



'BIGGEST' WINNER' 2008

"I can do all things through Christ who strengthens me." - Philippians 4:13

Fat-Burning Cardio

by David Herron

Activities that develop cardio-respiratory endurance contribute directly to weight loss. When done properly, they are very effective in burning calories and stored fat. To improve cardio-respiratory endurance, use activities that keep your heart rate elevated at a safe and appropriate level for a sustained period of time. Examples are walking, jogging, running, swimming, rowing, spinning, or bicycling. **The key is duration rather than intensity, although intensity should be adjusted upward with increased fitness levels.** Start slowly with an activity you enjoy, and gradually work up to a more intense pace and longer duration.

When I began, I started walking and gradually increased my duration to about 45-50 minutes and about 3 miles per day, every day. Walk briskly at a fairly rapid pace – do not “stroll.” I suggest being able to count at least 120 paces per minute. As my fitness level improved, walking no longer was sufficient to elevate my heart rate, so I gradually incorporated some jogging, and then running. Eventually, I was running the entire distance, or more, that previously I had only walked. I used an outdoor track at a local school, an indoor track, and treadmills at the YMCA. Before joining the YMCA, I used the indoor track at Green High School, and ran laps until I was running 3-5 miles per day, five days per week. After I had run my laps, I ran up and down stairs several times. I also mixed in a variety of basic calisthenics, and I did several sets of pushups, sit-ups, and other basic calisthenics in between laps around the track.

You need to exercise at a level of intensity that allows you to achieve your target heart rate and maintain that rate for a period of time. Target heart rate is that heart rate at which the body reaches 65 – 85% of its maximum capacity during strenuous exercise. Work carefully within your limits and increase intensity/duration gradually. For more detailed information than can be reproduced here, including how to calculate your target heart rate, see the following website by a certified personal trainer:

<http://www.primusweb.com/fitnesspartner/library/activity/thr.htm>

**Have a happy,
healthy Easter --
& a wonderful
Spring Break!**

Beware the Marshmallow Peep

You know what I'm talking about. Sure, the Easter baskets are for the kids but, really now, how many of us put the candy in the basket without taking a generous “sampling” for ourselves? We have to make sure it's fresh, after all.

As you may have guessed from the title, marshmallow peeps are my weakness. Oh, who am I kidding? Anything with sugar is my weakness. My desire for ‘Death by Chocolate’ cake has not diminished all that much since the days I packed on sixty more pounds than I do now. I understand that I feel better if I stick to the foods that are actually *good* for my body. The ones that *don't* cause my blood sugar to skyrocket and then plummet.

Yes, I understand these things. So why do I still walk by the Giant Eagle bakery when I go grocery shopping, just to *look* at the donuts? Maybe it gives me some sense of satisfaction to know that I can walk on by without actually buying one (I haven't. If I ever do, the floodgates will open and who knows what will happen).

Maybe that's what it's all about -- one little victory at a time. Making changes now that will affect your health and the quality of your life -- and possibly the lives of your loved ones.

Compare how you feel after stuffing yourself with some sugar or fat-laden food to how you feel after making a conscious, positive choice about what you eat. Funny -- that marshmallow peep doesn't sound quite so good now.

Keep running the race!

Pat

Consider This...

- When grocery shopping, stay away from the middle of the store as much as possible. That's where all the processed food is. Shop the outer aisles where the fresh fruits and vegetables are.
- Stay hydrated with lots of water to keep your body burning fat. If you hit a plateau, it may be because you're dehydrated.
- Have protein with your carbohydrates at meals. That way, your meal breaks down more slowly in your body, and you won't burn out so fast and lose energy.

Tips taken from the book "The Biggest Loser" by Maggie Greenwood-Robinson, PhD