

This Mother Got Run

“When I’m tired and want to quit, I think of the millions of people in our world suffering from cancer. I beat cancer into the ground with every step I take. And the longer I run, the more I get to kick cancer’s ass.”

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4 Tips to Boost Your Metabolism

"It's my metabolism!"

Does this sound familiar? If you're carrying some extra holiday pounds, it's common to put the blame on a sluggish metabolism especially when you feel like you are trying hard to lose those pounds.

If the pounds aren't melting away as quickly as they used to, you might need to make some adjustments to speed up your metabolism.

As we know, a super-charged fast metabolism is the holy grail of weight loss. Your age, gender, genetics, and lean body mass all influence your metabolism. Sorry ladies, but it is true we have a slower metabolic rate than men.

So, what to do when metabolism seems to constantly be slipping out of your reach?

The good news is there's a lot you can do to fight that slowing metabolism, including workouts and food that can boost up your calorie burning.

So, don't lose hope! You can combat those factors and kick your metabolism into gear by incorporating a few lifestyle changes.

Strength Train

Strength training to build muscle tone is the most effective method of revving up a sluggish metabolism. The more muscle you've got, the higher your metabolic rate.

Since muscle burns more calories than fat -- even while at rest -- the more muscles you

have, the higher your resting metabolic rate, which means the more calories your body will be burning just to sustain you.

Aim to exercise with weights at least twice a week and bump it to three days a week if you want faster results.

Never Go Hungry

Starvation is the ultimate catalyst for slowing your metabolism. To keep that from happening, spread out your caloric intake with several smaller meals and healthy snacks. The goal is to eat every 3-4 hours and include a protein source so that your metabolism doesn't slow. Always start your day off with a breakfast meal.

Water. Water. Water.

When you're sufficiently hydrated, your blood is better able to carry nutrients and oxygen to your cells, making them capable of their highest metabolic function. Drink at least 80 ounces of water daily and more on days you exercise. In addition, try munching on fresh fruits and vegetables, which are full of fluid.

Put Some Intensity Into Your Workout

Aerobic exercise will rev up your metabolism in the hours after a workout. But, the key is to push yourself by increasing the intensity of your workout. High-intensity exercise delivers a bigger increase in resting metabolic rate than low- or moderate-intensity workouts. To get the benefits, try a circuit training class or include short bursts of sprinting during your regular jog or walk.



"Aim to exercise with weights at least twice a week and bump it to three days a week if you want faster results."



Your best bet for keeping metabolism revved: Build muscles with strength training, snack on low-calorie, high-protein foods, and keep moving! Just remember..... whatever you do to boost your metabolism, it's never too early to start!

“Starvation is the ultimate catalyst for slowing your metabolism.”

January Inspire ME! Challenge

~ January 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>Rest & Relax</p> <p>Take 15 minutes to write out your New Years Resolutions!</p>	<p>2</p> <p>Motivational Monday</p> <p>Check my facebook page for todays inspiration</p> <p>“Run with Jill Bootcamp” facebook page</p>	<p>3</p> <p>I LOVE Pushups</p> <p>40 pushups today. You can break this into multiple sets throughout the day</p>	<p>4</p> <p>Water Wednesday</p> <p>Drink 8 oz of water as soon as you rise out of bed.</p> <p>Drink 80oz for the day!</p>	<p>5</p> <p>Grateful Thursday</p> <p>Make a list of 3 things you are grateful for today!</p>	<p>6</p> <p>Healthy Friday!</p> <p>Replace your regular cup of coffee with Green Tea today!</p>	<p>7</p> <p>Extra Calorie Burn!</p> <p>It’s the weekend! Can you give an extra 15 minutes to your workout today?</p>
<p>8</p> <p>Rest & Relax</p> <p>Do something nice for yourself today. You’ve earned it!</p>	<p>9</p> <p>“Don’t compare yourself to others. Compare to who you could be.”</p>	<p>10</p> <p>I LOVE Pushups</p> <p>50 pushups today! You can break this into multiple sets throughout the day</p>	<p>11</p> <p>Water Wednesday</p> <p>Drink 100 oz of water today</p>	<p>12</p> <p>Grateful Thursday</p> <p>Try to make it all day without complaining of anything.</p>	<p>13</p> <p>Healthy Friday!</p> <p>Eat 4 servings of fruit today. 1 serving = small apple. ½ banana, or handful of berries</p>	<p>14</p> <p>Try something NEW!</p> <p>Try a new exercise such as hiking, bike riding, skiing, snow shoeing, dance class, etc...</p>

~ January 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>15 Rest & Relax</p> <p>Take 20 minutes to read a favorite magazine or book!</p>	<p>16 Motivational Monday!</p> <p>Check my facebook page for todays inspiration</p> <p>“Run with Jill Bootcamp” facebook page</p>	<p>17 I LOVE pushups</p> <p>60 pushups today! You can break this into multiple sets throughout the day</p>	<p>18 Water Wednesday</p> <p>Skip the soda, the coffee, the fruit juice and alcohol. Instead, drink water only today!</p>	<p>19 Grateful Thursday</p> <p>Post a gratitude statement as your status update on Facebook or Twitter today.</p>	<p>20 Healthy Friday!</p> <p>Eat 4 servings of Veggies today. 1 serving = ½ sweet potato, handful of carrots, ½ c broccoli</p>	<p>21 Leg Burner</p> <p>-50 walking lunges -1 minute wall sit -50 bodyweight squats</p>
<p>22 Rest & Relax</p> <p>Grab a friend and take an easy walk in the neighborhood or nearby park.</p>	<p>23</p> <p>“The Pathway to your greatest potential is often the path straight through your greatest fear.”</p>	<p>24 I LOVE pushups</p> <p>40 pushups today! You can break this into multiple sets throughout the day</p>	<p>25 Water Wednesday</p> <p>Drink a tall glass of water on the hour for every hour you are awake ☺</p>	<p>26 Grateful Thursday</p> <p>Write a letter to a friend or family member and send it in the mail today!</p>	<p>27 Healthy Friday!</p> <p>Pack your own healthy lunch and snacks. Nuts, fruit, string cheese, tuna fish, etc...</p>	<p>28 Extra! Extra!</p> <p>Give an extra 10 “intense” minutes to your cardio workout today.</p>
<p>29 Rest & Relax</p> <p>Go to bed early enough so you can get at least 8 hours of sleep tonight!</p>	<p>30 Motivational Monday!</p> <p>Check my facebook page for todays inspiration</p> <p>“Run with Jill Bootcamp” facebook page</p>	<p>31 I LOVE pushups</p> <p>70 pushups today! You can break this into multiple sets throughout the day</p>				

“High-intensity exercise delivers a bigger increase in resting metabolic rate than low- or moderate-intensity workouts.”

Jill Bruyere is an avid marathoner and endurance athlete living in Seattle Washington. She is the creator of two marathon training programs, www.breakyourpr.com and www.firstmarathonmadeeasy.com and owner of “run with Jill bootcamp”. She believes in the philosophy “less is more” and all of her training programs include no more than 4 days per week of running. Learn more about Jill and her running training tips @ www.runwithjill.com



RUNNING FOR HER LIFE

What do you do when your normal is anything but? If you're Amy Dodson, you run. But Dodson wasn't running away from anything, she was running towards a goal – to prove to anyone and everyone that cancer can be beaten.



“It was running that became the pilot that led me through the dark days into daylight.”

Diagnosed with leg cancer at the age of 12, Dodson had her leg amputated 7 years later. Two years after that the cancer had metastasized in her lungs and she had to have one lung removed.

For 10 years Dodson hid her illness because she was scared. “I knew the odds were stacked against me. I had known leg amputees who had lost their legs to the disease like me. Their cancers metastasized like mine and they died – which is what usually happens.”

She also didn't like being treated differently because of her cancer. “I felt like people were afraid of me – like they treated me with kid gloves.”

Despite the tremendous pain she would feel in her leg, Dodson grew up playing softball and tennis, as well as participating in gymnastics. So it's no wonder that 15 years after her amputation, and tired of living under the shadow of Post Traumatic Stress Disorder, Dodson turned to running as a way to heal herself. Ironically, for Dodson, running had

never been an option when she had two legs because of the pain.

Undeterred by her obvious and not so obvious differences, Dodson signed up for a local 5K race hoping to find a new normal. What she found was a place where she belonged. “I ran the race and was treated like every other runner there that day,” says Dodson. “It was running that became the pilot that led me through the dark days into daylight.”

Now with one leg and the support of friends and family, especially her prosthetist, Jan



No Limits. No Constraints. Only Opportunities to be REMARKABLE.

Girls on the Run inspires 3rd through 8th grade girls to stay true to themselves and live free from societal stereotypes. Our 12-week after-school curriculum innovatively weaves training for a 5k run with lessons that empower girls to celebrate their bodies, honor their voices and embrace their gifts. There are so many ways to get involved! To learn more, find a program near you, or sign up for our Adult Charity Running Program, SoleMates, visit girlsontherun.org.



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Stokosa of The Stokosa Clinic in Okemos, Michigan, Dodson has won two national and two world championships and competes in triathlons, Ironmans and her favorite, Ultramarathons.

“I appreciate life differently than I did pre-cancer,” admits Dodson. “I know what it feels like to dance pretty close to the edge. I was pulled back and given more time. I am obligated to live my life as fully as I can for all the cancer patients who weren’t so lucky.”

Running isn’t the only thing that occupies her time – she’s also a 4th grade teacher in Sahuarita, AZ. For Dodson this means a pretty regimented training schedule. “I run six miles in the morning at 4:50am. I’m at work by 6:30am, done by 3:00pm. Then it’s the gym for lifting at 4:00pm followed by a four mile run.”

As exhausting as her schedule sounds, Dodson remains driven. “When I’m tired and want to quit, I think of the millions of people in our world suffering from cancer. I beat cancer into the ground with every step I take. And the longer I run, the more I get to kick cancer’s ass.”



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“I am obligated to live my life as fully as I can for all the cancer patients who weren’t so lucky.”

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When asked if she thinks the loss of her limb and lung has inspired her to be the runner she is today, she emphatically replies, “Definitely. I like doing things people think are impossible. I’m a fighter and I like having the odds stacked against me.”

Her next goal is to finish the Western States 100 next June 2012.

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“I like doing things people think are impossible. I’m a fighter and I like having the odds stacked against me.”

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Name: Amy Dodson

Q: Favorite running song and the artist/band

Seven Day Mile by The Frames

Q: Favorite time of day to run

early morning

Q: How do you prefer to train?

 X alone

 X with a partner (with a partner my sister)

 in a group

Q: Most scenic place you've ever run

Down the coast of California : from San Francisco to San Diego. I did this as a relay this October

Q: Average miles per run

I run around 70-80 a week

Q: Where do you usually run?

 treadmill

 X outside

Q: What do you do while running?

 listen to music

 watch TV

 talk

 X think

 other

Q: Favorite running gadget or gear

Surefire minimus headlamp

Q: Why did you start running?

 to get in shape

 to get back to pre-pregnancy weight

 for fun

 for sport

 X other It made me feel like I belonged

Q: Favorite race distance

 5K

 10K

 1/2 marathon

 marathon

 X ultramarathon

 other

Personal Records

Marathon: Music City Marathon, April 2010 – 3:35

50K: Toronto Ultra, May 2006 – 4:59

50 Miles: Nashville Ultra, October 2009 – 9:13

Ironman: Bigfoot Iron Distance, July 2007 – 13:23



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Michelle is the mother of two very active boys, one with Tourette Syndrome, both with attitude served up daily. When she's not mothering, she's writing. You can read more at her blog Moxie Momma (www.moxiemomma.com). She has just finished her first book *He's Not Broken: A Mother's Journey to Acceptance* and hopes to have it published soon. In addition, with the little energy she has left to spare, she has begun training for her first full marathon that will take place in her hometown of Savannah, GA in Fall 2011.

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Focus on Your Assets

“Positive thinking will let you do everything better than negative thinking will.”
- Zig Ziglar

At a recent staff meeting, my principal began by asking the teachers how the school year was going. As can be expected, there were mixed reviews, and a cyclone of complaints steadily gained momentum. From staff shortages to computer problems to general middle school issues, the natives were definitely getting restless.

My principal acknowledged these “deficits” but had one request for us... he asked us to focus on our assets instead of the things we were lacking. He told us he was aware that there were tons of additional items we needed, but unfortunately, we couldn’t have them all. So, could we ban together and accentuate the positive, doing the best with the resources we had?

Now, I’ll have to admit that I’m a little brain-dead during after school meetings, and sometimes messages don’t hit home. In fact, many times I zone out completely. However, that day, I stopped and listened to his honest and sincere logic.

Focus on your assets. That made a lot of sense and actually reminded me of my most recent marathon, where I had some stretches where my assets were not at the forefront of my mind. For some reason, I was feeling tired, sore, and wiped out at *mile three*. This is way too early to feel bad, so I started to freak out.

“I knew I had to do something drastic in the “mind over matter” department.”

My inner dialog went something like this- *My hip hurts. Why the hell does my left hip hurt? And why am I hungry? I shouldn’t be hungry now. Come to think of it, I’m kind of thirsty too... what is going on?*

Then I ran a mile or two more, and just when my hip pain disappeared, my left knee began hurting. Next it was my right ankle, then my left knee again. I was convinced I would fall apart, right there on the course, before I even got to mile ten. I knew I had to do something drastic in the “mind over matter” department.

At first, I tried to tell myself that I felt great. *You are looking good. Your body feels great. You don’t have to use the bathroom. You’re not going to die.*

Yet, all of these fine proclamations did little more than completely tick myself off. It’s a pretty sad state of affairs when everything in the world is making you miserable including yourself.

So, I asked myself, “What would Oprah do now if she were in my Brooks Adrenalines?” Surely she’d have a fabulous body-mind-spirit cure to get through. I remembered her talking once about gratitude and how it could help us through rough times. Something about how it’s better to focus on what’s good instead of bad. I wasn’t quite sure exactly what she said, so I decided to just focus on what I was grateful for. It took me a minute to get the hang of it.





I'm grateful that even though I feel like total crap, I am able to run this marathon. (AM I able to run it?)

WHY am I running this marathon? Why does anyone run marathons?

I'm grateful it's sunny out and not raining. It could be raining now, and I'd feel miserable in the rain. At least I'm miserable in the sunshine.

... refocus...

I'm grateful I have such a nice husband who woke up early to drive my friend and me to the start of this race.

I'm grateful my husband, parents, and sisters will be looking for me at mile 20. (Will I get there?)

I'm grateful to have such a nice running partner.

I'm grateful to have a cute new running outfit.

It turned out that Oprah was right. By paying attention to the good things in my life, it took the attention off my aches and pains, and I started to feel much better. Slowly, but surely, I became more hopeful and started to actually enjoy the run.

Now, the run wasn't a walk in the park after my exercise in being grateful. Yes, I hit some walls along the way and didn't always feel so swell. But, I found that focusing on the negative elements of my run only brought in more negative energy. Similarly, when I focused on the positive, everything around me felt better.

The truth of the matter is, whether we're running marathons or going through our daily lives, it's just so much easier to complain about the things that we're lacking, rather than the things



“The truth of the matter is, whether we're running marathons or going through our daily lives, it's just so much easier to complain about the things that we're lacking, rather than the things that we have.”



that we have. The job that's not quite what we want, the house that isn't perfect, the things we want to buy but can't afford... the list could go on and on.

But I think that my principal and Oprah have it going on when they talk about focusing on the positive whenever possible, and using what we have to propel us forward. After all, what we have... is what we have, so we might as well make the very best of it, even if what we have is a body that aches at mile 3. Because to this Runnerchica, a bad day at mile 3 beats a good day on the couch any way you shake it.



Abbey Algiers is the author of **The Great Search**, a short story that follows the journey of one woman as she goes in search of "the one." Algiers combines her passion for writing with her love of running in her website, imrunnerchica.com.



Here she shares inspiration about life that comes to her on runs or on the mat in her Bikram Yoga practice. An avid marathoner, Algiers began running marathons in 2003 when she did her first marathon with The Leukemia & Lymphoma Society's Team in Training in San Diego. She went on to run marathons in Phoenix, San Francisco, Boston, and several in her home state of Wisconsin. She believes that running with good people is a gift, and feels that if everyone were to have running partners like hers, therapists would soon be out of work.

Currently, Algiers is working on *Living Backwards*, a novel about one woman's quest to reclaim herself after divorce. She is also writing a book about life lessons learned while golfing with her dad. A graduate of Marquette University in Milwaukee, Wisconsin, Algiers teaches English as a Second Language and jumps at any chance to travel to lands far and near. When she's not writing, running, or searching the web for travel deals, Algiers enjoys spending time with her husband Eric and two stepchildren.



RUNNING YOUR VACATION RIGHT

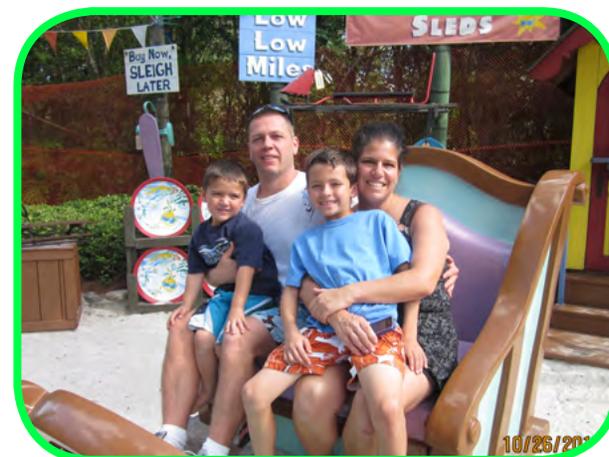
HAKUNA MATATA

As we prepared to surprise our children with a vacation to the most magical place on earth, Disney World, I started to get anxious about one thing in particular. No, I wasn't worried about my children getting on a plane for the first time, or if I'd have to get certified for CPR to revive them after we popped the surprise on them, or about packing for three people or getting to the airport on time or how the hell I would survive seven exhausting days at the most magical place on earth. Nope, didn't worry about those things at all. What had me breaking out in hives was how the hell would I fit in my runs?

Yes, my runs.

With all that goes into a trip like this I was worried about running. Silly, eh? Well, not for me! The thing is when I don't run, I get antsy, cranky, and start to feel grumpy and dumpy - dumpy being the 8th Dwarf that I didn't want to bring to Disney World.

Running balances me out. On a vacation where there will be plenty of indulgences, plenty of children melting down, plenty of snarky faces I'll be making at my husband for not agreeing with me; getting in my runs jumped ahead of all the other crap I have to do before I get on the plane list. It became my top priority. It's all I thought about - well that and the



do I have enough clean underwear, do we need socks, and is it really the happiest place on earth or is that just a load of crap? As I was packing, taking the lizard to the reptile hotel, cleaning the house, and stopping the mail, I told myself that I had to run every day. Then I convinced myself that running six days would be fine. Then I thought, well if you get two days in you'll be golden... I changed my mind more times than a baby's diaper!



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“We all know that a beautiful resort gym makes a big difference to actually getting your workouts in; with a gym like that I knew I'd be able to accomplish my task.”

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On the big day, we woke our kids up at 4:30 am. They were groggy and didn't believe us at all. After navigating through that and the trip to the airport, calming the boys for their first flight was easy, but then my husband had a near meltdown because we had to pay \$150 to check our luggage. I had an epiphany, three days, yep, I should run three days to keep myself balanced and calm as there's no telling what other travel surprises were headed our way.

No sooner had I committed to three days when we went through airport security and my husband, who hasn't flown in the Post 9/11 world, to his shock and dismay, had to throw out his entire carry-on case filled with toothpaste, deodorant, and mouthwash. Now granted, I hadn't flown in the Post 9/11 world either, but as my hubby fumed with a capital F, I secretly laughed my ass off and committed to five days of vacation running.

We made it to Disney World, toured the beautiful Animal Kingdom Lodge and there he was, my new BFF, the absolutely fabulous gym. I was stoked. Beyond stoked. We all know that a beautiful resort gym makes a big difference to actually getting your workouts in; with a gym like that I knew I'd be able to accomplish my task.

During vacation I got up at the crack of dawn and managed three gym runs, and one outdoor mile with my seven year old – so we could explore the animals on the other side of the resort. I was happy with my runs, and on the days when I was way too tired to get

up, I made sure that I did laps in the pool or made everyone walk a little more than we had to; one day I clocked our routes and we had walked over six miles!

Overall the vacation was fantastic, the parks were so much fun, and we had almost no melt downs. I firmly believe that because I ran I kept my eating in check, my emotions in check, and that kept me balanced and centered. So when my hubby was so grumpy that he needed to hop in a cab to purchase snacks for the hotel room, or when my sons were so excited that they spoke in such high pitched tones only dogs could hear them, or when I had to ask the resort to switch our rooms because there were no animals on our side of the lodge

“What I learned was that on vacation or at home I have to make sure I take care of myself so I can handle taking care of everyone else.”



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as my seven year old kept pointing out, I handled each and every travel surprise like a pro. And that meant we returned from our vacation as the happy family that we really are.

Vacations are about relaxing and spending time with the people you love, but the most important person you have to spend quality time with is yourself, whether it be a walk, a run, swimming laps or stealing away to read a book. What I learned was that on vacation or at home I have to make sure I take care of myself so I can handle taking care of everyone else.

And yes, Disney World is the happiest place on earth especially when this Momma got her runs in and was able to maintain a Hakuna Matata, worry-free philosophy for the entire vacation.



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Deanna Verbouwens is a writer, runner, blogger, working mom of two unbelievably active and very funny boys ages 3 and 7. Deanna is currently training for her 4th half marathon, and her third 24 hour relay, and various 10 & 5k's, of course that all between working full time, and managing spaghetti on the ceiling, a dumped out fish bowl, a house and a family. To catch up on how Deanna tries to get it all done without completely failing visit her at The Unnatural Mother, www.theunnaturalmother.com.

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MOMS RACE FOR LIFE

In being that I have been an active marathon runner, my paths have crossed with many people running for various reasons. However, one strong woman and mother's story has resonated with me. Her telling story discusses fear, triumph, and physical endurance not only for her but for her child as well. Here is her story...

"Your child has Mesothelioma Cancer."

"Meso what?" Was my first response, but I knew the word cancer was not good. In the following days came the flurry of questions about mesothelioma, information, tests, treatment decisions and the heart pain that threatened to tear my own insides apart. Beyond the how and why questions came the resolute, now what?

I was overwhelmed by the support received from family, friends and strangers alike. I knew my child was in good hands with the fantastic medical staffs that were helping us take care of him. But I wanted to do something. I needed to do something. That's when a friend, a mother of two, suggested I raise awareness about the illness I had just recently heard about myself. When I asked just how, she suggested I run a marathon!

I laughed out loud. Anyone who knew me knew that I was not a runner. I would get to the top of the stairs in my home panting, and the height of my exercise for the day was

"Your child has Mesothelioma Cancer."



"In many ways it paralleled the resolve, the strength, the determination, the perseverance my little one would have to have to take on the battle against the disease in his body and win."

feeding the kids, changing the kids and getting them to bed. But something about the idea inspired me. I wanted to do something beyond myself, to take on a challenge that would push me to my limits, and make a difference not only in my life, but also in the lives of so many others like my little one, who all struggled with other incurable diseases.

Every year many marathons are run for various charitable causes including cancer support. Among these is the Virgin London Marathon the largest in the world. The second largest marathon, Macmillan is run in Paris. Other famous cancer support initiatives are the Susan G. Komen primarily focused on breast cancer and the ING New York City Marathon. Yet there are also many local marathons for cancer, and with the support of my friend and a number of other moms who agreed to join the race, I found one and began the rigorous training. The fundraising involved seeking out others and sharing my most vulnerable self, each dollar solidifying the commitment to finish.

In many ways it paralleled the resolve, the strength, the determination, the perseverance my little one would have to have to take on the battle against the disease in his body and win.

When the day came to run it was raining. But that did nothing to deter the motivated individuals out there running for life. We were running for our loved ones. We were running for other people's loved ones. We were running for hope that a cure would one day be found, and we would have been a part of it.

Jackie joined the Mesothelioma Cancer Alliance in 2009 as research assistant after graduating with a bachelor's degree in English and a minor in fitness and nutrition. Jackie's experience in technical and medical research has allowed her to assist in the development of medical content and outreach efforts, with specializations in alternative care, cancer support programs, and social media campaigns.



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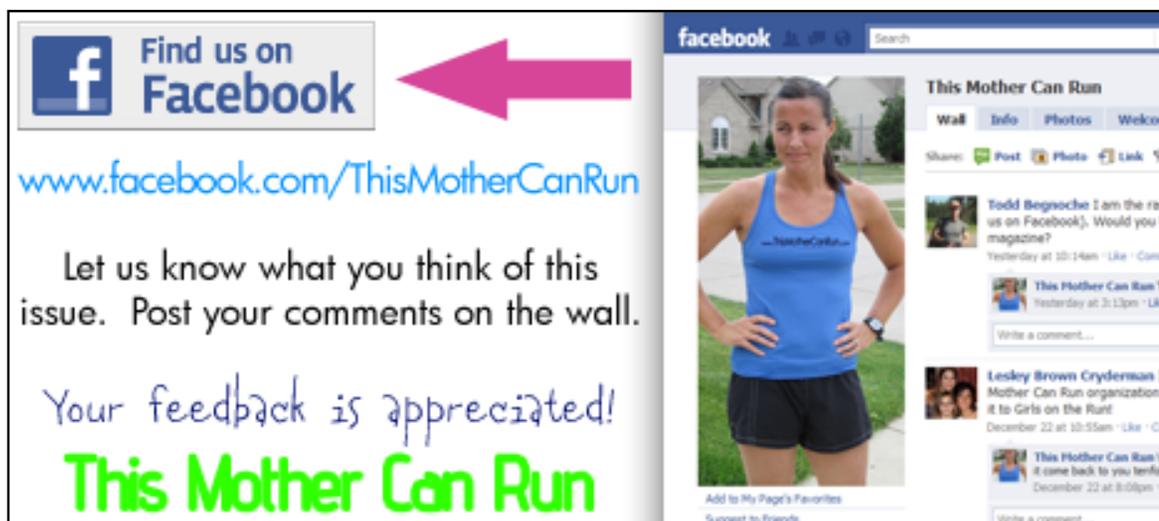
ASK THE PT

The end of the year brings a time of celebration, gorging on endless buffets of yummy desserts and high-calorie dishes, and a tendency for people to ditch their exercise routines in favor of that all-important but never fulfilled New Year's Resolution to continue their running and exercise routines. Since the dawn of a New Year is upon us I have decided to answer some of the most common, but very important questions I get each and every day from the runners I treat.

Think of this as a helpful cheat sheet to some great tips to prolong your running health in 2012:

Do you recommend ice or heat to help an injury?

This is one of the most common questions I get from runners. The answer is it depends. Ok, I am not being purposely vague, just honest. Let me explain. Traditionally you would use ice immediately after an injury 24-72 hours after an injury to control and decrease swelling. After an injury occurs your joints and muscles react accordingly to the stress put on it. This leads to swelling and inflammation. Ice is a vasoconstrictor which means it will prevent the tissues surrounding the injured structure from swelling. Heat is used after a muscle strain or sprain to relax the muscles. It is a vasodilator, opening up those blood vessels for healing to take place. Honestly what I tell my patients is this. Do what works for you and what feels therapeutic to you. If you hate heat after a muscle pull, don't use it. Trust me when I tell you it's not going to work on you if you don't believe it is having some therapeutic benefit. Same applies to ice. Sometimes it is good old-fashioned trial-and-error.



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“Do what works for you and what feels therapeutic to you. If you hate heat after a muscle pull, don't use it.”

.....

“You know your own body best and you ultimately are the one who determines your pain threshold.”

Do you recommend stretching before and after running? Are both necessary?

Yes, absolutely in answer to the question. But here is why. Picture a cold winter day. It is freezing outside at 20 degrees and you forgot to park your car in the garage the night before. It is encased with ice and snow and oh, by the way, you're already late for that all important appointment. Would you just put the key in the ignition and go? Now for all of my friends out there in warmer climates the answer is yes. But for all of us who know what a frigid morning in the car feels like, you need that proper time to warm the car up, so the car can perform at optimum capacity. Otherwise, if you take off and go right away, you have a sluggish car that is not performing at its optimum peak. It's the same way for your muscles before and after running. If you decide to run 10 miles are you just going to go and run 10 if you haven't done it in 2 months? No way. If you do you are asking for undue pain and suffering. It is important to prepare muscles the same way. 10 minutes before and after any kind of run will allow the muscles the time to prepare and repair itself after physical activity.

If I hurt myself running, do you recommend I stop running? If so, how do I know when to start up again?

Absolutely, if you injure yourself running, you should immediately stop and assess the situation which caused you to stop running. Continuing to battle on and pretending it doesn't exist is the worst thing you can do for your body. Your body is a well built machine. You want to do everything in your power to continue at that optimum level. At times it is important to seek medical attention. Even though you do not believe the pain is bad, it could be indicative of a serious injury such as a fracture or a torn muscle. The most important advice is this: Let pain be your guide. You know your



own body best and you ultimately are the one who determines your pain threshold. If you do not think you can continue on with your activity, then you are probably right. It is appropriate to start up running activity when you are medically cleared by a doctor or the pain has stopped entirely.

Hope these simple yet effective suggestions will keep you safe and healthy as you continue to pursue your running goals in 2012!

Eric Tomei is a physical therapist who has been in orthopedic practice for 10 years. He currently works in Rochester, MI as a staff physical therapist and truly enjoys shaping the health of all his patients. He has a Bachelor's Degree in Psychology, a Bachelor's Degree in Health Sciences and a Masters Degree in Physical Therapy from Oakland University. His passions include: Real estate investing, physical fitness, and volunteering for various charities in the metro Detroit area.



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“We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential.”

-Ellen Goodman

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This Mother Can Run