



March 2016 Newsletter



Happy
St. Patrick's
Day!
From All of Us at
FitnessWorks for
Women


**KEEP
CALM
AND
COUNT YOUR
STEPS**

Get Stepping this
March!
Whether you are
a Beginner,
Intermediate or
Advanced Walker,
this Challenge is
for YOU!
SO GET
STEPPING!!!

Tips on Walking Long Distances

Preparation and concentration help with long distance walks.

Overview

Walking long distances can put a strain on your feet and your body. Paying attention to details before and while you walk can make the trek less difficult. You must make sure your feet and body are well-maintained to avoid discomfort.

Clothing

Wear breathable fabrics that exposes your skin to oxygen and allow your body to sweat. Try to avoid all cotton materials. Breathable fabrics will help prevent your skin from chafing and blistering. It also helps to apply lubricant to areas where you have experienced chafing before. If you live in an area with changing seasons, wear light layers that you can remove or put on as required.

Hydration

Water helps maintain energy and strength. Bring a big water bottle with you filled with water and ice. If you don't care for the idea of lugging around a large bottle, buy a hydration pack with a tube for sipping the water. They're carried on your back like a backpack and vary in size from one to four liters. Familiarize yourself with the path you are walking and learn the locations of all water fountains you will pass on the way.

Food

Along with water, your body also needs food for energy. It burns distances. Bring a couple snacks in a zip-lock bag for easy access during the walk. Some healthy snacks are power bars, raisins or nuts. Jerky and bananas are also portable sources of energy.

Prepare Your Feet

Long distances can cause discomfort and pain to your feet. Stay off your feet as much as you can before the walk so they are rested. Clean and clip your toenails to avoid discomfort in the front of your feet. Wear light and breathable shoes to avoid painful blisters. Carry bandage in case you do develop blisters; or if you have bunions, put the bandage on your bunion

before you leave the house. Source: <http://www.livestrong.com/article/232664-tips-on-walking-long-distances/>

Velvety Broccoli and Spinach Soup Ready In: 45 Minutes

Broccoli, spinach, avocado and basil make this vegan soup super-green. For quicker clean-up, use an immersion blender instead of a stand blender.

Ingredients

- | | | | |
|---|--|---------------------------------------|------------------------------|
| * 2 tbsp Extra Virgin Olive Oil | * 2 large onions, finely chopped | * 1 tbsp minced garlic | * 900 mL Vegetable Broth |
| * 1 head broccoli, cut into small florets, stem peeled and cut into coins | | * 1/4 tsp freshly ground black pepper | |
| * 1 pkg (142 g) Baby Spinach | * 1 cup Grape Tomatoes, sliced crosswise in thirds | * 1 ripe avocado, diced | * 2 tbsp chopped fresh basil |

Instructions

Heat oil in large saucepan over medium-high heat. Cook onion, stirring frequently, until soft and golden, about 15 minutes, adding 2 tbsp water as needed to prevent sticking. Stir in garlic; cook for 2 minutes.

Pour in broth; bring to a boil. Stir in broccoli; simmer for about 5 minutes or until tender. Remove from heat; stir in pepper and spinach until completely wilted. Working in batches, purée soup in blender, transferring to an 8-cup measuring cup as it is puréed. Pour soup back into saucepan; heat over medium until hot, about 2 to 4 minutes.

Meanwhile combine tomatoes, avocado and basil in bowl.

Ladle soup into eight bowls; top each with 1/4 cup tomato mixture. Serve with whole grain baguette slices, if desired.

Nutritional Info: Cal.120, Sodium 460mg, Carb.12g, Fibre 4g, Protein 3g, Fat 7g (1g is Sat.) Source: http://www.presidentschoice.ca/en_CA/recipes/recipeslisting/velvety-broccoli-and-spinach-soup.html





Surprising benefits of walking a 100 steps after dinner

If watching TV or sitting in front of the computer is your daily routine after eating your dinner, replace it with a healthy habit – walk for 15 minutes. Experts believe that walking at least 100 steps after eating your dinner improves your overall wellbeing.

Aids digestion - The process of digestion is initiated soon after a person has consumed his meals. The gastric juices and enzymes responsible for digestion are stimulated in the mean time. However, if a person walks after eating his dinner, the process of gastric emptying of the meal is accelerated leading to better digestion. This in turn, prevents various stomach complications such as acidity or indigestion that people usually complain after having their meals.

Boosts metabolism - Apart from caloric intake and pattern of eating, leading an active physical life is one of the key reasons to boost metabolism. Hence, people are advised to go for a walk after having their dinner as it stimulates the metabolic process and influences the functioning of other organs in the body.

Induces sleep - The habit of going to bed after having dinner is definitely not good for health. However, a few minutes of walking in the lawn or in your house can do wonders to your health. It not only improves the blood circulation in the body but also relieves stress. This is the reason, why people walking around 100 steps after dinner enjoy a good night's sleep.

Improves blood circulation - A 15-minute walk after eating your dinner not only lowers blood levels of fat (triglycerides and cholesterol) but also enhances blood circulation to various parts of the body. This is mainly due to the fact that walking ensures proper supply of oxygen and nutrients to the heart which in turn causes better blood circulation.

Maintains blood sugar levels - People suffering from type 2 diabetes are benefitted by regularly walking after having their meals. After eating dinner the blood sugar levels spike up due to breakdown of food components. But when you walk after having dinner, the body is physically active which uses the excess glucose present in the blood thereby controlling sugar levels.

Helps in Weight loss - Although a 15-minute walk after dinner is a must to lead a healthy life, it plays a key role in weight loss. It is one of the most effective and simple ways to maintain a healthy weight as walking not only burns calories but also improves your overall health.

Source: <http://www.thehealthsite.com/diseases-conditions/surprising-benefits-of-walking-a-100-steps-after-dinner/>



YOU'RE ONE STEP CLOSER THAN YOU WERE YESTERDAY

DON'T GIVE UP



What To Eat After A Walking Workout So You Don't Undo Your Calorie Burn

Snacking after fitness can be confusing. You may feel ravenous, but that doesn't mean you should give yourself permission to eat anything—and everything—in sight. It's easy to unknowingly negate the calories you just burned by overeating or simply consuming the wrong food. A guide to three common scenarios and appropriate snack choices for each, plus why they're good picks below.

60-minute stroll goal: Keep the snack light because you didn't burn that many calories (but your ticker definitely benefited!) **Sip:** 8 oz water flavored with a lemon or orange wedge. Why you should add citrus to your water: Vitamin C, a powerful antioxidant, aids in muscle repair when taken in small doses. **Eat:** A mini-lettuce turkey wrap (1 piece of iceberg or romaine lettuce + 1-ounce piece of turkey or chicken + a thin spread of mustard + a slice of a crunchy veggie, like red pepper, cucumber or jicama).

30-minute fast-paced power walk goal: You'll need a little more hydration, as well as carbohydrates and protein, because you demanded more of your muscles. (Since this is a speedy walk, you burned more calories per minute both during and after the workout.)

Sip: 10-oz water with lemon or orange wedge. **Eat:** A mini-lettuce turkey wrap + half of an apple, sliced.

60-minute fast-paced endurance walk goal: Give your muscles the fuel they need to rebuild, add a few more carbs and a little bit of healthy fat to keep your energy up. **Sip:** 14 oz water with lemon or orange slice. **Eat:** Mini-lettuce turkey wrap packed into half of a whole grain pita pocket + half of an apple, sliced + 4 walnut halves. (Walnuts are a source of healthy fat, which stabilizes blood sugar levels.)

Smart pick for any sweat session: One to two hard-boiled egg whites with a dollop of hummus in the dimples of the egg white. **Why it's a universal option:** The egg whites are a great source of protein, which will curb hunger and rebuild muscle. And at only 16 calories per whole egg white, they're an ideal choice for the calorie-conscious.

Source: <http://www.womansday.com/health-fitness/nutrition/advice/a50459/best-foods-to-eat-after-walking-workouts/>

WALK Your Way To Better Health

Anatomy of Walking

- * Boosts Endorphin easing stress in 10 minutes
- * Limits sickness by halving odds of catching a cold
- * Relaxes Arms and shoulder muscles
- * Builds Bone Mass by reducing risk of osteoporosis
- * Strengthens Legs including quadriceps, hip flexors and hamstrings
- * Burns More Fat than jogging
- * Reduces Glaucoma risk
- * Improves Blood Pressure within a short time
- * Limits Colon Cancer by 31% for women
- * Improves Balance preventing falls

Source: <http://visual.ly/benefits-walking-regularly>

