

To Walk or Run?

We often talk about the benefits of resistance training and its important role in weight loss and improving fitness levels. Contrary to what you may believe you can actually get your heart rate quite high performing resistance training exercises and it may actually be the best cardio-vascular workout for you.

In saying that though, "cardio" workouts are still one of the most popular forms of exercise especially walking and running. Everyone is different and I'm sure we all know a person who runs 10kms during their lunch break or someone else who always fits a 60 minute walk into their day, rain, hail or shine. Both love their exercise routine and swear that it's what keeps them fit, thin and feeling fresh and that everyone should do it!



So what's the difference you ask? Well, both walking and running can help you lose weight, especially if you aren't doing anything to start with and particularly if you are already doing resistance training. Walking is a good way to maintain fitness and is fantastic for your mental health. Any sort of exercise releases endorphins, our bodies happy chemicals. So if you're tired and run down with no energy to spare then a quick stroll is a great way to make you feel better and can actually be the kick start you need to getting back on your feet.

Even though walking is a lot gentler on your joints than running both are susceptible to similar injuries. Precautions are the same for both and include being smart about the sort of surface you are training on and making sure your foot wear is in good condition. Correct fitting runners that aren't worn to bits are crucial and should be replaced every six months, especially if you exercise in them every day.



If you are overweight or have any sort of injury or postural problems then walking is preferred over running. Walking has many benefits. It loosens up our joints, stimulates circulation and can improve digestion. It also lowers the risk of developing heart disease, diabetes, osteoporosis and depression.

A lot of people think you should run to get fit but you really need to be fit to run. Running can be like an earthquake to your body. If you have any problems in any of the joints in your body then these will eventually become amplified. This includes problems in your back, hips and neck and not just the obvious problems which can occur in your feet, ankles and knees. All mobility, strength and postural issues should be addressed before any sort of running program is attempted. A strength and mobility maintenance program should be implemented at the same time as your running program to balance things out.

Always make sure you have a balance of weight training and cardio in your exercise program, especially if you are trying to lose body fat. Maintaining muscle mass is very important during a fat loss program. If you are doing excessive amounts of cardio your body will become catabolic which means it will start to break down muscle tissue. This will eventually make it very hard for you to lose body fat as muscle mass maintains our metabolism, functioning more efficiently. This concept can be confusing to some people, especially as many experience weight loss when they start walking or running a lot. This weight loss soon slows down though and even stops and this is when it becomes clear that a different approach is probably necessary to achieve the desired fat loss.

With walking and running, like everything in life, variety is the key. Our bodies adapt very quickly so make sure you change the stimulus by not taking the same track every day. Increase the intensity by choosing to train somewhere quite hilly one day then the next day picking somewhere a little flatter but double the time you train for. Most importantly listen to your body. If you have any pain or discomfort try and work out the cause. This is a sign something is not quite right and shouldn't be ignored. Sometimes you may have to modify your exercise program while you give your body a chance to recover from an injury. And remember, there is always an alternative. Next time you can't walk or run for a particular reason then ride a bike or try some boxing for a change.

Kylie

Level 1, 156 Maroondah Hwy
Ringwood 3134

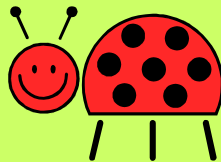
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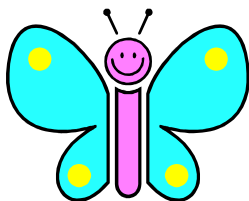
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\$495

Contact Studio Glo for more information

Avocado, Bean & Tomato Salad with Greek Lamb Chops

Ingredients : (Serves 4)

- 4 -6 large lamb chops
- ½ teaspoon dried oregano
- 1 teaspoon finely grated lemon zest
- Salt and pepper
- 1½ tablespoons olive oil
- 1 small red onion, sliced thinly
- 3 vine-ripened tomatoes, or 250g baby roma tomatoes, chopped
- 2 avocados, chopped coarsely
- 150g green beans, blanched, chopped coarsely
- ½ cup toasted almonds, chopped coarsely
- 150g Greek feta
- ¼ cup olive oil
- 1½ tablespoons lemon juice
- ¼ teaspoon dried oregano, extra

Method:

- Preheat char-grill to very hot.
- Combine lamb chops, oregano, zest, salt and pepper and olive oil in a large bowl and turn to coat.
- Grill lamb chops 3-4 minutes each side or until cooked as desired; remove from grill and rest covered with foil about 5 minutes.
- Meanwhile, combine salad ingredients except feta in a large bowl and set aside.
- Whisk olive oil, lemon juice and extra oregano together and season with salt and pepper; pour over salad and toss to combine.
- Serve lamb chops with salad and crumble feta over the top.



FICTION: If you can't exercise regularly then it's not worth!

FACT: It can take 10 to 12 weeks of regular exercise for you to noticeably improve your fitness and have your body change shape, but the benefits can start as quickly as right after that first brisk walk! Doctors recommend that you get at least 45 minutes of moderate exercise each day, but if you think you don't have time to go to the gym or walk or run each day, try integrating exercise into your daily routine.

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