2 altogether. After hitting the wall in her first marathon in 2005, she had no desire to run another. But in 2007, after she started running with one of her clients, she began to reconsider and discovered ways to ready her body for what she knew it would face on race day.

Here she shares some simple things she's learned about speeding up without burning out.

### Keep time (and expectations) in check

Are you keeping regular, honest, tabs on your training? If you can't answer with a solid "yes," it's time to start clocking each run and making notes after each workout. This is simple enough that we shouldn't have to remind you, but it's the foundation of finding your speed. If you have some money to drop, make this process a no-brainer by investing in a Nike+ for an iPod nano, or—better yet—a

small GPS to track your pace and distance, so you can keep track without it feeling like an inconvenience.

Once you become a better time keeper, if you find that you're running 9-minute miles and really hope to run a 7-minute mile on race day, don't fool yourself by saying that adrenaline will take you there. "You're not going to magically drop 2 minutes," Hein says. But there are things she recommends to do in your training to give yourself a surefire boost: On your long run days during the week—starting off at about 10 miles and working up to 20 miles in about 12 weeks—run every other mile at a faster pace. Just like shorter interval training, you'll be training your muscles how to kick it up.



### Gym prep

While it's a given that running will be your main focus, if you don't do any supplemental exercises you are missing out on so many chances to strengthen and fine tune your form.

Get balanced: First have a trainer do a fitness assessment on you (this can be done for free) to help you figure out any imbalances that may be keeping you from reaching your top speed. "I see a lot of severe postural imbalances and muscle deviations," Hein says. "Even if you're a great runner, if you fix those you'll be even better." Once you know which muscles are overactive and underactive, you can start to target them in the gym. Since you are not

going to be looking to put on mass, start with 3 sets of 15 for any corrective exercises recommended.

Core: Since power for all exercise is generated from the core, make sure you hit this area in the gym with exercises such as a medicine ball crunch or a reverse crunch or try a fitness class. The core is the structure that holds you up, and if you have a weak core you aren't going to generate as much power when you run long. Remember that your abs are also a glycogen store, and you want your body to pull from these muscles to help bide you some time against the wall.

Legs: Keep up with squats, single-leg squats, and leg extension curls to prepare you for kicking into anaerobic occasionally on the hills.

Stretching: Don't slack off with your stretching. It's crucial to help keep you injury free. Pay special attention to your calves and quads.

Rest days: In your schedule make sure you have an off day and a cross-train day—it can be anything from cycling to swimming—to allow your body time to recover from all that repetitive pavement pounding.

### Start slow

Well not slow, per se, but just on pace for the time you need during the marathon. If you run much faster than your training speed, you greatly increase your odds of running out of juice in the second half. If you want to pick it up, tell yourself that you'll do that after mile 13. While Hein wouldn't recommend such a dramatic change in pace, she ran the San Diego Marathon with her client for the first half in about 2 hours and then picked it up to complete the second half in about an hour and a half. If you find yourself overly rearing to go in the beginning, just remind yourself that you can give an added push later.

### Structured Eating

When nearing your race day, start eating, drinking, and supplementing exactly the way you plan to during the marathon. Hein learned this lesson the hard way. When she ran her first marathon, she drank Gatorade even though she had never trained with it. It was too rich for her stomach and she found herself running off to the bathroom several times during the run.

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Your eating and drinking preparations should also include figuring out how much carbohydrate, or lack thereof, is right for you. Hein no longer worries about loading up on spaghetti dinner. She just eats how she would normally and opts for just half a bagel before the marathon. "When I binge eat carbs before races, it makes me feel so bloated, I might as well be rolled to the start," she says. Instead, she recommends eating as you normally would and putting much more focus on hydration.

### Get in tune

Although your body and mind aren't as sharp toward the end of the race, Hein says you have to be aware of how your body feels. "When you hit the wall it's more your central nervous system than your muscles," Hein says. And according to a University of Capetown study, she may be right: Researchers had athletes work out until they reached the wall, then artificially stimulated muscles. The muscles

continued to twitch—they had some glycogen left for use. Another study showed no difference in glycogen stores among athletes after 3 hours vs. 4 hours.

So what gives? While you may think it's your muscles screaming to your mind, it may in fact be more of your brain telling your body to stop.

So if your mind starts playing tricks on you, play tricks on your mind. Hein says she gets a song stuck in her head and sings it over and over as a distraction. She also writes initials on her shoes and will glance down when she's in desperate need of motivation. One of her favorites is DGU (don't give up). While all this sounds simple or even a little silly, it may be one of the most underutilized strategies to help get you through in time.

Of the 57 runners surveyed in the *Journal of Applied Sport Psychology* who had completed an average of 10 marathons each, only 51 percent said they used cognitive strategies to

cope with the wall. One 32-year-old runner said: "Sometimes I focus on a runner near me or ahead of me and hope that the runner can pull me through. I don't think these strategies really get you through the wall—when it's there it's there to stay—but it does help you keep up a faster pace than if you continue to think about how miserable you feel, in which case you will just keep going slower and slower."

Whatever your mental strategy may be, whether it's getting yourself from light pole to light pole or repeating a personal mantra, figure out something you are going to do to help distract you when you're struggling at the wall, or anytime you need a boost during the marathon. If it gives you the edge, who cares how silly it may sound?

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## Happy Endings - By Doug Donaldson

### How to protect your feet from major injuries

Small dings to your feet may mean big problems that can keep you from the gym. Here, a podiatrist and shoe fit expert help you stay one step ahead of foot trouble.

Your feet probably get less respect than a boy band reunion tour. You kick soccer balls, stub them on midnight bathroom runs, and pound them up and down stairs. Run 3 miles and you can pack on more than 150 tons of cumulative pressure on each foot.

These amazing biological contraptions have 26 bones, 33 joints and more than 100 tendons, muscles and ligaments. And with 300 foot ailments, lots can go wrong, and according to the American Academy of Podiatric Sports Medicine, at least three-quarters of Americans suffer some form of foot problem at some point in their lives.

To help keep you in the running, a podiatrist and shoe fit expert share their tips to make your feet top dogs.

**Skip athlete's foot.** Keep feet clean and dry, and wash daily especially between the toes, says Cary Zinkin, an academy spokesperson and private practice podiatrist in Deerfield Beach, Florida. He also recommends wearing socks with wicking material to pull sweat away from your feet. Don't bundle your feet up after a workout; wear flip flops to allow your feet to

thoroughly dry while exposing your toosties to sunlight—the bane of the fungus that causes athlete's foot.

**Prevent blisters.** "Blisters are caused by poorly fitting shoes, skin friction and moisture," says Zinkin, who is also a marathon runner. "They're common for everyone from weekend warriors to pro athletes." His recommendation: Dab on Body Glide, which looks like a push-up antiperspirant and can coat places on your feet prone to blistering. Check it out at [bodyglide.com](http://bodyglide.com).

**Avoid pain, ramp up.** Plantar fasciitis is a painful affliction that happens when the tissues running from the heel to the ball of the foot become too stretched. Because those tendons have a lot of weight and tension, doing a new activity may cause the condition. For example, if you have never been on a StairMaster, or haven't been playing basketball then join a competitive league, you may be a candidate for plantar fasciitis. "Slowly build up and follow your trainer's advice," says Zinkin. "You may be feeling the beginnings of plantar fasciitis if you have pain in your arches when you wake up and then hurts later in the day. If so, time to back off on the workouts."

**Be shoe smart.** The simplest and best way to keep your feet healthy is to buy the right shoe. "If you don't have the right shoe for your

workout, it's like playing golf with a tennis racquet," says Warren Greene, Runner's World brand editor, who offers this checklist for your athletic shoe shopping:

**Stick to specifics.** Running shoes aren't designed to support much side-to-side movement and may be okay for elliptical workouts, but buy court shoes for activities such as Tae Bo or basketball.

**Enlist an expert.** Specialty retailers will study your gait and body type to guide you to the best shoes for you. Find one at [runnersworld.com/storefinder](http://runnersworld.com/storefinder).

**Shop after lunch.** Standing and walking will cause your feet get bigger in the afternoon—maybe even a full size larger than your normal dress shoe size. Measuring at this time of day will reflect the size your feet will be when exercising.

**Leave room.** To avoid jamming your toenail in the front of the shoe, which can cause the ominously named black toe, leave about a thumbnail width in the front of your shoe from your longest toe (which may not be your big toe).

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