

This Mother Run

“No matter how hard you workout,
you can't out train a bad diet.”

Colleen Riddle, PAGE

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Founders and publishers: Nanette and Mike Simmons
Executive editor: Nanette Simmons
Advertising: advertising@ThisMotherCanRun.com
Web Designer: Lori Schroeder (www.lswebsitedesigns.com)
Graphic Designer: Olga Filippova (www.20anhour.com)

Breathe. Relax. Let the Moment Pass.

Part of my pre-marathon ritual involves attending a Bikram Yoga class the day before my race. Now, while many people argue that I should be resting, and tell me that Bikram will dehydrate me, I ignore them, knowing that for the past 4 or 5 races, a pre-race class has been just what I needed to physically and mentally prepare. Today was no exception.

I started with a pre-race “dead body pose,” (or in the yogi language of Sanskrit, “Savasana”) where I visualized a solid race with little pain and no injuries or other issues. In other words, I played out a little fairy tale in my head, because I know that few (if any) marathons feel “SOLID,” or even “GOOD” the entire 26.2 miles. There are hiccups along the way that challenge my body and my will. That’s the nature of a marathon.

“I visualized a solid race with little pain and no injuries or other issues.”



Savasana or “Dead Body Pose”

This said, I decided to dedicate my class to visualizing my desired finish time (which will remain unprinted for fear of jinxing it) and along the way, visualize as pain free a run as possible.

My corpse pose was interrupted as the instructor entered the room and asked us to come to our feet. At the start of every Bikram class, instructors poll the room to see if there are new students- those who don’t know the Golden Rule- that you must stay in the room the entire 90 minutes. Next, the instructor will try to calm those who freak out at the possibility of no escape, by telling them that if they feel sick or tired, they can take a break on their mats. (To which many new yogis no doubt reply in their minds with, “Thanks, Jerk, it’s 105 degrees in here. I’m sure sitting down will help me feel better.”) Each instructor has a different way of giving that “you better not leave” message. It seems that my instructor today catered these words just for me. What he said was perfect not only for that particular class, but also for my marathon the next day, and quite possibly for every uncomfortable situation in my life.

The instructor told us, “Welcome to Bikram. My name is Cornelius. As you go through the poses today, if you feel uncomfortable or challenged; just take a moment. Breathe. Relax. That uncomfortable moment will pass. It always does.” How do you say “BINGO” in Sanskrit? In about 15 seconds, this instructor articulated the solution to my biggest marathon dilemma- how to deal with the many instances throughout the 26.2 miles that were uncomfortable or challenging. Any marathoner knows that a given race can hold many such moments. They are moments of physical

“That uncomfortable moment will pass. It always does.”

pain (i.e. blisters, leg and stomach cramps, runny noses, aches that come out of nowhere, emergency bathroom issues) and mental pain (We are only at 10?!?/ Why is that man breathing so loudly?/When is the next water stop?/Why did I sign up for this?). And here's the thing, new issues crop up all along the course. It's not like each runner gets just one uncomfortable thing to deal with and that's that for the run. You don't know how many challenges will pop up, and you don't know when to expect them. It's sort of like teaching a class full of middle schoolers. The likelihood that something is going to send you over the edge exists at every moment. You're never "safe" during a marathon.



Abbey Algiers is the author of **The Great Search**, a short story that follows the journey of one woman as she goes in search of "the one." Algiers combines her passion for writing with her love of running in her website, imrunnerchica.com. Here she shares inspiration about life that comes to her on runs or on the mat in her Bikram Yoga practice. An avid marathoner, Algiers began running marathons in 2003 when she did her first marathon with The Leukemia & Lymphoma Society's Team in Training in San Diego. She went on to run marathons in Phoenix, San Francisco, Boston, and several in her home state of Wisconsin. She believes that running with good people is a gift, and feels that if everyone were to have running partners like hers, therapists would soon be out of work.



Currently, Algiers is working on *Living Backwards*, a novel about one woman's quest to reclaim herself after divorce. She is also writing a book about life lessons learned while golfing with her dad. A graduate of Marquette University in Milwaukee, Wisconsin, Algiers teaches English as a Second Language and jumps at any chance to travel to lands far and near. When she's not writing, running, or searching the web for travel deals, Algiers enjoys spending time with her husband Eric and two stepchildren.

With this in mind, one can imagine how my wise yoga instructor's words resonated so deeply with me as I prepared for the next day's challenge. I thought about his words throughout the class; a class which at times was difficult as my head chatter brought all of my anxieties to center stage in what was supposed to be 90 minutes of meditation. Again, the instructor repeated the message, this time during one of Bikram's most challenging poses- camel. Camel is notorious for bringing all emotions and physical pain to center stage at once. Instructors will tell us after camel, "If you feel dizzy, nauseous, or emotionally spent after doing camel, you've done it right." Well, Cornelius had his own version of this message as well, "Remember that in camel pose, sometimes you'll feel like a million dollars, other times not. Don't worry about it if you feel uncomfortable; just acknowledge what you are feeling and then move through it. The pain will pass."

Camel Pose

Again, a fabulous reminder that no matter how bad I feel... whether at mile 20 in my run, during a bad day at work, or in any given situation where I'm feeling discomfort... that moment WILL pass. Acknowledge the pain, yes. But acknowledge it, knowing it won't last forever.

As class wrapped up, and we again found ourselves in Savasana, or "dead body pose," Cornelius had one final message for the class. He thanked us for coming to class and sharing our energy with each other. He reminded us that "yoga" means "union," and that in our class, we all moved together, struggled together, sweat together. In other words, whether we thought about it or not, we all got through those moments together. During my marathon, as I run with thousands of other marathoners, and pass the crowds who have gathered to show support, I'll try to remember that there IS indeed energy all around me that can help me get through the uncomfortable moments that await me along the route.

So friends, the next time you feel especially uncomfortable or challenged, please remember to breathe and relax... and know that you are not alone. Those moments will pass... they always do.

Namaste *Algiers credits her Boston Qualifying time (by :12) to using the inspiration from this yoga class!

"You're never "safe" during a marathon."

SLOW AND STEADY WINS AGAIN

I hardly ran over the summer. I averaged about two days a week. I knew with the new school year approaching, with a kindergartner, third grader, and starting a new job, I had to kick it up a notch. The only way to deal with the freight train of stress coming my way was to get serious about running or I'd be running for a bag of chips, a bowl of onion dip, and a huge glass of sangria.

I needed a plan, my current running partner and I had conflicting schedules. As much as I tried to turn her into an early morning runner, we all know that there are morning people and there are not. As runners, we all know that morning runners can never run at night and vice versa. She couldn't be pushed into my schedule, nor was I willing to give up my nights after working all day.

Desperate for motivation, desperate for some sort of semblance of a running structure, I did what any sane social media addict would do...I turned to Facebook. Yes, Facebook! I wrote a post in my towns "Mom's Night Out" Facebook page letting all the members know that I'd be up to getting into a running routine for the upcoming school year. I made sure that they knew I wanted to run in the early morning – 5:30 a.m.-6:00 a.m.; I'd run anywhere in town; and I'd be willing to walk too. I figured if someone toyed with the idea of running but wasn't ready yet I could hook them with walking first. It was kinda sorta like a bait and switch. Hey, I said I was desperate! Within a few hours of uploading my post my phone pinged that I had notifications. I was anxious to see who responded; I'm a working mom. I rarely get to school for any activities and hardly attend any of the MNO's.

I know no one! I also braced myself for some sarcastic remarks. I accessed my Facebook page with trepidation and saw that there was one response. Trying to be positive I was happy that I got a response! We all know it sucks when you post on Facebook and it doesn't yield any responses. It's social media. Be social! But I digress! When I looked at the response it was like the sun shining during a tampon commercial. The response was from a runner, who was my neighbor, who likes to run in the morning...ummm hello trifecta! I didn't let any time pass and shot off a comment letting her know that I was happy to hear she was in but had to warn her that I was slow and had to adhere to my husband's erratic FDNY work schedule. When she was agreeable on all fronts I knew I hit the mother lode!



"The only way to deal with the freight train of stress coming my way was to get serious about running or I'd be running for a bag of chips, a bowl of onion dip, and a huge glass of sangria."



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Girls on the Run inspires 3rd through 8th grade girls to stay true to themselves and live free from societal stereotypes. Our 12-week after-school curriculum innovatively weaves training for a 5k run with lessons that empower girls to celebrate their bodies, honor their voices and embrace their gifts. There are so many ways to get involved! To learn more, find a program near you, or sign up for our Adult Charity Running Program, SoleMates, visit girlsontherun.org.



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“This gal is fast, as in sub 8 minute miles fast which is like Flash Gordon to my 11:00 + minute miles.”

Within a few hours we decided on a day and time we'd run. A few days before our “run date” I was nervous. This gal is fast, as in sub 8 minute miles fast which is like Flash Gordon to my 11:00 + minute miles. I wondered if we'd be a good match. The day of our “run date” came. We ran and kicked ass! I couldn't believe that it was such a good match. We are literally like the Turtle and the Hare meets Cat and Mouse!

Do you get it? No? Let me explain. I'm slow but when I first hit the pavement, I go out way too fast and burn out quickly. My partner is very fast but needs to start slow so she has the endurance to go long. I'm the “Turtle Pacer”. I lead us out for about 2.00-2.5 miles until she's warmed up enough to get her speed on. When she's ready, she takes off fast, like really fast. By that time, I've warmed up and my legs are ready to go faster. I try to keep her pace as long and as best as I can. By being the lead, my partner is able to run longer because I force her to go slower, and me, well I'm actually getting faster! We're winning; it's a mutually beneficial partnership! So, I guess the old adage is right... slow and steady does win the race. Well, if not the race, then hopefully a PR!

Deanna Verbouwens is a writer, runner, blogger, working mom of two unbelievably active and very funny boys ages 3 and 7. Deanna is currently training for her 4th half marathon, and her third 24 hour relay, and various 10 & 5k's, of course that all between working full time, and managing spaghetti on the ceiling, a dumped out fish bowl, a house and a family. To catch up on how Deanna tries to get it all done without completely failing visit her at The Unnatural Mother, www.theunnaturalmother.com.



“We're winning; it's a mutually beneficial partnership!”



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RAISING THE INTENSITY



Colleen Riddle is a personal trainer who is a pre and post natal exercise specialist. She has developed a one-of-a-kind, award winning workout DVD set. I was lucky enough to catch up with Colleen and learned some very helpful tips that I'm sure you'll find beneficial.

Q: Tell me about what you do professionally.

A: I am a certified pre and post natal exercise specialist. I have two parts to my business. I have my own company called Elite Physique Personal Training. I train locally where I live here in Destin, Florida. I've been doing that for about 8 years. Over the years, I kept hearing the same questions. Women would always ask me how they could get rid of their baby fat. I wanted to help these women but maybe they couldn't come to see me on a regular basis or maybe they couldn't get child care. So that's when I created New Mommy Makeover, which is my DVD series for new moms. That's what I'm all about – health and fitness and helping people live the best life that they can.

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"There's something very refreshing and invigorating when you can run outside."

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certified for pre and post natal exercise when I found what a need there was for that. I feel so blessed to be able to do what I love to do!

Q: Are you a runner? How do you feel about running?

A: I was, but then I got in a car accident about a year and a half ago and fractured my pelvis in three places. I was on a walker...the whole nine yards! It was scary. So I used to run usually about 3 times a week, never long. I was always a 5K runner. Ever since then, I have not been able to run outside. For some reason the pounding irritates my pelvis, but I can and love to do sprints on the treadmill. There

Q: What led you into this career path?

A: I was an athlete my whole life growing up. I was a competitive swimmer which took up my time before and after school since the time I was 7 years old. I went on to swim for Florida State. Being active and exercising was always part of my life. I went to school for elementary education and got my degree. I taught for a short while, but it wasn't my true passion. Then I went into real estate for a bit, and that wasn't my passion, but I got to do that with my husband so that was fun. Finally I asked myself what do I really want? What will fill me up? What do I want to do with my life? I thought, I love educating people, and I love exercise. So I went and got certified for personal training. Then I went back and got

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"I went from being a fit, active woman to being in the hospital for five days and then being on a walker for four weeks."

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is something about the hard surfaces, the uneven-ness, and the pounding that jars me. I don't dwell on it. I'm thankful that I can run on the treadmill. For my clients, I love to recommend running. I think it's such a great stress reliever, especially when you can get outside. There's something very refreshing and invigorating when you can run outside. That's why I'm so disappointed that I can't right now.

Q: You were in a car accident. Tell us about that and how it affected you physically and emotionally. What did you take away from the experience?

A: That was a huge loss for me at the time. I was t-boned. There was a car going 60-65 miles/hour, and it hit me on my passenger side door. The impact made the center console smash into my

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"It really emphasized for me the importance of taking care of your body because you never know what kind of situation you'll find yourself in."

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pelvis. It was fractured in three places. I went from being a fit, active woman to being in the hospital for five days and then being on a walker for four weeks. I was so grateful for my fitness though! I was able to pick myself up off of a chair. I couldn't do anything with my lower body. Having upper body strength was amazing. I kept thinking, what if I wasn't in shape? It would have been ten times worse. It really emphasized for me the importance of taking care of your body because you never know what kind of situation you'll find yourself in. When I was in the hospital, I learned that we won a trip to Carmel, California through Life Shotz.

The trip was going to be three weeks from the time I was in the hospital, and the doctor told me I wouldn't be going. I told him I was! I started doing laps in the pool, and at the same time I doubled up on my Life Shotz supplements. I took two a day because it has a lot of anti-inflammatory benefits on a cellular level. And sure enough, I got on my walker and flew across the country! So, being fit and having the tough mindset really changed my outlook on life. I realized how precious life is, and that I'm lucky! I started putting myself out there and getting out of my comfort zone. For example I started getting out there to speak. It helped me to show people what gifts I have to share my DVDs and the supplements. I now think, who am I to keep these things to myself? My outlook on life changed, and now I just go for things. It is such a reminder to keep yourself healthy because you just never know when you're going to need to pick yourself up literally and figuratively! Physically and mentally, there were just things that I had to push through. I still have residual pain. Dealing with the accident made me a stronger person mentally. I've realized that we can conquer anything we

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"My outlook on life changed, and now I just go for things."

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want if our mindset is in the right place. That was a huge realization for me.

Q: You have an award winning, post natal DVD workout set that you offer called New Mommy Makeover. How does the New Mommy Makeover work? Are there videos or in-person training sessions?

A: It is basically a 12 week entire system. There are three phases. Phase one is one DVD and it has three workouts on it. The workouts are only 30 minutes because I know moms are so busy. I wanted to design an effective full body workout. All you need are dumbbells and your body weight to do these workouts. I interspersed bits of cardio bursts in between so you can burn the maximum number of calories in the shortest amount of time. So you do phase one for a month. Remember there are three workouts that you can do Monday, Wednesday, and

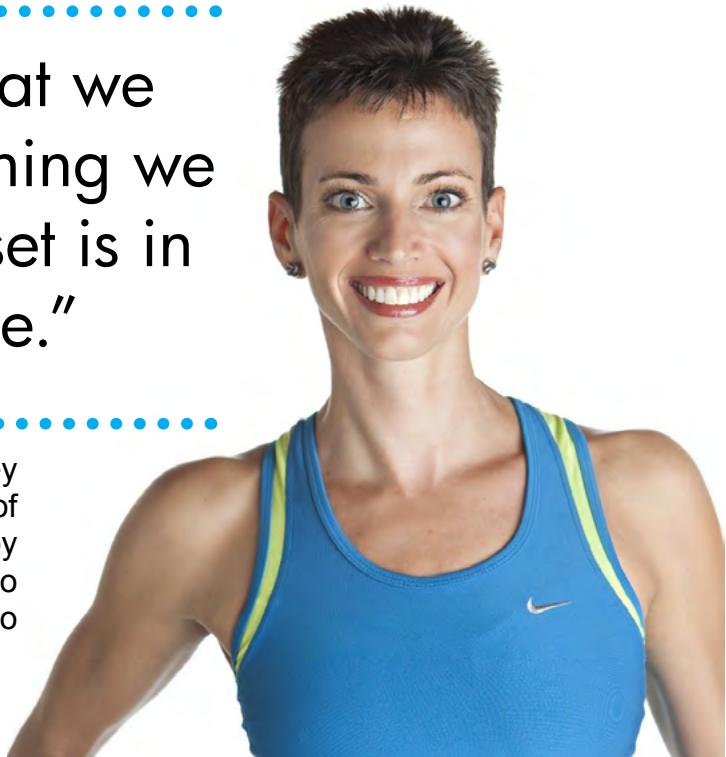
Friday. That was something else I wanted to ensure - that it's new and exciting. You can only do a DVD so many times before you get bored. Your body gets used to it. So I wanted to create something that you, A) wouldn't get bored with and B) would find to be effective. So, you really only do the same workout 4 times. So you do that for a month, but some people take longer and that's okay. It's designed for a month, but if it takes a month and a half, that's alright. When you're ready, you move on to phase two. In phase two, you get three new workouts, and they get progressively more challenging. It is still 30 minutes. We have mixed things up so your body doesn't get bored. It really helps eliminate hitting that plateau. Then the third DVD has three new workouts on it. Again they are each 30 minutes long, but it starts to get pretty challenging at that time. A mom can start doing these workouts once she gets her six week check up. Along with the DVDs you get a nutritional plan. No matter how hard you workout, you can't out train a bad diet. There's a whole PDF nutritional guide that is filled with choices. There are also downloads of cardio workouts for the days that you aren't doing the DVDs. Those days are perfect for running. On your off days you can run, bike, whatever cardio you like, but I've made it into intervals. Each month is different. So when I say it's a system. It's a complete system.

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"I've realized that we can conquer anything we want if our mindset is in the right place."

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If someone follows this system, they WILL have success. I have had a lot of people not only get back to pre-baby weight but better! The people who have the most success are those who workout throughout their pregnancy.



Q: What do you say to friends/clients who say they are too busy with their kids' schedules to workout?

A: I understand. I hear it and see it every day. My answer is, something is better than nothing. Even if you can't do a full workout, do part of one. Even if you only have 10 minutes, go for a 10 minute run. You can do three 10 minute runs throughout the day. There is scientific proof that three 10 minute runs are just as beneficial as one 30 minute run. Also I would suggest working out with your kids when you can! If you have older kids, take them to the playground.

I've taken clients to the playground and shown them all the exercises they can do using playground equipment. You can do a circuit while your kids are playing. You can do dips on the bench, running up and down

the stairs, chin ups on the monkey bars, all sorts of things! You just have to be a little creative. Maybe you can't go to the gym, but you can keep your body active. The New Mommy Makeover DVDs aren't just for new moms. I've had moms with older kids use them and tell me how much they love them, and their kids like to do the workouts with them. So they get their kids involved, and it's just great to be a healthy role model.

Q: How much of our body make up is due to eating versus exercise? Is it more important to eat right or work out?

A: I believe and research has shown that about 75% of our body make up is due to our eating. That's why I say that no matter how hard you work you cannot out-train a bad diet. But I hate to say it's more important to eat right because exercise is so important.

the stress. With busy moms and people in general, if you don't have an outlet it's just not healthy. It may not matter weight-wise, but health-wise and being physically fit, you need to have the whole balance.

"There is scientific proof that three 10 minute runs are just as beneficial as one 30 minute run."



You have to have the whole balance. I go back to

Q: When starting out, do you recommend to begin by eating right and then add in exercise or to jump right in with both at the same time?

A: I like to do both, but I like to do it in little chunks. What I mean by that is yes, start an exercise program, and then pick one or two things you're going to focus on with your food for the week. What I find is that if you try to do everything all at once, 100%, you're setting yourself up for failure because it's such a drastic change if you're not used to that. What I do with my clients when they start coming to me for exercise, I take a look at what they're consuming and set two goals a week for food. You don't have to change everything all at once, but just one or

two things. Let's say you're not getting enough water. We'll start with that. Let's see if you can have 8 glasses of water every day this week. And then let's see if you can only eat ice cream once, instead of every night. Something like that, where it's small, but it's doable and you build success. The person feels good about it and then adds on to it. Then let's say add in more vegetables every day or take out fried food. And you don't move on until you've got that first one down. Then you build success and a feeling of belief in that person and that's huge. That's the way I design my DVDs. I have them split up into phases and within each phase I have a harder version and an easier version. I'll have me in the DVD and a real new mom in the DVD with me. We do it real time as well. We had the new mom on 10 weeks after she had her baby for the filming of the first phase, and she did New Mommy Makeover. Then she came back a month later and did phase

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"What I find is that if you try to do everything all at once, 100%, you're setting yourself up for failure because it's such a drastic change if you're not used to that."

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"My waist is back..."

"My waist is back, my arms are better than ever, and my butt has regained its shape. New Mommy Makeover helps you regain control of your body and gives you the energy that you need to care for your new family!"
-Sam J.

"I noticed changes quickly"

"The workouts were fun and never felt monotonous. I noticed changes quickly while my energy increased and my clothes fit better. I can now wear clothes that I haven't worn since before my first pregnancy! I highly recommend Colleen Riddle's New Mommy Makeover to any new Mom who is looking to get back into shape!"
-Kristen S.

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2. Then she came back a month later and filmed phase
3. I wanted the mom at home to be able to relate to the mom on the screen. I wanted them to say, "Wow, this lady has a tummy too!" and be able to relate and see that it's doable. My point is to do little bits and pieces to show that it's doable. Some moms right after pregnancy go in and do DVDs that will kill you, and then they feel defeated. My DVDs are still challenging but it's doable-challenging. One thing at a time. Don't try to go on this massive, crazy diet. I think you need to create a healthy lifestyle. It will take a little bit longer, but it's going to last because it becomes a part of you and a lifestyle if you do little bits and pieces.



Q: What are some nutritional tips you give to post natal women?

A: There really aren't too many differences for post natal women and other women. Obviously if a new mom is breastfeeding it's important that she's getting enough calories and vitamins. It's very important that they're taking their supplements too. There is a supplement that I recommend, and it's called Life Shotz. I am a huge proponent of this supplement. It's actually something I believe in so strongly that it has become a side business for me. I have been so blown away by what it does for our bodies. I recommend that, and it has a lot of vitamin D and B vitamins (which gives natural energy all day long) and antioxidants. What I learned some time ago is that even when we eat as healthy as possible, we're not getting the micronutrients that our bodies need. Our food is kind of like an empty shell because of the over farming that's happening in our country. In

the old days you would plant your crops, and then you'd rotate. The soil was able to replenish. They don't do that anymore, and because of that our food may look pretty and healthy, but it's missing the micronutrients. When our bodies are missing micronutrients, that's when disease sets in. You can trace every disease back to lack of nutrients. That's why supplementation is so important. I used to think I didn't need supplements because I ate really well. Then when I researched it, I learned that there's no substance in our food. I used to have to take a power nap once a day, but once I started taking Life Shotz, I have all day natural energy. Here's a link to a Life Shotz video: http://cr.lifeshotz.com/Media/vid_science.aspx (It describes what the product is all about and why our bodies need it.) Here's a link to what people are saying about Life Shotz: http://cr.lifeshotz.com/product/testimonials_featured.aspx

“When our bodies are missing micronutrients, that’s when disease sets in.”

Q: What eating tips do you have for the holidays?

A: According to a recent Weight Watchers report, the average American gains around 7-10 pounds between Thanksgiving and New Year's Day. You must have a plan! Always assume there are going to be bad choices and be prepared to work around them. Try bringing a healthy option to the party (we are known for our salads). This way you know you have at least one healthy choice. A big part of the plan is never go to the party hungry. Eat something light ahead of time so you can make choices with your head and not your stomach.

Have something beforehand so you're not starving. Eat something with a little protein – apple and peanut butter (natural peanut butter) or fruit and almonds. Don't deprive yourself at a party. Survey everything. Fill your plate with mainly vegetables, salads or fruit. Then have a little of what you want. Most of us have problems with over eating. With any sort of sauce or dressing, put it on the side so you're in control of how much goes on. Another good calorie saver is to drink one water to every adult beverage you have. This will help you keep from drinking all of your calories (not to mention staying hydrated to avoid a headache!) So, in conclusion PLAN, PLAN, PLAN. I also have some cooking tips. In place of mashed potatoes, we steam cauliflower, and put on garlic and low fat

sour cream. We blend that up to look like mashed potatoes, and it actually tastes really, really good! If you make gravy, put it in the refrigerator and let it harden, then skim off the top layer of fat then reheat. This one tip can save you up to 56 grams of fat per cup. (Of course no gravy at all is the best option, but hey, it IS Thanksgiving!) Here are some more easy changes you can make to your favorite recipes. These will help you execute the Holiday Survival Plan.

- Dressing — Use a little less bread and add more onions, garlic, celery, and vegetables. Add fruits such as cranberries or apples. Moisten or flavor with low fat low sodium chicken or vegetable broth and applesauce.
- Turkey – Enjoy delicious, roasted turkey breast without the skin and save 11 grams of saturated fat per 3 oz serving.
- Green Bean Casserole — Cook fresh green beans with chunks of potatoes instead of cream soup. Top with almonds instead of fried onion rings.
- Quick Holiday Nog — Four bananas, 1-1/2 cups skim milk or soymilk, 1-1/2 cups plain nonfat yogurt, 1/4 teaspoon rum extract, and ground nutmeg. Blend all ingredients except nutmeg. Puree until smooth. Top with nutmeg.
- Desserts— Make a crust-less pumpkin pie. Substitute two egg whites for each whole egg in baked recipes. Replace heavy cream with evaporated skim milk in cheesecakes and cream pies. Top cakes with fresh fruit, fruit sauce, or a sprinkle of powdered sugar instead of fattening frosting.

These tips can be used in your favorite recipes, and you'll be amazed how many calories and fat you can cut out of the holidays without sacrificing taste!

Q: What exercise tips do you have for the holidays?

A: If you know you'll be eating poorly at a party, make sure you

do some interval work. If you're running, you want to go on a short but intense run. Sprint for 30 seconds, walk for 30 seconds, run for 30 seconds, walk for 30 seconds for about 20 minutes. You will push yourself harder than you could sustain in a normal run. If you do that high/low intensity, you will burn more calories after you run. The interval work puts your body in a metabolic burn.

It allows your body to continue to burn fat and calories even after you finish your run. In my own life, I do interval work 2-3 times per week. Some of my running clients will do 2 long runs and 2 interval runs per week. Or if you're doing a long run, you can add on some intervals at the end. If you're not running, you can do a body weight circuit. You can do 20 body weight squats, 20 lunges, 20 burpees, and so on. It's the up and down of intensity that really makes the difference. The key is raising and lowering your heart rate.

Q: Do you encourage your clients to change up their workout routine or to find what works and keep doing that?

A: You have to change it up. 4-6 weeks is a good timeframe. I always think it's a good idea to cross train. You can run, bike, or swim. But you can even change up your routine by changing your intervals. For hard core runners it's a must to weight train. Core is so important. Add in a spin class or some other cardio to change things up. You really want to keep your body guessing.

Q: What advice do you have for runners to prevent injury and improve speed and/or endurance?

A: Yes, for injury, make sure you're doing some strength training on the days that you're not running. You don't have to go to a gym for that. There are a whole bunch of body weight exercises that you can do. You can strengthen the hamstrings with bridges, and walking lunges. It's important to do core work, like planks, not just crunches, working the



whole core. As far as speed, that's where your sprints will come in. Interval training like I was talking about earlier will help your speed. Not only will you be burning more calories after your run, but it will help your speed. As for endurance, make sure you're gradually increasing your mileage. You don't want to increase that too soon. Strength training will help with endurance as well. As your legs start to get tired, make sure you work your core. If your core gives out, then you have issues with your



back. It's all tied together. And stretching when you're done is HUGE! Yoga is awesome if you have the time, but if nothing else, make time to stretch. Even if you have to cut your workout short, get in your stretching.

Q: What is the benefit for people to consider a personal trainer?

A: Number one, it's important to know what exercises to do and how to do them correctly otherwise you can hurt yourself. You can even hire someone a couple of times and let them show you how to do the exercise properly. Number two, a trainer can push you. You can go and exercise and go through the motions, but when you have a trainer who has exercises designed with you in mind and she's there to push you, you will get so much more out of the workout session. Number three is accountability. It helps if you have someone to report to. With me, I show up at people's houses or I have a studio in my house. But the point is, my clients know that I'm coming, knocking on their doors. There are no excuses. Additionally, a trainer most times is someone who will listen. They will work you hard and listen to you. It's like a running partner, very similar.

Q: Where do you offer your personal training?

A: Locally I offer training for people in their homes, my home, at the beach, and I've just started a coaching program. I will offer the coaching program along with my DVDs. If someone buys the DVDs, they will have the option to add in the coaching option. They will be able to see their training online, track their food and use the food journal, and I will offer a weekly coaching conference call. Then above that, I will have personalized coaching. For the personalized coaching, when they post their workouts on the web, I

“If you know you’ll be eating poorly at a party, make sure you do some interval work.”

will be interacting with them one-on-one. It will be over-the-phone and online coaching. Anyone can email me for various coaching programs. There is a healthy pregnancy app that is in the works too!

Q: I read that you offer grocery store tours. What does that entail?

A: I love those! It's basic education because when they go to the grocery store it's very overwhelming. Do I look for low carbs, low fat, low calorie...what am I supposed to get? I take people one-on-one or in groups to the grocery store. We talk about what they

eat, and then I show them healthy substitutions. I also show them how to really dig deep and read a label. Many people will look only at the front of the box or package. It may say, "heart-healthy" and they buy it.

You really have to look at the label. Here are the main things to look at: 1) serving size – It may only be 120 calories, but if you eat the whole thing, you’re looking at 460 calories. 2) sugar – That’s a huge one. People don’t realize how much added sugar is in food. I teach them to look at the grams of sugar and divide that number by 4. This equals the number of teaspoons of sugar in the item. This is important because our brains [in the United States] don’t think in grams, but we do know what a teaspoon looks like. If something has 20 grams of sugar, you divide that by 4, and it has 5 teaspoons of sugar! That’s a huge switch when people realize how much sugar is in the foods they eat. When we’re at the

"To me, it's all about education because if they don't understand these basic ideas, they can work out all they want, but the weight is going to come back if they don't know how to check labels properly."

grocery store I will also remind my clients that I recommend eating no more than 10 grams of sugar a day and for sodium, no more than 2300 mg per day (for the average person). And the scary thing is that is not a lot at all.

People always look at calories and fat, but it's these hidden things that are killing us! Like when people see that something is fat free, there will be extra sugar or sodium to make it taste good. To me, it's all about education because if they don't understand these basic ideas, they can work out all they want, but the weight is going to come back if they don't know how to check labels properly.

Q: What is your favorite testimonial that you've received?

A: "As a mother of a 4 month old and a 2 year old, I was exhausted. I had little energy, and a condition called post-partum thyroiditis was wreaking havoc on my metabolism. I was drawn to the New Mommy Makeover weight loss system because I knew I could find 30 minutes a day to devote to myself. The workouts were fun, and with the 3 phases (each with 3 different workouts), it never felt monotonous. I noticed changes quickly. My energy increased and my clothes fit better. I can now wear clothes that I haven't worn since before my first pregnancy! I highly recommend Colleen Riddle's New Mommy Makeover weight loss system to any new Mom who is looking to get back to pre-pregnancy weight. (or less)"-Kristen S.

Q: What has been your biggest success professionally?

A: Winning the sheknows.com parenting award for the best post-natal DVD! That's a huge honor to me. I was up against the celebrity people. That was one of my fears when I came out with this. I thought who is going to know who I am? I didn't even put much into marketing it because a lot of my budget went into producing it to make it as high quality as possible. Most of the publicity is through word of mouth. That's why I'm so excited about this new app because it's going to put me in touch with a lot more people. I was also written up in Fit Pregnancy Magazine, and that was a big deal.

Q: How can people follow you and contact you for more information?

A: Colleen@NewMommyMakeover.com

www.NewMommyMakeover.com

www.Facebook.com/NewMommyMakeover

<https://twitter.com/newmommymakeovr>

<http://pinterest.com/newmommymakeovr/>



THIS MOTHER CAN RUN SURVEY

Name: Colleen Riddle

Q: Favorite running song and the artist/band

I love using Pandora and I created a station called "Fergie" it plays all upbeat songs and never "replays" the same order

Q: Favorite time of day to run

Whenever I can fit it in

Q: How do you prefer to train?

- alone
- with a partner
- in a group

Q: Most scenic place you've ever run

Alto, New Mexico

Q: Average miles per run

3.5 with lots of interval work!

Q: Where do you usually run?

- treadmill (since my accident)
- outside

Q: What do you do while running?

- listen to music
- watch TV
- talk
- think
- other

Q: Favorite running gadget or gear
heart rate monitor

Q: Why did you start running?

- to get in shape
- to get back to pre-pregnancy weight
- for fun
- for sport
- other (cross training with my strength training)

Q: Favorite race distance

- 5K
- 10K
- 1/2 marathon
- marathon
- ultramarathon



ASK THE PT

Believe it or not I have run for almost 25 years. Ever since I decided to join the middle school track team to impress a girl that I liked, I have been hooked. I loved the pure excitement of all the different events at a track meet. I settled on being a hurdler because to me it was always more fun to overcome as many obstacles as I possibly could in a short amount of time, and it was the only event that I was really good at.

Life is like a track meet. Fortunes can change each and every day. You really have to just hang in there, be disciplined every day, and work hard.

While I have retired from hurdling I still run frequently, and I have the good fortune to treat running injuries in my job as a physical therapist. Here are the 10 most important things about running I have learned over the years:

1. JUST DO IT! - It doesn't matter if you are an ultra marathoner or have not run in 15 years. The fact that you have conditioned your mind to go for a run puts you ahead of at least 80% of the population who has decided they would rather sit on the couch. A little today means a better tomorrow.
2. Somebody will always be a better runner than you or be in better shape than you. Who cares? You run your own race not someone else's. March to the beat of your own drummer or to the trail of your own running shoes.
3. Run with friends - Running with friends can be empowering and motivational. Better yet, you be the one to organize your friends together to go for weekly runs. They will be thanking you.

“The fact that you have conditioned your mind to go for a run puts you ahead of at least 80% of the population who has decided they would rather sit on the couch.”

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“You really have to just hang in there, be disciplined every day, and work hard.”

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4. Eat well - If you think the principle of neutrality applies and you can run 10 miles a day while eating cheeseburgers and pizza, it just does not work that way. Your body will be angry and take vengeance on you eventually. Eating smart and sensible, and taking pride in the way you look has a certain confidence and sexiness that people are attracted to. Be the person that people want to be.
5. Take time for yourself - That is the beauty of running. This actually is the time I have to myself, and I will tell you that nothing clears my head more than a good run. Listen to music, watch TV, whatever. The fact that you are mentally escaping and physically shaping up your body is the way to be.
6. There will always be critics - So when you decide to announce your crazy plan to do your first half marathon, family and friends will snicker and talk about you. What they are really telling you is, “We have nothing bad to say about that except there is no way my lazy ass would ever think about accomplishing what you are about to.”
7. Stay positive- So you wake up to run at 5 AM, and it's dark, cold, you're tired, and you would rather listen to water drip continuously than run. This is when

the mental toughness has to come out, and you have to forge ahead no matter what you are doing. It's not easy but then again if running were easy we probably wouldn't have the obesity problem we have in our country.

8.Listen to your body - If you are hurt, seek medical attention. It is not macho or smart to let an injury go. It is being ignorant, and your body will always repay you back for being ignorant. Remember your body always gives you clues. It is a magnificent machine that needs fine tuning at times. Give it the attention it deserves.

9. Have fun - Running, like most physical exercise, is supposed to be fun. Do not let it be anything but. Run for a charity, do a scavenger hunt run, run to your local ice cream shop. Make it fun and rewarding.

10. Always set goals - If you do not set goals, accomplishing something with running is just a dream. Write it down, commit to it and own it. Research has proven that people who write their goals down are 80% more likely to achieve their goals within a certain time frame.

Those are just words of wisdom from your friendly PT.
Now I have to go for a run...

Eric Tomei is a physical therapist who has been in orthopedic practice for 10 years. He currently works in Rochester, MI as a staff physical therapist and truly enjoys shaping the health of all his patients. He has a Bachelor's Degree in Psychology, a Bachelor's Degree in Health Sciences and a Masters Degree in Physical Therapy from Oakland University. His passions include: Real estate investing, physical fitness, and volunteering for various charities in the metro Detroit area.



"So you wake up to run at 5 AM, and it's dark, cold, you're tired, and you would rather listen to water drip continuously than run."

THIS
Mother
CAN RUN

STORE

CLICK
HERE

Large Buttons Travel Mug iPhone Cover/Case Women's Standard Weight T-Shirt

Color Color Color Color

Size: One size Size: One size Size: One size Size: One size

HABITS OF HEALTHY PEOPLE

Have you ever wondered why some people are rarely sick and they look happy all the time? Do you know people like that? Are they irritating you just by showing up to work and they look like they enjoy it?



“Look and that list everyday and act on the list.”

You can have this type of outlook on life, too! You can make simple changes today and hopefully by the time you finish reading this article, it will not seem impossible to become a healthy, happy person.

First, consider what gives you energy, what makes you get excited like a little kid? Write it down and decide how you can do more of this in your current lifestyle. List four more activities or habits that make you feel healthy and alive. Write those down too. Post this list in three places that you frequent everyday in your house. Look and that list everyday and act on the list. You will soon find yourself a little happier and wiser for it. Really!

Second, list at least 5 energy draining activities or habits that really zap your energy. For instance, do you really have to go to all those meetings? Make a priority on which ones are absolutely necessary and attend those meetings. Does it seem that you are filling your calendar with “to do” items, just to say you are doing them? That in itself is draining and you must stop to take a look and say, why am I doing that? The very next step is to take that list and replace it with something that will inspire you to do more for yourself. And that could be just by doing nothing. Where is it written that we must be busy all the time? We don't give ourselves time to recharge our batteries for work or play. It is healthy to take time for yourself, chill out a little, laugh a little or just have some peace. You will find this to be totally energy charged for any task that you would like to complete for the next day.

After you have accessed these small changes, here is a list for you to read. Try a little, make small changes in your life, and you may find yourself a happy, healthy individual. People will start to ask, what have you done lately? And you can tell them:

Advertise your company here.
For information and rates email us at:

advertise@thismothercanrun.com

“We don't give ourselves time to recharge our batteries for work or play.”

1. Eat healthy-eat a variety of fruits, vegetables and whole grains everyday.
2. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.
3. Eat a balanced diet to help keep a healthy weight.
4. Be active for at least 2 $\frac{1}{2}$ hours a week. Include activities that raise your breathing and heart rates and that strengthens your muscles.
5. Help kids and teens be active for at least 1 hour a day. Include activities that raise their breathing and heart rates and that strengthen their muscles and bones.
6. Manage stress-balance at work, home, and play.
7. Wash hands to stop the spread of germs.
8. Avoid smoking and breathing other people's smoke.
9. Build safe and healthy relationships with family and friends.
10. Stay positive and take time to relax.

References: Centers of Disease Control and Prevention,
Office of Women's Health. owh@cdc.gov

Michele Batz is a 30-year physical educator with a masters and PhD in holistic nutrition and a masters in administration. She's been a fitness writer for the past seven years on e-diets.com and elsewhere to help motivate not just in the physical sense but the creative sense. The Arts with Movement is an element she is working on in her classes, and with the help of CATCH (Coordinated Approach To Children's Health) to combine all elements of leading a healthy, active life. CATCH involves the whole school community, physical education teachers, classroom teachers, cafeteria, parents and the community. This is a wonderful way to educate our youth to fight children's obesity. Michele enjoys her life with her husband and son, living in Illinois. Visit her blog at mbatz.blogspot.com.



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“Be active for
at least 2 $\frac{1}{2}$
hours a week.”
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RUNNING AWAY FROM LABELS

From the moment we are born there are labels. Good baby. Easy baby. Difficult baby. Fussy baby.

Seems we are destined to a life of words meant to define us - if we let them. In my life, I've struggled with labels. Ugly. Fat. Uncoordinated. Non-athletic. Stubborn. I admit that some of these labels I inflicted upon myself, but others were given to me either directly or indirectly.

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“Seems we are destined to a life of words
meant to define us - if we let them.”
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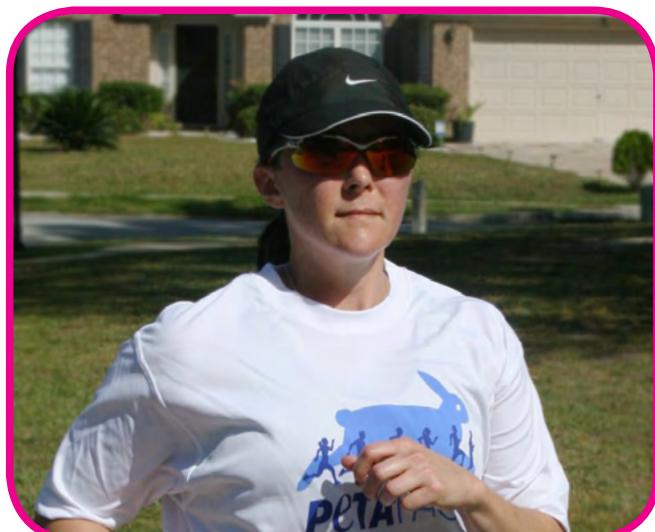
The bad thing about labels is that once they are spoken, whether true or not, they are hard to shake. They crawl into our minds and make a home. However, sometimes we wear them so blatantly, others begin to accept them as truth.

I've always been a bit on the non-athletic side. Throw a ball to me, and I'm likely

to have it hit me in the face before I realize that it's closer than I think. In eighth grade I did attempt to join the ranks of athletes by signing up to be on the volleyball team. The first time I was rotated into the game I hit the ball into the rafters and earned a permanent spot on the bench. I was humiliated. That was the one and only time I ever tried to be athletic.

My brother, on the other hand, has always been an athlete. He played baseball and football and has always been an avid runner. Over the years I watched him lace up his shoes and hit the road, wishing I were a runner like him. I had an image of the two of us completing a race – brother and sister athletically united at last. But I knew how silly that was considering that the one time I decided to try running, I sprained my ankle before I had even made it around the block.

However, something shifted inside of me last year and I decided to let the eighth grader inside of me have one more chance. I was going to be a runner. With



each run time I felt a little more legitimate – but I only ran on the treadmill. I wasn't fully committed because I didn't want people to see me and wonder what someone like me was doing running. Obviously, my label was extra sticky.

Two months ago, I took an even bigger step towards unsticking myself and signed up for my first race – The Rock and Roll Half Marathon. In my hometown. Where people who knew me way back when will be.

I knew I had to up the ante and hit the actual pavement. I prayed that my uncoordinated self wouldn't take that too literally.

So here I am one month from race day. And guess what? I'm proud to say I'm a runner. I have an injury and everything to prove it. You might think that getting injured would bring back memories of my previous injuries brought on by my inability to do much of anything gracefully. Well, you'd be wrong. In fact, I'm thrilled to have my shin splints as crazy as it may seem, because I got them from being a real runner, not from tripping over a shoelace or stepping in a hole. I got them because I'm an athlete!

You can imagine (or maybe you can't) my thrill when the salesperson at the running store outfitted me in compression socks. "We have black and neon yellow for night running," he said. And because I am proud to wear my badge of honor I chose neon yellow.



My name is Michelle McGee and I'm very happy to say *this mother can run* – finally!

Michelle McGee is a freelance writer and her memoir, *He's Not Broken: A Mother's Journey to Acceptance*, has just been picked up by a literary agent. Her first race is the 1/2 Rock n' Roll Marathon in her hometown of Savannah, GA. After becoming vegan in this past May, she decided to run the race to raise money and awareness for PETA (People for the Ethical Treatment of Animals). You can check out her blog at www.moxiemomma.com.

"With each run time I felt a little more legitimate – but I only ran on the treadmill."



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giveshoes.org/onewalk



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"I run because it's so symbolic of life. You have to drive yourself to overcome the obstacles. You might feel that you can't. But then you find your inner strength, and realize you're capable of so much more than you thought."

-Arthur Blank

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This Mother Can Run