

December 2, 2009

Coconino County Health Department's

Volume 28, Issue 2

# Aerobic Winter Challenge



Happy December! Here's to hoping you all met your goals for the month of November. December is a tough month. I picked articles for this newsletter to keep motivation high and eating in check.

T-shirts have been ordered. We will get them out to you as soon as we get them in. Hopefully in the next two weeks.

Synergy Fitness has offered discounts to AWC participants for the month of December. **THINK GROUP ACTIVITY!** Please see the back page of this newsletter for more information.

Cheers & Best in Health! -Tara & Caroline



## WALK THE WALK SERIES

Saturday

**DECEMBER 12, 3:00 PM**

Start Location: Mormon Ranger Station on Lake Mary Road across from John Wesley Powell

About 4 total miles on a section of the Loop Trail near Skunk Canyon

Sunday

**DECEMBER 13, 6:00 PM**

Luminaria Night/  
Evening Walk

Start Location: Marshall School on Bonito near Thorpe Park

About 3 total miles.

This annual neighborhood event is a walk along a luminary route to see the lights of the season.

## When You Just Don't Feel Like Exercising

**Q: How can I wrap my brain around the motivation to exercise? I know it's important to do, but I never have the urge to do it and even if I try to do it anyway, I have a hard time fitting it in.**

**A:** People who work out are as busy as people who don't. The difference is that some way, somehow, they make themselves exercise—even when it's the last thing they feel like doing.

There's no easy answer.

Let's face it: You can rationalize your way out of doing anything. You can always find an excuse for why you don't like an activity or why it's not right for you, or why there are a zillion other things you could—or should—be doing. But when it comes right down to it, there is absolutely no acceptable excuse not to fit some daily physical activity into your life. Even if you already have illness or physical limitations, you still need to figure out what you can do and how to make yourself do it.

And you can't afford to put it off, either. The more you avoid exercise, the more negative repercussions you face. Not only are you at higher risk of many diseases (or at risk of exacerbating illnesses you already have), you're likely to have an earlier death. And in the shorter term, you're likely to gain weight. Plus, you're going to get flabby, feel less energetic, and become weaker. And this atrophy speeds up the older you get. So while you might not notice many deleterious effects of being inactive in your 20s, by the time you're in your 50s or

**Psych yourself up to get your butt moving when your motivation to work out is low.**



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## Tips to Avoid Winter Weight Gain

- Have plenty of low-sodium soups and stews that are broth- or tomato-based and contain lots of vegetables. Studies show that eating broth-based soup before a meal can fill you up and help you eat fewer calories during the meal.
- Heat up your food with spices and peppers to give it more pizzazz so you won't miss the high-fat ingredients.
- Use only lean meats in casseroles and other dishes. Even then, remember to keep portions reasonable.
- Drink plenty of water with your meals.
- Include plenty of lean protein in your diet to keep you feeling full and satisfied.
- Replace cream in recipes with fat-free half-and-half or low-fat milk.
- Use 2 egg whites instead of each whole egg in recipes.
- Get plenty of natural sunlight, and stay fit to keep your metabolism perking.
- Keep your menus simple and reduce the number of choices to reduce the temptation to try everything.
- During the holiday season keep your routine as normal as possible, and if you do splurge, just get right back on track so Thanksgiving dinner does not extend all the way to New Year's Day.

Source: [www.webmd.com](http://www.webmd.com)



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60s it will make all the difference in how you look and feel. Want to be a 50-year-old who looks like an old fogey? Just continue not to exercise (and while you're at it, eat badly, too). Or do you want to be one of those vibrant, active, inspirational 50-, 60-, or even 70-somethings? Well, you know what you need to do.

The question remains: How in the heck do you motivate yourself? There is no one perfect approach, you may need to have an arsenal of make-yourself-workout tactics to pull out when appropriate. Here are some ideas:

### 1. Give it 10 minutes.

This approach is surprisingly effective. If you can simply lace up your sneakers and get that patooty out the door, that's 90 percent of the battle. Chances are you'll get into the groove once you get started. Very few people quit once they are actually moving, but lots of folks never even make it to a genuine workout moment, despite their best intentions.

### 2. Repeat the reasons why you want to work out like a mantra.

Are you hoping to look better for a college reunion or wedding? Or are you wanting to look in the mirror and feel better about what you see? Are you wanting to have more energy to play with your kids or grandkids? Whatever it is that you know you can get from regular exercise, you need to wield that expectation like a weapon to bat away your urge to plop on the couch. Visualize what it is you want and how you will

feel. Let that vision push you out the door, or onto an exercise machine.

### 3. Find an activity you like or a way to enjoy something you don't.

Yes, it's true: Cardio machines are boring. But that's what iPods and TVs are for. Cardio machines are tedious, but they are also a tool, and if you re-jig your perspective you might appreciate the multi-tasking ability you can take advantage of.

But gym machines are far from your only option.

Group fitness classes are designed to motivate you. That's what an instructor is for. So promise yourself to try every single type of class on the schedule of your local club until you hit upon one that makes you want to go back. It could be sports conditioning or tap dance or step aerobics or Spinning. Better, commit to attending two different classes of each type, taught by different instructors. Some teachers have a personality that will inspire you. And some teachers have such excellent teaching skills that they can present an aerobics routine in a way that has you empowered and actually doing the moves, rather than tripping your way through them.

The gym might not even be your scene. Check out parks for group sports lessons like tennis or volleyball. Or check out dance and/or martial arts studios. Somewhere there's bound to be an activity that clicks for you.

By Martica Heaner, Ph.D., M.A., M.Ed., for MSN Health & Fitness

Source: To view the complete article see [health.msn.com](http://health.msn.com).



Here is a great opportunity to try something new or get a group activity in!

Specializing in Spinning®, personal training, & nutrition counseling, our vision is to help you create a life of balance, strength, & wellness.

Mention you are a part of the AWC to get discounts during the month of December.

**1st class is FREE!**

	Regular	AWC Discount
Drop-In Class	\$12	Free with first visit
4 Classes	\$40	\$32
8 Classes	\$72	\$57.60
12 Classes	\$84	\$67.20

[www.synergytotalfitness.com](http://www.synergytotalfitness.com) for class schedules and times.

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# THANK YOU!

Thank you to the businesses that gave donations to support the Aerobic Winter Challenge!

- Arboretum at Flagstaff \* AZ Snowbowl \* Bookmans \* El Capitan
- Flagstaff Athletic Club \* Flagstaff Bicycle & Fitness
- Flagstaff Floral, LLC \* Flagstaff Nordic Center
- Lake Powell National Golf Course \* Mountain Sky Jazzercise
- Red I 15 Salon Spa \* Red Lobster \* Sakura \* Wal Mart