

“Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't.”

— Steve Maraboli, *Life, the Truth, and Being Free*

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What will you challenge yourself to achieve in 2014?

With 2013 in the books, we look forward to the possibilities that 2014 holds for us. The idea of starting the year off with a clean slate motivates many people to make New Year’s resolutions. The practice of setting goals helps to keep us motivated towards changing ourselves for the better, but as we know few people follow through with their New Year’s resolutions. A few months ago, Chris Carmichael posted a blog about selecting an event to participate in every three months in order to help to keep one focused on their fitness.

I’ve thought a lot about this idea and completely agree with it, as it is extremely motivating and refreshing to have a new event to set your sights on every three months. You are held accountable by the race itself, as no one wants to show up unprepared on race day. Doing a new type of event can also help to keep you focused, as your training will likely be a bit different than what you’ve done in the past.

In the coming year, I would like to challenge you to sign up for a new event. Have you always dreamed about doing an adventure race, running a snowshoe race, completing a double century, or a “bucket list” event like a 50k run? What are you waiting for? There are more opportunities for these types of events now than ever before! Even better is to convince a friend



Photo By Craig Steinf

or spouse to join in your adventures. If you are concerned about your race being too challenging, give me a call and we can discuss if it is appropriate for you. So as you set goals for 2014, don’t forget to create a race schedule for the year that includes a new challenge every three months.

What about you...What will you challenge yourself to achieve in 2014?

Some fun facts you may not know about me...

- ◆ I LOVE to mountain bike and have been blessed to ride dirt in all of the western states as well as Canada. My favorite places to ride have been: Squamish, British Columbia (just south of Whistler); Gooseberry Mesa, Utah; and Bend, Oregon.
- ◆ I am signed up to race Ironman Canada in July, but recently discovered that I will be enduring pain in another way through the birth of our second child. A surprise but a blessing! Ironman Canada will have to wait until 2015...





Upcoming CTS Events

- ◆ **Jan 29- Feb 1:** Climbing Camp - Santa Ynez, CA
- ◆ **Feb 17-22:** Spring Training Camp - Tucson, AZ
- ◆ **March 3-8:** All-Inclusive Spring Training Camp - Santa Ynez, CA
- ◆ **March 17-22:** Spring Training Camp - Santa Ynez, CA
- ◆ **April 2-5:** Epic Endurance Camp - Santa Ynez, CA

Regular Exercise in Middle Age Prevents Against Muscle Weakness in Later Life...

A recent study of 1,000 older adults in Japan demonstrated that exercising during middle age can help prevent Sarcopenia in later life. Sarcopenia is a disease resulting in a loss of skeletal muscle and strength. Most people begin to lose muscle mass after the age of 30, and inactive people can lose as much as 3-5% per decade. This loss rapidly increases around the age of 70 years of age. Muscle loss equates to a loss of strength, power, and eventually functional mobility. The good news is that you can build muscle at any age as demonstrated by multiple studies with people over the age of 90! However, the study from Japan was one of the first to show that what we do now really impacts us later. So the next time someone asks you why you exercise you can tell them that beyond all of the disease prevention that exercise affords you, you are also putting “money in the bank” to live a stronger, healthier, and more independent life as you age!

Sources: Jagait, Charanjit, K. (2013). Prevalence of sarcopenia and its association with exercise habits in the elderly of Japanese population-based cohorts: the Road Study Osteoporosis Int, Vol. 2, Suppl. 4, DOI 10.1007

<http://www.webmd.com/healthy-aging/sarcopenia-with-aging>

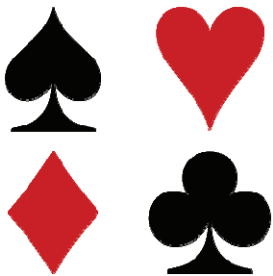
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Spice up your resistance training routine...

By now, most people know that it is important to engage in resistance training at least once a week (with two to three times a week being optimal) to maintain muscle strength as we age. I'm a big fan of body weight exercises that can be completed just about anywhere. If you are already doing body weight exercises, a fun way to spice up your workout is to grab a deck of playing cards and assign one exercise to each of the different suits. For example, every time you draw a club you would do a squat on the way down and a jump on the way up. Diamonds could be an abdominal exercise of your choice and so on for the other suits.

Now the fun part—remove the face cards and jokers, shuffle the deck and place them face down, draw a card and do whatever exercise you've designated the suit to be and your repetitions will be the number that is on the card. So if you draw a 3 of clubs you would do three jump squats in a row before drawing your next card. To start, you might want to set a time limit for your exercise routine (such as 15 minutes). If you are a seasoned circuit trainer, you can try and make it through the entire deck. Don't forget to select a new exercise the next time you do your 'deck of card' workout!

If you are new to circuit style resistance training, I would start with only 10 cards and use the following exercises: squats with a jump, lunges, push-up and an abdominal exercise like a plank. There are obviously numerous variations that one could create. Just remember to start slow and if you are unsure about proper form give your coach a call.



Did you know...? The suits of cards represented different classes of people. Spades represented nobility, hearts stood for the clergy, diamonds represented merchants, and clubs were peasants.

[http://en.wikipedia.org/wiki/Suit_\(cards\)](http://en.wikipedia.org/wiki/Suit_(cards))



These running shoes might need to be replaced soon!



◆ **Other Variations for this recipe:**

- ◆ Add your favorite nut.
- ◆ Add chia or flax seeds.

Gear Tips: Starting fresh in 2014!

With the craziness of the holiday season behind us, we can now focus on the details of life that have been pushed to the fringes. Winter is a great time to take inventory on your athletic gear and decide what needs to be replaced before you increase your training in the coming year. Some important tips to keep you healthy and injury free this season:

1– If you are a cyclist, you need to replace your cycling shorts every year or so. I like to have 3-5 shorts that I rotate through every week, so they may last a little longer. However, the chamois will deteriorate over time (especially if you ride in wet or muddy conditions) and your comfort will suffer. If you have a pair of shorts that you absolutely love, don't keep them around forever, just buy another pair of the exact same shorts. Remember to wash your athletic clothes on gentle and hang dry to increase their lifespan.

2– A common question from runners, is when should I replace my running shoes? There are general guidelines, but first and foremost you should listen to your body. If your knees start to hurt or you feel a funny twinge in your hips, it very well could be your running shoes need to be replaced. Other recommendations are every 4-6 months or 500 miles, but this depends on what type of surface you run on, your build, and the pattern of your stride. If you are unsure of what type of shoe you need, you should visit a running shoe store to have your stride analyzed and a specific type of shoe prescribed.

New recipe: Glorious Muffins

Ingredients (makes 6 large muffins):

- 1 1/4 cups sweetener such as agave, honey, or sugar
- 2 1/4 cups wheat flour (you can probably substitute with a gluten free choice)
- 1 Tbsp. Cinnamon
- 2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 cup shredded coconut
- 3/4 cup raisins
- 1 large apple, peeled and grated
- 1 cup (8 oz.) crushed pineapple
- 2 cups shredded carrot
- 3 large eggs
- 1 cup apple sauce
- 1 tsp vanilla extract

Instructions:

Preheat oven to 350 degrees. Prepare 6 large or 12 smaller muffin tins by using paper or spraying with cooking spray. In a large bowl, whisk together the sweetener, flour, cinnamon, baking soda and salt. Add the coconut, raisins, apple, pineapple, carrots; stir to combine, breaking up any clumps. In a separate bowl, whisk the eggs with the oil and vanilla. Pour the wet ingredients into the dry ingredients and blend well. Batter will be heavy and thick. Fill the muffin pans 3/4 full and bake for 35 minutes or until a toothpick inserted in the middle comes out clean. Cool and then enjoy!

Recipe complements of my friend Jenn Beatty / adapted from All Recipe.com