



Fit 4 Life Runner

News and information from Fit for Life Health Club

September, 2009

End-of-summer means getting back into a fitness routine

Research shows that it takes 21 days to develop a habit – good or bad. So, regularly working out for just three weeks can be a great start to a healthy lifestyle.

“For those moms and dads who stay at home with kids, the last excuse for not exercising probably just got on the bus,” said **Fit for Life** co-owner Kent Fife.

OK. The excuses for *not* working out are becoming weaker. What are some of the reasons one *should* get into the habit of regular workouts? We asked a new member why she chose to join. She cited three reasons.

1) **Health.** Both her current level of health (she wants to lower her percentage of body fat because this will decrease her chance of heart disease and increase her heart’s capacity so she can engage in more physical activity – such as running up a flight of stairs or hiking – with less discomfort) and her future health. “I’m in my 40s, and I know if I were to get cancer or another serious illness, I would have a much better chance of survival if I’m healthy otherwise.”



2) **Appearance.** “I’m not obese, but I hate having to pass the racks of cute clothes made for smaller sizes,” she said. “And, I’m tired of folding these huge pants and then realizing – they’re MINE!”

3) **Energy.** As a working mom, it seems that exerting energy for an extra hour a

day might be more tiring, but research shows the opposite is true. “I know that,” she said. “I’ve exercised regularly in the past, and I know starting off your day with a workout really does boost your energy.”

If regular exercise is the right step, how can we help to make it routine – a great habit?

“When I came into **Fit for Life**, personal trainer Lyn Lawrence really helped me understand what machines I would need to use and how I would need to use them both for safety reasons and to best meet my weight loss and fitness goals,” our new client said. “And, she let me know I could check in with her regularly. Having to be accountable to someone is important, and I appreciate her willingness to do that.”

Parents who have sent the kids to school aren’t the only ones who need to get back into a routine.

“Student athletes who enjoyed a lazy summer definitely need to get back into the spirit of routine training,” added co-owner John Hartman. “Now is the time for those who participate in winter sports – basketball and wrestling – to get into the gym for pre-season workouts.”

September Tip of the Month: Limit daily grams of fat to around 50

Personal trainer Lyn Lawrence suggests those starting a workout plan aimed at weight loss, ease into eating a more balanced diet by first watching their daily fat intake.

“From the time you wake up, until you go to bed, you should only be consuming about 45 to 55 grams of fat,” she said, noting a product’s nutrition panel will indicate the grams of fat in each serving.

“Making sure you eat around 50 total grams of fat every day, is a great first step to losing weight.”

Now You Know

Tanning can supply important 'sunshine vitamin'

When you hear someone say, "What a beautiful day!" you can bet the sun is shining because the sun makes us feel better - literally.

Research has shown that vitamin D sufficiency, along with diet and exercise, is one of the most important preventive components when it comes to our health. Hundreds of studies now link vitamin D deficiency with significantly higher rates of many forms of cancer as well as heart disease and other serious conditions and diseases.

Ultraviolet light exposure from the sun or an indoor tanning unit is essential for optimum health.

"The 'sunshine vitamin' - vitamin D - has many virtues, but unfortunately, vitamin D

deficiencies are very real in the U.S. and elsewhere in the world," said Kent Fife, *Fit for Life* co-owner. "Indoor tanning can help provide that crucial vitamin, helping tanners avoid some of the potential problems a vitamin D deficiency can create."



Fife said the key to successful tanning, indoors or out, is to get just enough sunshine - no burning.

Since the mid-1990s, tanning industry research has supported what indoor tanners suspected all along: Non-tanners sunburn *outdoors* more often than people who tan *indoors*. The professional

indoor tanning salon industry is working to prevent sunburn, teaching tanners how to identify a proper and practical life-long skin care regimen.

"No one thinks a sunburn is a good thing," Fife said, "But those who promote complete sun avoidance aren't advocating for optimal health. We know our bodies need vitamin D - and that the body produces vitamin D when the skin is exposed to ultraviolet light."

A tan is the body's natural protection against sunburn, Fife said, adding some psychological benefits also have been connected to sunlight exposure.

For more information, ask the *Fit for Life* staff about how to utilize their tanning facilities safely and for maximum benefit.

Congratulations
to Michael Gray and his new bride,
Kathleen McKirahan, who were
married July 25, 2009.
Michael is a personal trainer
on staff at Fit4Life.

Register now for the 2009 OctoberFaire FUN RUN

- 5 km run/walk on Saturday, October 3
 - Starts and ends in downtown Ontario. Held in conjunction with Octoberfaire event; vendors & entertainment
 - Start time: 10:00 am
 - Registration begins: 9:00 am
 - **Early registration: Just 15.00**
 - Race-day registration: 20.00
 - Proceeds benefit Oregon Food Bank
- Register online now: www.spondoro.com**

Just one thing ...

This will be a regular feature in this newsletter. "Just one thing" will highlight a very simple, do-able task that, if done for one full month on a daily basis, will help you to form a healthful habit. By the end of one year, you'll have added 12 very healthy habits to your routine, helping to ensure you'll be **Fit 4 Life!**

Just one thing you can begin doing each day is to park further from an entrance to a building than you normally would now. Walking a dozen extra steps here, and 40 extra steps there will add up to many more calories burned and a few more leg muscles moved. (This one thing may help in another area of your life as well. - You may find yourself leaving a little earlier for appointments so you avoid running late, forced to try to find a parking space right in front of the door!)

