


TAURELFFITNESS.COM

JULY 09



Live your life
to the fullest !!



CRAVE CONTROL

1. Banish Hunger
2. Identify Triggers
3. Wait it Out
4. Drink Something
5. Blow it off
6. See the Lighter Side

Details for rules on 2nd Page and TIP for my RUNNERS!



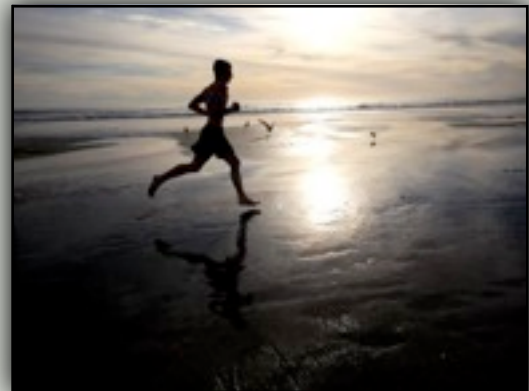
Thought for the month:

Are you making these excuses regarding exercise

1. I'm already too busy-I can't deal with one more thing I'm supposed to do
2. How can I exercise when I'm always tired
3. I'll start out gung ho, but I know I'll get bored and quit
4. It's raining outside, how can I go for a walk or jog

- Eat your sandwich with lettuce not with bread.
- Cheat on frozen yogurt over ice-cream
- Choose olive oil and vinegar over mayo and creams for dressings on sandwiches and wraps.

- 1. Skipping meals-** sets you up for intense cravings. Eating small regular meals every 3 to 4 hours, with lean types of protein a little bit of fat and vegetables and legumes will keep your blood sugar steady. And having you feeling satisfied.
- 2. Identify Triggers-** Keep a small food log for a few days to help identify your moods and stresses and what you eat during these moods. Once you identify the things that drive you to candy, chocolate and bread, you can act proactively.
- 3. Wait it Out-** It takes 20 minutes for serotonin to bounce back to normal so if you can wait that long after a stressful reaction, you will most likely lose the intense urge to binge.
- 4. Drink something-** The hypothalamus, your brain's control center for mood, food and related signals, detects thirst as well as hunger. Gulp a glass of water or hot tea (make it decaf) as caffeine can trigger the release of stress chemicals.
- 5. Blow it off-** If you absolutely need a sugar fix, reach for sugar-free gum. Researches in Australia measured the levels of cortisol in the saliva of study subject and found that on average, gum chewer had 16 percent less of the stress hormone than non chewers and responded better to stressful situations.
- 6. See the lighter side-** Studies show that laughter cut out stress, release good endorphins and burn calories.



The hip muscles are responsible for stabilizing the leg during running," explained lead researcher Dr. Reed Ferber, M.D., of the University of Calgary. "If these muscles are weak or become fatigued easily, there is less control of the leg and the risk of injury increases."

If your hip abductors (on the outside of your hip) are weak, your knees will then roll too far inward and increase the risk patella femoral pain syndrome, which causes pain under and around the kneecap. Or, IT band syndrome, where pain arises in the outside of the knee. The good news:

Six weeks of hip-muscle training can alleviate pain from various running injuries in most patients, while building up protection from future injuries.