

6 Ways to Mix up Your Running Routine

It's easy to get stuck in a running rut. If you run the same route at the same pace on the same days each week, you know what I'm talking about. While this can help us build stamina, variety is what keeps workouts feeling fresh. This summer, bring back the fun and excitement of running by changing up your routine in one (or all!) of the following ways.

1. Head for the hills - Whether it's a local trail or hilly neighbourhood, look for steep areas to explore; even a set of stairs will work. Uphill training can test our aerobic fitness, leg strength, and mental stamina. Start by including one or two hills in your regular route, and slowly build up your hill-running stamina.

2. Sign up for a race - In need of some extra motivation? Imagine a crowd of people cheering for you and hundreds of likeminded runners on race day. For beginners and those who just want to have a good time, themed runs such as the Color Run are a boredom-busting combo of fun and fitness. Meanwhile, seasoned runners might like to test their mettle with a marathon or triathlon. To up your running game in the months before a race, consider training with a running group or club in your area.

3. Pick a rocking playlist - Studies confirm that running to a beat may help us run longer with less tiredness, better breath control, and more optimism. To really pump you up, choose tunes with a fast beat and synchronize your movements with the songs' tempo.

4. HIIT it - High-intensity interval training (or HIIT, as the cool kids like to say) involves short bursts of high-intensity exercise followed by brief recovery intervals. For busy runners who have limited time to work out, HIIT is your new best friend. This training method can also burn more calories (in less time!) than exercising at a steady pace. To get started, try this HIIT workout two to three times per week in place of long-distance runs:

A) Sprint for four minutes

B) Jog or walk quickly for three minutes

C) Repeat four to five times

5. Walk it off - If your daily jog is becoming a pain (literally or figuratively), your body might be telling you to slow down. Train smart by taking breaks from your running routine now and then. In the meantime, try walking for fitness. Running may burn more calories than moderate-intensity walking, but both have been shown to reduce our risk of high blood pressure, high cholesterol, diabetes, and heart disease.

6. Go off the beaten path - Forest trails offer a ready source of scenic entertainment. From chirping birds to fresh floral smells, nature can be a welcome change for those who run on sidewalks. Trust me—you won't miss the honking cars and exhaust fumes. Getting in touch with green spaces can also lower stress and promote mental well-being. Source: http://www.alive.com/posts/view/1200/6_ways_to_mix_up_your_running_routine

LINE DANCING with Cinnie

Sundays @ 11:45am

Starting Sunday July 7th!

Join Jenny for
Gentle &
Restorative Yoga
Thursdays @ 1:15pm
& Sundays @ 12:45pm



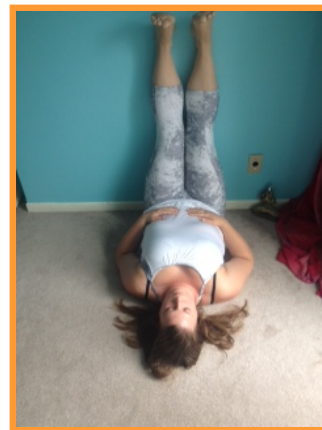
Creating Community
Changing Lives



Stay cool all summer!

July 2014 Newsletter

The general benefits of yoga are well known to most - stress relief, flexibility, strength, calm. But recently science has upped the ante for the yoga community by providing evidence that a regular yoga practice – in particular restorative yoga – can make incredible changes to some very serious health problems. Dr. Kim Innes recently published a comprehensive study on Metabolic Syndrome (think insulin resistance, high blood pressure, high triglycerides, high blood pressure, pre-diabetes) and found that restorative yoga practitioners could increase insulin sensitivity and lower cholesterol by as much as 19-25% over the course of a year. Furthermore, other studies have found that a regular restorative practice boosts immunity, balances the nervous system, and improves joint health overall. That's a lot more than just bending and stretching! If you're interested in restorative yoga, join us for a class and give this move a try at home:



Legs up the wall – ask around, this is a favorite pose at FWFWM!

Start in a sitting position with your side body against the wall. Lay down on your side and place your bottom against the wall. Roll onto your back and put your legs up the wall. Voila! Easy as that. You can adjust the position if your back or hamstrings are tight – remember the purpose of this pose is total relaxation, so get yourself comfortable. Hold for 5-30 minutes.

Benefits: Boosts circulation by reversing the flow and supporting the heart, increases lymphatic health through drainage in the legs, stretches the posterior chain, helps to lesson or prevent varicose veins and wrinkles in the face and upper body, reduces shoulder and back pain, provides profound relaxation, decompresses the joints in the legs, and gives you a change in perspective and energy. **Source: Jenny Foster**

Eat a R A I N B O W for Health!



<p>Apples, Cherries, Cherry Tomatoes, Cranberries, Grapes, Pomegranates, Raspberries, Rhubarb, Strawberries, Tomatoes, Watermelon / Beetroot, Chilis Peppers, Radishes, Radicchio, Red Peppers, Red Onion</p>
<p>Apricots, Cantaloupe, Clementines, Grapefruit, Nectarines, Mangoes, Oranges, Papayas, Peaches, Persimmon / Acorn Squash, Butternut Squash, Carrots, Pumpkins, Sweet Potatoes</p>
<p>Grapefruit, Lemons, Passionfruit, Pears, Pineapple / Yellow Bell Peppers, Golden Beets, Sweet Corn, Spaghetti Squash, Summer Squash</p>
<p>Asian Pears, Bananas, Coconut, Lychees, White Nectarines and Peaches / Cauliflower, Daikon, Garlic, Ginger, Mushrooms, Onion, Parsnips, Potatoes, Turnips</p>
<p>Apples, Avocados, Cucumbers, Grapes, Honeydew Melons, Kiwis, Limes / Artichokes, Asparagus, Broccoli, Bok Choy, Brussels Sprouts, Cabbages, Celery, Chard, Collard Greens, Edamame, Endive, Fennel, Fresh herbs, Green Beans, Kale, Leeks, Lettuce, Okra, Olives, Parsley, Snowpeas, Sweet Peas, Spinach, Sprouts, Sugar Snaps, Watercress, Zucchini</p>
<p>Blackberries, Blueberries, Dates, Figs, Grapes, Plums, Raisins, Eggplant, Purple Cabbage, Kale, Olives, Potatoes</p>

Sweet Mango Coconut Rolls Serves 8

Cap off your next homemade sushi meal with these dessert rolls and you're sure to elicit groans of delight. The pickled ginger adds a pleasant hint of piquant heat to this sweet sushi, but it can be left off entirely for a more family-friendly treat.

- * 1/2 cup short grain brown rice
- * 1 1/2 cups light coconut milk
- * 1 1/2 cups water
- * 1 Tbsp natural cane sugar
- * 1/4 tsp finely grated orange zest
- * 1/2 tsp vanilla extract
- * 1/4 cup unsweetened grated coconut
- * 1/4 tsp ground cardamom
- * 1/4 tsp ground cinnamon
- * 1 cup fresh raspberries
- * 2 tsp fresh lemon juice
- * 1 Tbsp maple syrup
- * 4 to 5 ripe mangos (preferably Ataulfo)
- * Pickled ginger, sliced into thin strips, for garnish
- * Fresh mint leaves, for garnish



Directions: Rinse rice well in several changes of cold water. In saucepan, stir together coconut milk, water, and sugar over medium-high heat. When mixture comes to boil, stir in rice, orange zest, vanilla extract, coconut, cardamom, and cinnamon. Reduce heat to simmer, cover and cook until all the liquid has been absorbed, about 40 minutes. Remove from heat and let rice cool to room temperature. Meanwhile blend together a generous cup of raspberries, lemon juice, and maple syrup until smooth. Strain sauce through fine mesh sieve into bowl and refrigerate until ready to use. Discard raspberry seeds left in strainer.

Peel mangos and with mandoline or sharp knife, slice into very thin sheets lengthwise, parallel to the pit. Place sushi mat on clean work surface and top with piece of parchment paper. Arrange mango slices, overlapping slightly, on paper to form 5 x 8 in (13 x 20 cm) rectangle. Place one-third of rice in a line along bottom edge of mango slices, making sure to leave 1 in (2.5 cm) border of mango at bottom. Using sushi mat and paper as guides, starting from the bottom, gently but firmly roll up mango to encase rice. Squeeze roll together slightly before gently removing paper and cutting roll into 8 pieces. Repeat with remaining rice and mangos. Transfer rolls to serving plate and garnish with a few strips of pickled ginger and fresh mint leaves. Serve immediately with raspberry sauce alongside for dipping.

Each serving contains: 255 calories; 3 g protein; 13 g total fat (11 g sat. fat, 0 g trans fat); 35 g total carbohydrates (21 g sugars, 4 g fibre); 12 mg sodium

Source: "Summer Sushi", *alive* #380, June 2014 http://www.alive.com/recipes/view/1364/sweet_mango_coconut_rolls