

# RaceTimes

**2021**  
**IS YOUR**  
**YEAR**

**STRENGTH  
TRAINING  
EDITION**



Simple ways to  
be healthy now!



**GET  
BETTER  
SLEEP**

Tips for  
catching  
more z's!

**RUNNING  
SHOES ✓  
CHECK UP!**

Tips for  
better &  
safer runs!



**FINALLY...**  
An approach to  
healthy eating that  
actually works



# in this issue

## on the cover

It Must be the Shoes.....	1
15 Simple Ways to be Healthier in 2021.....	4
How Sleep Affects Your Health.....	12
Breaking Down Intuitive Eating.....	15
7 Options for Working Out in Cold Weather.....	8
Granola Protein Bar Recipe.....	14
Protein Packed Meals.....	19
Weightlifting Safety Tips.....	21
Basic Strength Training Routine.....	23
Featured Events.....	24

## 5 RANDOM (BUT GREAT!) TO-DOS FOR THIS MONTH

- ✓ **COOK A NEW VEGETABLE FOR DINNER**
- ✓ **REMEMBER TO BE KIND TO YOURSELF**
- ✓ **TRY A NEW WORKOUT ROUTINE**
- ✓ **READ A COOL BOOK YOU'VE SEEN**
- ✓ **GO HIKING SOMEWHERE NEW**



# editor's note



Happy 2021! I hope your new year is off to a fabulous start.

I think I had the best New Year's Resolution of all for 2021. You want to know what it was? It was to stop setting goals I can't reach. A lesson I've learned over the years is to stop setting goals that are not realistic or have no plan of action to back them. We sometimes look at the end goal, but don't take the time to iron out and fine tune the details of actually obtaining that goal.

Your best chance of sticking with and accomplishing a goal is not by jumping feet first in the deep end, but by dipping a toe in shallow water.

***Small changes over time create sustainable habits for the long term.***

A goal of mine for the longest time was to be able to do push ups. How did I reach this goal? I made small changes over time, until I gained the strength I needed to finally lower myself to the ground and push myself back up. I created a sustainable action plan.

**My actions items were:**

**Work out 2-3 times per week for 30 minutes.** I chose 2-3 because I wasn't working out

at all during that time. If I didn't reach my goal of three times per week I would feel crappy about myself, but if I was able to stick with two workouts, this small uptick from no exercise to some exercise motivated me to keep pushing.

**Each workout I incorporated push ups.** I would do three sets of five push ups if a workout didn't include them. And guess what? I started out on my knees, but eventually I built up the strength to do a regular push up.

**I stayed consistent.** Some days I felt stronger than others. Some days I didn't feel like working out at all, but once I created the habit of

exercising at least two days per week it became ingrained in my weekly routine.

***The guilt of skipping a workout became worse than the actual workout itself.***

Believe in the power of small changes over time, no matter what your goal may be. Celebrate each little victory along the way. Make it a goal to choose a few small changes from our list of "15 Simple Ways to be Healthier in 2021" for a happier and more optimistic you this year!

*Kirsten Capuano*  
Co-Editor of RaceTimes



The image features two sneakers against a background split into pink and light orange. The top sneaker is teal with teal laces and a white sole with a red stripe. The bottom sneaker is yellow with a red stripe on the sole and a red interior. A semi-transparent yellow rectangle is centered over the sneakers, containing the title and author information.

# IT MUST BE THE SHOES!

By: Terri Rejimbai, RRCA Certified

As runners, we don't need much equipment to perform our sport, but a good pair of running shoes is a must. One of the first lessons we learn is to buy new shoes after 300-500 miles. Once the foam wears out, the material loses its ability to absorb shock, and the risk of overuse injuries increases. "When" to replace your shoes will depend on your body type, running mechanics, and gait. A second important lesson is to rotate your shoes to accommodate different workouts.

Do you wonder why that is?

The thousands of steps we put on our shoes leads to a decline in its cushioning. Even though the bottom of the shoes may appear to have plenty of treads, the midsole material can still be broken down. Rotating shoes can increase their longevity by allowing the cushioning to "recover" which can take 24 to 48 hours. Having another pair gives your shoes a rest day while supporting you on your next run. Rotating the types of shoes used for different runs and workouts is beneficial in several ways:

## Training Muscles

Switching up your shoes will allow you to build strength in those smaller muscles of the lower legs that get challenged by a lighter shoe. Training in a lightweight/minimal shoe will engage more muscles than a fully cushioned or stability shoe. Heavier cushioned or stability shoes are great for shock absorption on long runs or when your legs feel fatigued from the day before.

## Injury Prevention

Running is extremely repetitive—an hour-long run will likely accumulate over ten thousand foot strikes; each impact very much like the previous one. Training in a range of shoes provides diversity in the same way that changing running surfaces does (road, trail, grass, treadmill). Or think of it like working out in the gym, doing different weight exercises that target the same body part, but in a slightly different way. Different shoes distribute running forces differently, thus lessening the strain on any given body part. By changing shoes or terrain, you vary the repetitive impact on your body, thereby reducing the risk of a repetitive stress injury.

## Eliminate Potential Muscle Imbalances

If you consistently run in the same pair of shoes, over time the shoe foam changes as it wears down, affecting your running form and muscles, not just your feet but all over. In time, you'll begin to compensate for those imbalances, which can lead to injury. Think about what can happen when you increase training intensity or mileage, and you're running in the same pair of shoes day after day. Avoid overloading any one muscle, bones, tendons, or ligaments while simultaneously strengthening others, simply by changing your shoes.



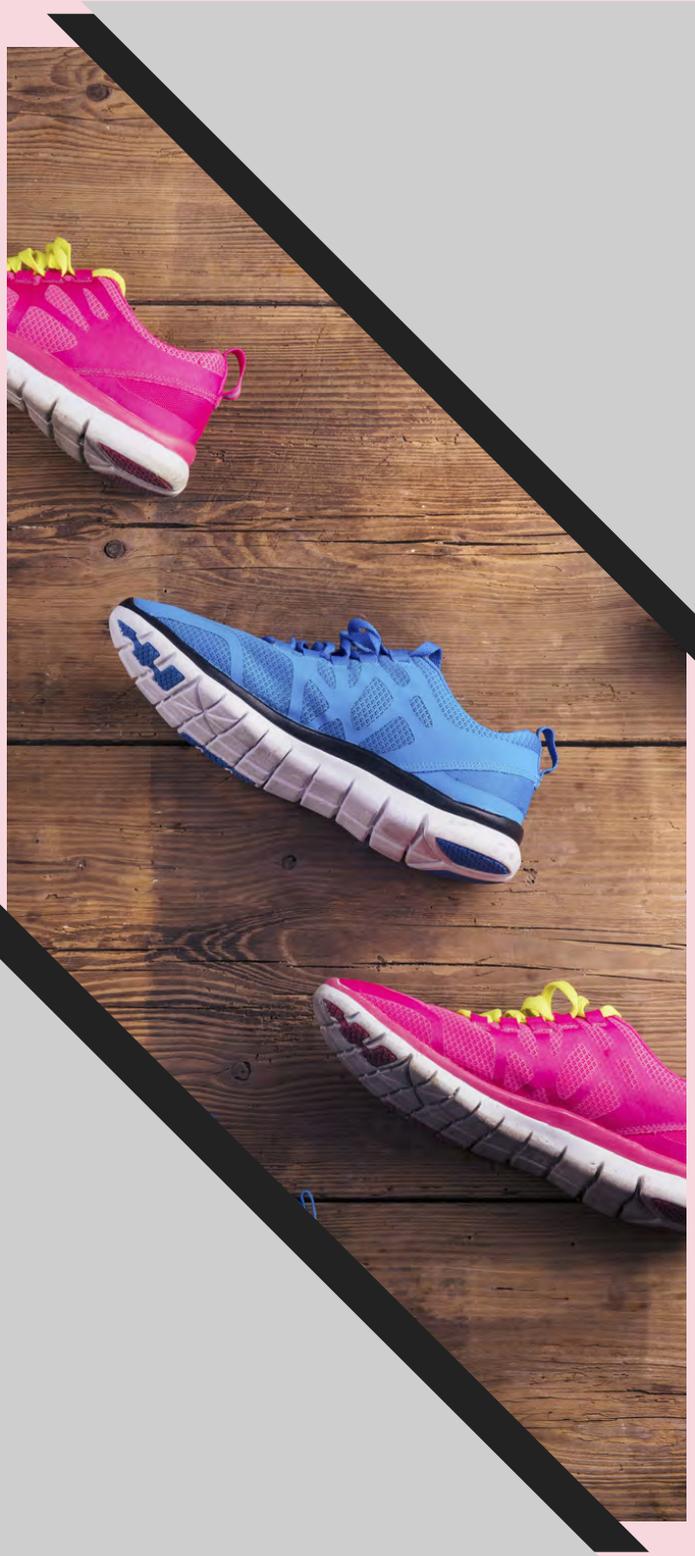
To accommodate the various types of runners and workouts performed, shoe companies make a variety of different models, styles, and versions of shoes. Within a style line of shoes, you can find a cushioned trainer (tends to be heavier and durable), a lightweight shoe (which can be a racer), and a racing flat. For example, I wear a New Balance Zante or HOKA Conquest for my easy and long runs. For tempo and intervals, I run in New Balance Zante Pursuit or Solas. For racing, I prefer New Balance Solas or Reebok RunFast. Each shoe has a different attribute that contributes to the purpose of the intended run. Different shoes for different runs. Like a training plan, you have different workouts.

In different models, even those within the same foot-function category - neutral, stability, motion control - you will strike the ground and run slightly differently. In doing so, you will be shifting the stresses on your body from model to model, which may help reduce your chance of injury. I hate breaking in new shoes! By varying my shoe type for the type of run I'm doing it allows me to gradually introduce a new pair into my training cycle without too much disruption and risk of injury. Take the next step in your training and experiment with your shoe collection. When making any change to your running shoes, it's best to make any change gradually, allowing your body to adapt. When experimenting with different styles, be aware that it is normal to have some increased soreness because you aren't accustomed yet. However, don't confuse pain with injury, unless those injury signs are present during your run even with your normal beloved shoes. Remember to be brand impartial when shopping. Seek out your neighborhood running store for assistance in fit and guidance with a new shoe selection that works for you.

Always consult a doctor before starting a new exercise routine.

### About the Author

Terri Rejimbai is a competitive Masters athlete, a 3-time winner and 8-time Masters champion of the Gasparilla Distance Classic half-marathon; 6-time Disney Masters marathon winner, 7-time Florida USATF Athlete of the Year, and a New Balance product tester. Terri is a RRCA certified running coach and available for consulting or coaching services. Contact Terri at [tarejimbai@gmail.com](mailto:tarejimbai@gmail.com) or Instagram [@bayshorerunner](https://www.instagram.com/bayshorerunner).





# 15 SIMPLE WAYS TO BE HEALTHIER IN 2021

Small changes you  
can make right now  
for a **big impact!**



# eating habits

## USE SMALLER PLATES

Smaller plates equals smaller portions. A lot of times our eyes are bigger than our stomachs and we pile more food on our plate than we really need. Making your plate in the kitchen is another trick. That way you consciously have to get up to grab seconds.

## EVERYTHING IN MODERATION

Did you just order fast food or pizza? Start off the following morning with a healthy breakfast and a salad filled with veggies for lunch. Eating one cheat meal per week won't kill your diet, but three or four consistent unhealthy meals will definitely set you back from your goals.

## DON'T DRINK YOUR CALORIES

A sugary drink every once in a while is okay and can even keep cravings at bay, but a soda per day will definitely put a damper on your diet and fitness goals. Swap out soda for water or green tea.

## EAT MORE VEGGIES

Buy vegetables that stay fresh in the fridge for multiple days, such as bell peppers, broccoli, brussels sprouts, sugar snap peas, etc. Cut up a few vegetables and put them in individual ziplock bags for a quick on-the-go snack. At dinner time, fill half of your plate with veggies and then add protein and carbs.

## MEAL PREP ON SUNDAY

Meal prepping doesn't have to be difficult or take up hours of your Sunday afternoon. Begin by prepping lunch for the work week. Our favorite quick meal prep is a classic grilled chicken salad. You'll thank us when you have lunch for the work week and don't have to think twice about what to eat.



### Classic Grilled Chicken Salad

- Get out four containers and fill each one with a couple handfuls of spinach or romaine lettuce (or both!)
- Top each with grilled or baked chicken, a hard-boiled egg, tomatoes, and cucumbers.
- Leave the salad dressing on the side to keep the ingredients fresh. Enjoy!



# move your body

## **BUY A STANDING DESK**

Are you leading a sedentary lifestyle? One of the easiest ways to stand and walk more is to invest in a standing desk. Choose a desk that converts from sitting to standing and make it your goal to stand a little longer each day.

## **EMBRACE SHORTER WORKOUTS**

No matter what anyone says, we all have time for a 20 or 30 minute workout. Skip the hour-long workout sessions and aim for 30 minutes of high-intensity training. It's only 2% of your day... that's it!

## **WALK MORE**

Take the stairs, go for a 5-minute walk on your lunch break, or take your dog around the block. Any little excuse to get up and get moving will burn calories. Taking small breaks throughout the day also keeps the day moving and energizes you.

## **STRETCH EVERY DAY**

Stretching your body and improving your flexibility not only keeps you limber but decreases your chances for injuries. If you wake up in the morning feeling stiff, you are not alone. Aim for 5-10 minutes of daily stretching before you start work in the morning.

## **BE MORE ACTIVE**

On the weekends it's so easy to fall into a routine of staying in and watching tv. Plan activities for the whole family, such as playing at the park, going to the zoo, indoor rock climbing, etc. When you're out being active and having fun, you forget you're even exercising.



# calm your mind



## PRACTICE GRATITUDE

Each evening before bed name off a few things you are thankful for and something good that happened to you that day. Going to bed with a thankful heart is an ideal way to practice gratitude and can help calm you down before trying to fall asleep.

## FIND A PODCAST

Stay motivated by choosing a podcast that interests you and encourages positive changes in your life. Driving to and from work is the ideal time to listen to a podcast. Working from home? Tune in to a podcast while you get ready in the morning.

## READ MORE

Do you find yourself binge-watching mindless tv shows? Pick up or order a new book to get lost in an adventure or learn a new hobby. A plethora of information is readily available to us. Read a short online article each day that interests you, but also keeps you informed.

## USE STICKY NOTES

Leave yourself little reminders of goals, inspirational sayings, and positive affirmations. Put them in multiple locations you visit throughout the day, such as your bathroom mirror, desk, car, or kitchen. Positive thoughts can have a huge impact on your day, especially when you're going through a rough patch.

## WORK ON A HOBBY

Most of us have hobbies we enjoy, but it can be easy to lose sight of them when life gets busy. Engaging in a project you love will lower your stress levels and leave you feeling accomplished outside of the workplace. Make time for a hobby at least once per week.

Always consult a doctor before starting a new exercise routine and follow all safety protocols for appropriate social distancing.





7

# OPTIONS FOR WORKING OUT IN COLD WEATHER

*By: Amber George*

*You got this!*





I don't know about you, but I hate cold weather. It makes me a little cranky. With the cold weather tends to come gray skies and dark days, which can make it really easy to skip workouts. So, what are some cold weather workout options?

I've been getting emails asking for options for workouts during cold weather because, like it or not, the cold weather is here and having a plan for these days is super important for keeping you on track with your fitness goals.

In the spirit of being totally transparent I would rather work out in the heat than the cold. When I'm working out during the cold, I have on layers, which makes me hot and sweaty, but I'm also freezing. It's a very confusing time for my body quite frankly and it's too much for my brain to process. Now that we have my personal thoughts and opinions out of the way regarding cold weather, let's talk about options for working out during these chilly months.

## **TRY A KICKBOXING CLASS**

If you struggle with winter blues as I do, then a kickboxing class is a great way to get in an awesome workout while also getting out some of that 'blue' feeling. Let's face it, kicking and punching the crap out of something sometimes just makes us feel better, doesn't it? This really can make a difference in your disposition and even help with cabin fever because we don't have the opportunity to get outside as much during the wintertime.

## **BUNDLE UP AND GO FOR A HIKE**

I get super bad cabin fever during the winter. Being inside all of the time really gets to me and it does my son as well. He's in school now three days a week and they do have outside playtime, which is great. While he's at school, I'm working either with clients or on the online part of the business, so I REALLY need that outdoor time!



## DANCE CLASS

Now, this is one that I really want to do with my husband. We've been married almost ten years and we've talked about it for as long as I can remember, but for some reason we just haven't pulled the trigger to go do it. I used to dance growing up and then took a ballroom class in college and I absolutely loved it. It was a fantastic way to get a solid workout in, plus you get to bond with your spouse. My husband is very tall (6'6") and he was concerned about our height difference, but he's very agile and handles his height super well, so I really need to work on finding us a class to dive into together.

## HOT YOGA

If you're like me and you're cold all the time, hot yoga is a great way to get a solid workout in and maybe even pretend that you're on the beach. I've done hot yoga several times but haven't taught it yet, although I would like to get a hot yoga class going at some point... but that's another story. My first time in hot yoga I was not prepared for the fact that they legit meant HOT yoga. They crank the heat up past 80 degrees and... you're in there sweating like crazy. This is not the time to look cute.

You're going to look like a drowned cat. I mean, it just is what it is, right? So embrace your drowned cat look.

## INDOOR ROCK CLIMBING

This one is super fun and also something you can do with the kiddos. There are some areas that even have rock climbing classes for kids and families. Definitely something to check out and make sure that they have the proper safety harnesses and procedures in place!

## ICE/ROLLER SKATING

This is another one that would be fun with your kids. Remember when we were kids and if you had roller blades, you were the cool kid on the block? I meeeaaaannnnnnnn.....I thought I was the bee's knees,

know what I'm saying? Here's the deal, I probably wasn't. I probably looked a lot worse than what I'm picturing in my head, but I had a great time and I loved to skate. To be honest, if I picked it up again, I'd be nervous at first, but I'm sure I'd get the hang of it. Can you see it now? Elbow pads, knee pads, and helmet? Let's be honest, it'd be tragic, but probably super fun.

*Did you know?*

**The average temperature of a hot yoga room ranges between 90 degrees F and 108 degrees F.**



## STICK WITH YOUR GYM ROUTINE

Above all, stick with your gym routine, especially if you have those specific fitness goals that you want to meet, such as weight loss, getting stronger, etc. There truly isn't a replacement for working through your own program to reach those goals. If you don't have a gym routine or your gym routine is totally boring, I have 30-day instant downloads that you can grab on my website. They are high-calorie burning and specifically designed for mamas that have been cleared by their doctor and are wanting to lose weight.

Winter is a tough time because it's easier to stay huddled up in the house. Like it or not, winter will come and if we find ourselves in the midst of a tough time of year without a plan, then we'll have a harder time getting out of that muddy creek. Sometimes it even has to do with feeling overwhelmed by our calendar, which I can help with that. If you are feeling overwhelmed by what is on your calendar and feel like you can't reach your goals because there is just WAY too much to do, then visit my website and subscribe to my emails.

Always consult a doctor before starting a new exercise routine and follow all safety protocols for appropriate social distancing.

### About the Author:



Amber George is the founder, certified trainer and coach at Amber George Fitness and Lifestyle®. Amber has made it her mission to remove the

guesswork for fitness and healthy living by empowering overwhelmed mothers with quality coaching services and common sense education through her website: [coachambergeorge.com](http://coachambergeorge.com). Coach Amber's website is packed with over 200 blog posts on fitness, healthy eating, and how to stop being obsessed with the scale.



# HOW SLEEP AFFECTS YOUR HEALTH

We've all had those sleepless nights where you toss and turn and can't seem to fall asleep. You wake up feeling tired and out of sorts, passing through your day in a caffeine-driven fog. The issue with chronic sleep deprivation is that it can have serious consequences on your health, from weight gain to increased blood pressure.

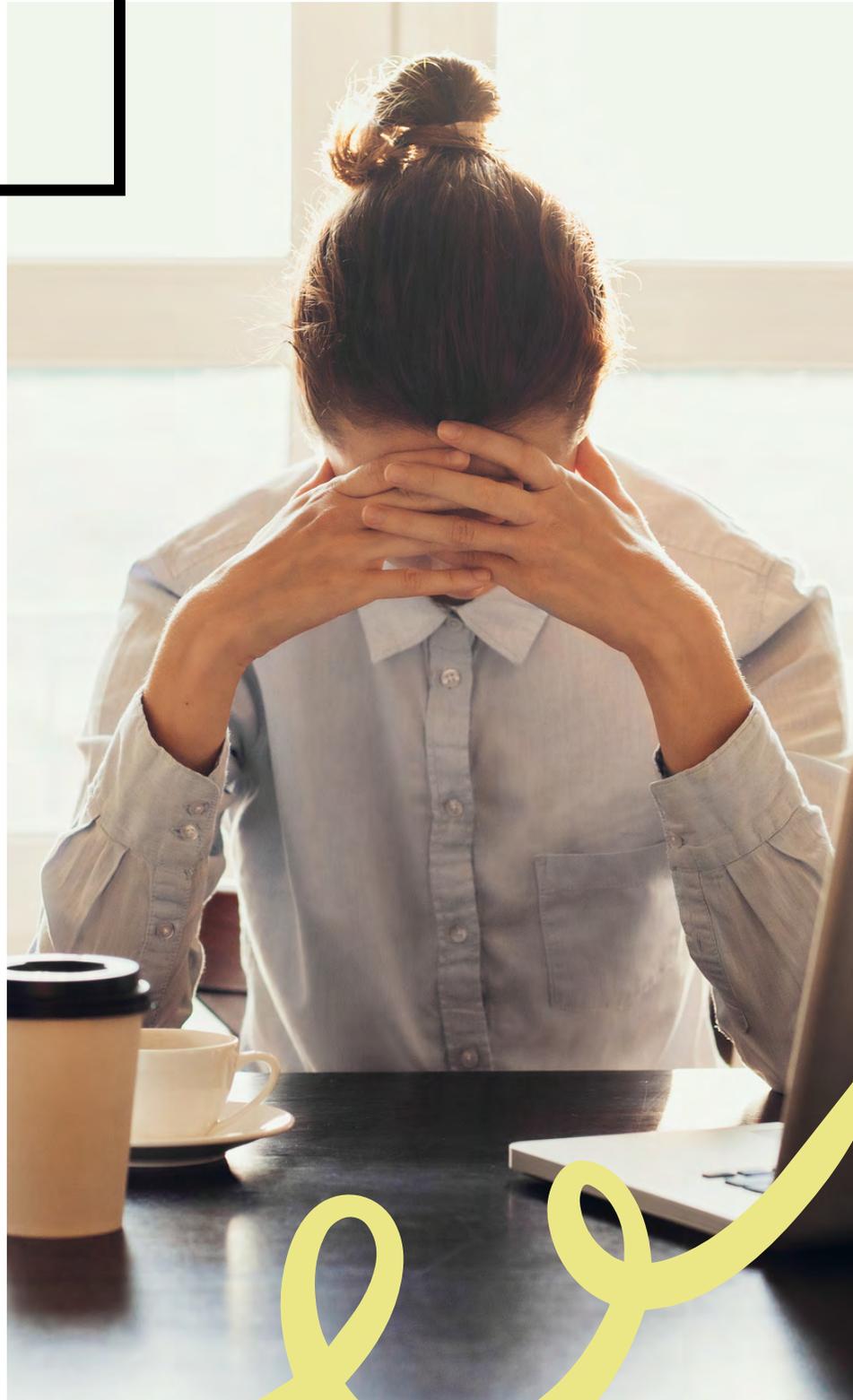
## So, What is Sleep Deprivation?

Simply put, it is when someone is not getting enough sleep. Most adults need an average of 8 hours of sleep per night. In a 24-hour period, teenagers need somewhere between 8-10 hours and children need 10-12 hours of sleep.

## Some Possible Signs of Sleep Deprivation:

- **Feeling drowsy during the day** - You should always be alert, even during boring tasks.
- **Irritability** - If you find yourself being short with others and losing your patience easily, then you might need more sleep.
- **Reduced physical strength** - Your body uses the time you are sleeping to heal itself. If you aren't getting enough sleep, your body can't repair the micro-tears in your muscles that happen throughout the day.

- **Reduced ability to fight off infection** - Your body produces antibodies and cytokines during your sleep cycle. This helps fight off infections like bacteria and viruses. If you aren't getting adequate sleep, these fighters are not produced in great enough numbers to help keep you healthy.



If you go long enough without sleep, then more severe symptoms will start to appear, such as:

- Severe mood swings
- Hallucinations
- Increased risk for heart disease, asthma, and strokes.
- Increased risk for mental health issues

There is also an increased risk of getting into car accidents due to slower cognitive functions and a phenomenon known as 'microsleeps', which is when your body shuts down for seconds at a time in an attempt to heal itself. Most people aren't even aware of when they are microsleeping as they are typically short periods of time, but it can have devastating effects if you are operating a vehicle or other heavy equipment.

### What Causes Sleep Deprivation?

There can be many causes of sleep deprivation and you will need to speak with your doctor to help narrow it down. They may order a sleep study where you go to a treatment center for overnight observation, however, with advancements in technology some sleep studies can be conducted in your home.

These are the most common types of sleep disorders:

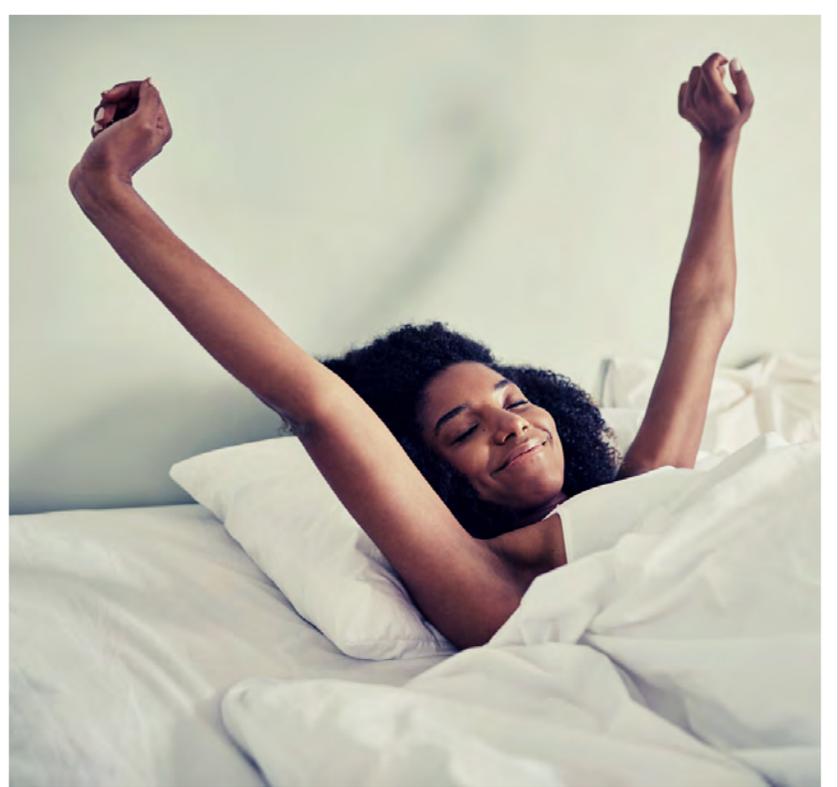
- Sleep apnea
- Anxiety and depression
- Restless leg syndrome
- Insomnia Narcolepsy
- Circadian rhythm disorders

### How to Prevent Sleep Deprivation

While it might seem obvious, the best way to prevent sleep deprivation is to get enough sleep. Sometimes that is easier said than done. Try implementing these tricks into your routine to get a full night's rest.

- 1ZZ.. Go to bed and wake up at the same time every day, including weekends and holidays.
- 1ZZ.. Avoid heavy meals a few hours before you sleep.
- 1ZZ.. Try to have dinner early and only a light snack before bed.
- 1ZZ.. Don't use any electronics an hour before bed. The blue light that most screens give off can disrupt your circadian rhythm.
- 1ZZ.. Do a relaxing activity before bed like reading or taking a bath
- 1ZZ.. Reduce your alcohol intake
- 1ZZ.. Try to eliminate naps
- 1ZZ.. Refrain from drinking any sort of caffeine or stimulant after 12pm.
- 1ZZ.. Exercise regularly

These are some activities that you can do if there is not an underlying medical condition for your lack of sleep. If none of these work for you, then consider scheduling a visit to your doctor to discuss your other options.



# Granola Protein Bars

## Ingredients

- 2 cups old fashioned rolled oats
- 1/2 cup vanilla protein powder
- 2 Tbsp of pistachios (shelled)
- 1 tsp ground cinnamon
- 1/4 tsp table salt
- 1/3 cup nut butter of your choosing
- 1/2 cup pure honey
- 1/2 cup milk (any kind)
- 1/2 cup blueberries
- 1 tsp pure vanilla extract

## Optional Substitutions

- Substitute vanilla protein powder for chocolate
- Switch blueberries to mini chocolate morsels
- Swap out pistachios for almonds or chia seeds

## Instructions

1. Preheat oven to 350 degrees F with the rack in the lower-middle position.
2. Grease an 8×8 baking pan and set aside.
3. In a large bowl, combine the oats, protein powder, pistachios, cinnamon, and salt. Whisk to combine.
4. In another bowl, combine the nut butter, honey, milk, blueberries, and vanilla extract. Mix until incorporated.
5. Pour the wet mixture into the large bowl of dry ingredients. Stir and fold until fully combined. Using a rubber spatula, scrape the mixture into the greased baking pan. Firmly and evenly press down.
6. Bake 18 minutes, or until edges turn golden brown. The center should still be soft. Let cool in the pan completely before cutting into bars. If needed, cover and chill in the fridge for easier cutting.



A white plate with a gold rim is partially visible in the top left corner. A gold spoon is positioned in the bottom right corner. The background is a light-colored marble surface with subtle veining.

# **BREAKING DOWN INTUITIVE EATING**

By: Rose Weisenstein, RD, LDN



It is estimated that 95% of all diets fail. Yikes.

But why?

The answer is simple: Most diets (I am talking fad diets) are not sustainable, and not realistic for the long haul. Many people spend their entire lives trying out new diets in an effort to change something about themselves, whether it is weight loss, “cleansing” the body, or otherwise.

If you are thinking about trying out a new diet, ask yourself the following questions: Does this diet encourage me to restrict an entire food group? Does this diet encourage me to only eat foods from one food group? Does this diet promise too-good-to-be-true quick and easy fixes? Is there a potential for this diet to be physically or psychologically harmful to me or my loved ones?

If you can answer ‘yes’ to any of those questions, RUN! Run fast and run far away from that fad diet. As a food and nutrition expert, I have seen fad diets do far more damage than good, and it is my duty to help heal the damage and guide you toward a more wholesome way of fueling your body. Restrictive eating and diet culture are not only harmful to the body, but also to the mind. Because of this, I would like to offer you a new tool to add to your wellness toolbox: Intuitive Eating.

## WHAT IS INTUITIVE EATING?

Intuitive Eating is a self-care eating framework, which integrates instinct, emotion, and rational thought and was originally created by two dietitians, Evelyn Tribole and Elyse Resch in 1995. Intuitive Eating is a weight-inclusive, evidence-based model with a validated assessment scale and over 100 studies to date.

There are 10 guiding principles that help to lead an individual to eating in a more intuitive way, with less of a diet mentality.

## 1. REJECT THE DIET MENTALITY

Throw out the diet books and magazine articles that offer you the false hope of losing weight quickly, easily, and permanently. Get angry at diet culture that promotes weight loss and the lies that have led you to feel as if you were a failure every time a new diet stopped working and you gained back all of the weight. If you allow even one small hope to linger that a new and better diet or food plan might be lurking around the corner, it will prevent you from being free to rediscover Intuitive Eating.

## 2. HONOR YOUR HUNGER

Keep your body biologically fed with adequate energy and carbohydrates. Otherwise you can trigger a primal drive to overeat. Once you reach the moment of excessive hunger, all intentions of moderate, conscious eating are fleeting and irrelevant. Learning to honor this first biological signal sets the stage for rebuilding trust in yourself and in food.

### 3. MAKE PEACE WITH FOOD

Call a truce; stop the food fight! Give yourself unconditional permission to eat. If you tell yourself that you can't or shouldn't have a particular food, it can lead to intense feelings of deprivation that build into uncontrollable cravings and, often, bingeing. When you finally "give in" to your forbidden foods, eating will be experienced with such intensity it usually results in Last Supper overeating and overwhelming guilt.

### 4. CHALLENGE THE FOOD POLICE

Scream a loud 'NO!' to thoughts in your head that declare you're "good" for eating minimal calories or "bad" because you ate a piece of chocolate cake. The food police monitor the unreasonable rules that diet culture has created. The police station is housed deep in your psyche, and its loudspeaker shouts negative barbs, hopeless phrases, and guilt-provoking indictments. Chasing the food police away is a critical step in returning to Intuitive Eating.

### 5. DISCOVER THE SATISFACTION FACTOR

The Japanese have the wisdom to keep pleasure as one of their goals of healthy living. In our compulsion to comply with diet culture, we often overlook one of the most basic gifts of existence—the pleasure and satisfaction that can be found in the eating experience. When you eat what you really want, in an environment that is inviting, the pleasure you derive will be a powerful force in helping you feel satisfied and content. By providing this experience for yourself, you will find that it takes just the right amount of food for you to decide you've had "enough."

### 6. FEEL YOUR FULLNESS

In order to honor your fullness, you need to trust that you will give yourself the foods that you desire. Listen for the body signals that tell you that you are no longer hungry. Observe the signs that show that you're comfortably full. Pause in the middle of eating and ask yourself how the food tastes, and what your current hunger level is.

### 7. COPE WITH YOUR EMOTIONS WITH KINDNESS

First, recognize that food restriction, both physically and mentally, can, in and of itself, trigger loss of control, which can feel like emotional eating. Find kind ways to comfort, nurture, distract, and resolve your issues. Anxiety, loneliness, boredom, and anger are emotions we all experience throughout life. Each has its own trigger, and each has its own appeasement. Food won't fix any of these feelings. It may comfort in the short term, distract from the pain, or even numb you. But food won't solve the problem. If anything, eating for an emotional hunger may only make you feel worse in the long run. You'll ultimately have to deal with the source of the emotion.





## 8. RESPECT YOUR BODY

Accept your genetic blueprint. Just as a person with a shoe size of eight would not expect to realistically squeeze into a size six, it is equally futile (and uncomfortable) to have a similar expectation about body size. But mostly, respect your body so you can feel better about who you are. It's hard to reject the diet mentality if you are unrealistic and overly critical of your body size or shape. All bodies deserve dignity.

## 9. MOVEMENT- FEEL THE DIFFERENCE

Forget militant exercise. Just get active and feel the difference. Shift your focus to how it feels to move your body, rather than the calorie-burning effect of exercise. If you focus on how you feel from working out, such as energized, it can make the difference between rolling out of bed for a brisk morning walk or hitting the snooze alarm.

## 10. HONOR YOUR HEALTH

Make food choices that honor your health and taste buds while making you feel good. Remember that you don't have to eat perfectly to be healthy. You will not suddenly get a nutrient deficiency or become unhealthy, from one snack, one meal, or one day of eating. It's what you eat consistently over time that matters. Progress, not perfection, is what counts.

Always consult a doctor before starting a new diet or fitness routine and follow all safety protocols for appropriate social distancing.

---

## ABOUT THE AUTHOR

Rose Weisenstein is a registered dietician for Studio-Element. If you would like to get in contact with her for a consult you can email her at [roseweisenstein@studio-element.net](mailto:roseweisenstein@studio-element.net) or call the studio (314) 623-9904.

# PROTEIN PACKED MEALS

If you are weight training, protein is one of the most critical macronutrients you need to fuel your body. The best part is you don't have to look very far to find filling foods packed with protein goodness. Check out these recipes for a heaping portion of protein in every meal.

## BREAKFAST

Start the day off right with an ample portion of peanut butter and banana oatmeal.

**You will need:** 2 1/4 cups water, 1 cups rolled oats, a pinch of salt, 1 banana, sliced, 1 Tbsp peanut butter, 2 Tbsp chopped almonds, 1 Tbsp agave syrup.

**Preparation:** 1. In a medium saucepan, bring the water to a boil. Turn the heat down to low and add the oatmeal and salt. Cook, occasionally stirring, for about 5 minutes, until the oats are tender and have absorbed most of the liquid. 2. Add the bananas, peanut butter, and agave syrup and stir to incorporate evenly. If the oatmeal is too thick, add a splash of plant-based milk.

**Servings:** 2

**Nutrition Per Serving:** 7g protein; 200 calories



## LUNCH

For a mid-day pick-me-up, try this Asian Chicken Salad.

**You will need:** 1 cup of cooked, shredded chicken, 1/2 cup of cooked broccoli, 1 half-cooked red bell pepper, 1 cup of cooked brown rice, ginger sauce, sesame seeds

**Preparation:** 1. Place cooked rice on the bottom half of your meal prep container. 2. Toss red bell pepper, broccoli, and chicken in ginger sauce. 3. Sprinkle on sesame seeds. 4. Place the remaining ingredients on top of the brown rice and store in an air-tight container. This will stay good for up to four days in the refrigerator.

**Servings:** 1

**Nutrition Per Serving:** 50g protein; 550 calories



## SNACK

Get over that 2 o'clock slump with this yogurt parfait.

**You will need:** 1 1/2 cups of Greek yogurt, 1/2 cup of granola, 1/4 cup berries of your choosing, 1 tsp of honey.

**Preparation:** 1. Place half the yogurt in a cup. 2. Layer half the granola on top. 3. Repeat, alternating layers with remaining ingredients. 4. Add fruit and honey on top.

**Servings:** 2

**Nutrition Per Serving:** 20g protein; 200 calories



## DINNER

Finish off your day with a delicious heart-healthy meal of Honey Lemon Salmon.

**You will need:** 1 skin-on 8oz salmon fillet, 1 lemon, sliced into thin rounds, 1/4 cup unsalted butter, melted, 3 Tbsp honey, 2 Tbsp lemon juice, salt and pepper to taste.

**Preparation:** 1. Preheat the oven to 375 degrees F and place a piece of foil on a baking sheet to cover it completely. 2. Place salmon on the foil, skin-side down. Raise the edges of the foil up about 2 inches (or enough so that when you pour the buttery mixture over the top it will be contained in the foil). 3. Slide lemon slices underneath the salmon, spaced evenly around the fillet; set aside. 4. In a separate bowl, stir in the honey, lemon juice, and melted butter. Pour the mixture over the salmon. 5. Evenly season with salt and pepper to taste. Seal up the foil. Likely you will need to add another sheet of foil on top in order to seal it. Crimp or pinch the top and bottom pieces of foil together; making it as air-tight as possible. Let it marinate for about 10 to 15 minutes to enhance flavor. 6. Bake for about 15 minutes. Once the salmon reaches an internal temperature of 145 degrees, you can remove it from the oven.

**Servings:** 1

**Nutrition Per Serving:** 43g protein; 758 calories





# Weightlifting Safety Tips



Always consult a doctor before starting a new exercise routine.

Contrary to popular belief, weightlifting isn't just for bodybuilders and professionals. Starting a weightlifting routine can be intimidating to beginners. After all, there is an increased chance of injury if you don't have the proper form or pick up the wrong weights. A couple weightlifting benefits include increased muscle tone and even weight loss. The more muscle you have, the faster your body burns calories at rest. Many runners lift weights to cross-train, which in turn increases leg and core strength. Safely get started on your weightlifting journey with these essential tips.

-  Talk to a coach or a physical therapist about your form and technique before you begin. Proper form is everything and you want to make sure you are getting the most out of your workouts.
-  Warm up for about 10 minutes before you begin your routine. Start with jumping rope or a brisk walk to get your blood flowing and ready for lifting.
-  Start with smaller weights, and in some cases, your body weight. For example, ensure proper form when squatting before ever putting a bar on your back. A good rule of thumb is to use a weight that you can do 10 to 15 reps with. You want to feel the resistance when you lift the weight, with the last 2 or 3 reps to be challenging. If you begin compensating your form, switch to a lighter weight.
-  It's not about how many reps you do, so there is no need to try to be as fast as possible. You will build more muscle with slow, controlled movements. You should feel resistance when you lift and fight against gravity for a slow descent when you return to your starting position.
-  Listen to your body. You should not be in pain at any point in the session. If you are, either you're lifting too heavy of a weight, or your form is incorrect. Likewise, you don't need to do a lot when you are first starting out. Take baby steps with one set of 10-12 reps and slowly build up. You also want to make sure you give your body a chance to rest. Typically you should wait 48-72 hours in between weightlifting sessions for your muscles to heal.
-  Stretch after you finish your routine. Your muscles have just worked incredibly hard and need a good stretch to help them heal.

# BASIC STRENGTH TRAINING ROUTINE

Often times, when people think about wanting to build up their muscle mass, they think they need to immediately hit the gym or buy an expensive weight rack. The truth is, you don't need a lot of expensive equipment to have a solid strength training regime that will get you results. The basic moves in every strength training routine usually have five elements: squats, hinges, push, pull, and core. By starting with bodyweight exercises, incorporated with some weights, you can create a solid weightlifting foundation to build upon. Below are a few exercises that you can easily do at home to get you started on your weightlifting journey.

Always consult a doctor before starting a new exercise routine



## PUSH UPS: AS MANY AS YOU CAN

Push ups are one of the most basic body weight exercises. There are many varieties that you can do, but for this we will look at the most basic. Start in the plank position, with arms extended. Slowly lower yourself to the ground and back up. Do as many reps as you can. The idea is to build up your strength over time.



## SQUAT: 15-20 REPS

This is the superstar of bodyweight movements. It engages your core, back, upper body, and legs. Stand with your feet shoulder-width apart. Slowly bend your knees and lower your butt, while keeping your chest up. Keep your weight in your heels and make sure your knees don't go over your toes. Once you are as far as you can go, slowly return to your starting position.



## BENT OVER ROW: 20-25 REPS

Bent over rows are great for getting definition in your upper body. Grab a dumbbell or kettle bell in one hand. Place the other hand on a flat, sturdy surface, like a table or chair. With the weight in hand, slowly bring it up until your elbow is at a 90-degree angle. Return to starting position. Once you finish a set, switch hands and do the same thing on the other side.



## KETTLEBELL SWING: 5-10 REPS

Stand with your feet shoulder-width apart. Bend at your waist to pick up the kettlebell with both hands. Keep your shoulders back and your core engaged throughout the exercise. With your legs bent, allow the weight to swing between your legs. Forcefully drive your hips forward, propelling the weight into the air. Control the descent with your arms and engaged core. Repeat.



## SIT-UPS: AS MANY AS YOU CAN

Lay down on the floor with your feet firmly planted shoulder width apart and your fingers interlaced behind your head, your elbows should be parallel to your ears. Slowly lift your upper back off of the floor until you are as close to your knees as you can be. Then slowly return to your starting position. Repeat.



## JUMP ROPE: FOUR MINUTES

If you want to challenge yourself, buy a weighted rope. The basic jump rope technique is to have your feet together, with one end of the rope in each hand and the rope behind you. Flick your wrists to have the rope go over your head, when the rope is in front of your feet, jump over it. The idea is to continuously be jumping, so don't pause after one. Keep going!



# FEATURED EVENTS

---

## Featured Event: [Find Your Joy Race Series](#)

February 1-28, 2021

Chula Vista, CA

**Details:** This virtual race event benefits The Siegel Rare Neuroimmune Association, an organization dedicated to providing education, research, resources, and support to patients/families diagnosed with rare neuroimmune disorders. There will be three distances you can choose to participate in: 5K, 10K, or half marathon. You can choose to run one, two, or all three of the distances. Participants will have the entire month of February 2021 to complete their race and submit their results. Race swag will include bib, medal, t-shirt (tech fabric), boco trucker hat, and running buff.



## Featured Event: [StHS Heartbeat Heroes Virtual 5K](#)

February 5-7, 2021

Chicago, IL

**Details:** This event can be run at any location, any time during the 5K weekend. You can walk, jog, run, or skip whenever you would like. You can participate day or night by hitting the treadmill, road, trail, or sidewalk, it's completely up to you! Each participant will receive a Saving tiny Hearts Society mask and t-shirt.



## Featured Event: [MBAA White Tank Whirlwind](#)

February 6, 2021

Wadell, AZ

**Details:** Join the Mountain Bike Association of Arizona at White Tank Regional Park in a great course with a mix of flow and technical sections. Everyone from Elite to children is welcome to participate in a wide variety of events. Awards will go three deep in each category. A food truck and coffee will be available.



## Featured Event: [Son of a Beach 5K](#)

February 13, 2021

Destin, FL

**Details:** Join us for a 5K run/walk on the white sand beaches of Destin, Florida, to benefit the Special Operations Warrior Foundation and remember the 8th Anniversary of the loss of four special operations airmen in the Ratchet 33 crash. The entire race is on the sand. Each runner gets an awesome gift and each finisher earns a medal. Free drinks and food provided by The Back Porch for all registered runners/walkers following the event. Awards will go to the overall male and female.



## Featured Event: [Love the Run You're With 5K](#)

February 14, 2021

Cary, NC

**Details:** Gather your family for a safe, COVID-compliant race! The race is all off-road; a mix of field and paths in the woods. Once you finish the race you can watch the live results from the comfort of your own home. All finishers will receive a t-shirt, bottle of water, and a package of Valentine's day candy.

**Featured Event: Sykesville Shiver Shuffle**

February 28, 2021

Sykesville, MD

**Details:** Come out and 'Kill the Hill' as you enjoy the 9th Annual 5K through Downtown Sykesville! Make this race a part of your New Year's goal to be active! Registered runners will receive a \$5 coupon to use at any of the participating stores, pubs, or restaurants on Main Street. Each finisher will receive ERR Race Gloves and a finisher's medal. Awards go to the top three overall male and female with raffle drawings being drawn at random.

**Featured Event: Heart 2 Heart 5K & 10K**

March 6, 2021

Nicolls, GA

**Details:** Join the Wellness Center at Coffee Regional Medical Center in Douglas, GA for the Annual 5K, 10K Run/Walk, or 1.5 Mile Fun Run. Proceeds from the event will benefit the Cardiac Rehab Scholarship. There will be fun, free activities throughout the day, along with food for participants. Awards will go three deep in each age category.

**Featured Event: Sham Rock 5K**

March 6, 2021

Greencastle, IN

**Details:** This is a Saint Patrick's Day 5K you won't want to miss! The race includes an amazing course that shows off Downtown Greencastle and DePauw, live music by the Mac Daddys, custom bibs for all athletes, a rocking Sham Rock 5K t-shirt, a finisher beer for all 21 and over, plus Saint Patrick's Day best overall and age group awards. Be sure to stick around for lunch at the post-race party and concert!

**Featured Event: Best Ever St. Pat's 5K, the Rerun**

March 13, 2021

Rolla, MO

**Details:** 2020 didn't go as planned, so the Rolla Chamber of Commerce is doing a RERUN! For the 8th annual walk, run, skip, or crawl, and be sure to wear your green as there will be prizes for the best-dressed green outfit, along with a few other surprise awards! Participants will receive the coveted "race that didn't happen" 2020 St. Pat's 5K shirt, a finisher's medal, and a 2021 race shirt. Register by February 28th to be guaranteed a race shirt. Medals will be awarded to the best overall male and female and the 1st place male and female finisher in each age group.

**Featured Event: Longview Half Marathon and 3.21 Mile Race**

March 20, 2021

Longview, TX

**Details:** The Longview Half Marathon has become an annual tradition in March in Longview. It's a unique half marathon and 3.21-mile race that celebrates their friends in the East Texas community who have Trisomy 21, also known as Down syndrome. The purpose of the race is to advocate for acceptance and inclusion in the community for those with Down syndrome and other disabilities. Proceeds go to the East Texas Down Syndrome Group.



**Featured Event: Railing The Rails on Route 66**

March 20, 2021

Cuba, MO

**Details:** Run along the historic Route 66! You can either do the four-mile course or a one-mile fun run. Proceeds of the race will go toward community/school improvement projects. T-shirts are available for all participants that register before March 1st. Awards will go to the top three male and female and the top three male and female in each age group. There is also a raffle for some fun prizes donated by local businesses for everyone that pre-registers.



**Featured Event: Ashley's Beautiful Day for a 5K**

March 20, 2021

Martinsville, IL

**Details:** This beautiful event is to raise money for the Ashley Williams Memorial Scholarship for Cosmetology at Lake Land College in Mattoon, IL. Not a fast runner? No problem! There are plenty of fun rewards and prizes in categories like best hair, best dressed, etc.



**Featured Event: PACK Run**

March 28-April 4, 2021

Brainerd, MN

**Details:** The Pack Run is a virtual family fun run that will benefit the Oak Street Christian School and its programs. It will offer a 1K, 5K and 10K option for all its participants. For students at the school, they will find donors or pack members. For each pack member they receive, they will place one book in a backpack. On race day each student will have their pack filled with all their donors/pack members and complete their chosen distance with their pack. Only students have to run with a backpack. Each participant will receive a t-shirt as a part of their registration.



**Featured Event: Polar Plunge Run**

March 31, 2021

Anywhere, IN

**Details:** A brand new way to be Freezin' for a Reason this year, Special Olympics Indiana invites you to be a part of its signature fundraiser by competing remotely in the first annual Polar Plunge Run! Awards will be earned by the top Polar Plunge Run fundraiser, and by the top three overall male and female finishers.



NEXT ISSUE

---

April/May

---

COMING SOON

Full of content for the endurance sports industry, *RaceTimes* is a digital magazine that delivers featured articles, awareness of brands and products, and announcements of upcoming events and races. Published six times a year, *RaceTimes* targets a demographic of up to 700,000 athletes and race organizers.

Copyright 2021 Innovative Timing Systems, LLC.  
All rights reserved.  
11671 Lilburn Park Rd, St. Louis, MO 63146

*RaceTimes* and Jaguar are registered trademarks of Innovative Timing Systems, LLC. All other marks within this issue of *RaceTimes* are trademarks of their respected company.

---

**RaceTimes**® 

314.942.7201  
[racetimesmagazine.com](http://racetimesmagazine.com)

11671 Lilburn Park Rd.  
St. Louis, MO 63146