



# Choose to Lose News

Another week past and we are still going strong! Let's refocus, evaluate our progress and set some new goals this week. It's time to measured again. This should be the motivation we need to keep up the hard work! Remember every 1/2 inch lost is 100 points!

This Saturday, don't miss the canned food drive and all the fun we'll have. We will have some fitness activities and then load the trucks and head to 10th Ave. to unload. Let's go over the top for Helping Hand of Myrtle Beach.

Also remember this Saturday at 8:45 we have Nelson Melendez teaching self defense. Come early to get the extra points and practice some lifesaving techniques!



Presenting Sponsor



MYSTIC DAWN  
MASSAGE • SPA



## What Motivates YOU?

### How Can I Motivate Myself To Diet and Exercise?

After that initial excitement and determination wears off, it's hard for most people to continue going to the gym, eating right, or both because things start to get in the way and that couch looks more and more enticing, as does that fatty dessert. Here are a few ways for you to stay motivated about your diet and exercise programs.

#### **Get a workout/diet partner**

It's always easier to do things with a friend. When it comes to dieting and working out, you won't feel like you're in it alone. The two of you can go out to eat together and not feel bad about having to order healthy foods. You'll be able to check up on each other and make sure that you are both staying on the diet and you can motivate each other to exercise on a regular schedule. There will certainly be days when the last thing you want to do is go for a jog and that will be true for your friend as well, and it's on these days that the workout partner is key because they will help convince you to get up and do it. Plus a little friendly competition never hurts.

#### **Think positively**

Positive reinforcement plays a huge role in someone's willingness and desire to continue doing an activity, or to do it again. Reward yourself for staying on your diet, especially if you've just fought an epic internal battle

over McDonald's French fries and chicken mc nuggets vs. a turkey sandwich, and you chose the turkey sandwich. Positive thinking works for exercise as well. After your workouts concentrate on how good you feel for having completed your goals and how great your body feels after expending some energy and gaining strength. If you are negative after your workouts and only think about how horrible the entire experience was, you'll have a much tougher time returning to the gym or the walking path.

### **If possible, vary your workout and your diet routines**

If there are exercises that you absolutely hate to do, don't do them. Find another exercise that works the same muscle group or produces the same cardiovascular output. You won't dread working out and you'll be much more likely to continue your program. Although diets can be a little trickier, especially if they give you a menu of what to eat, varying your diet can make a difference as well. If you're always eating the same things you will no doubt get sick of them. Still eat healthy, but try new and different foods on a regular basis.

### **Look in the mirror**

Check yourself out a little bit. If you aren't happy with what you see, then it might help remind you to stay with your diet and exercise program. If you do like what you see you'll be proud of all the hard work you've put in and be reminded of what exactly it is that you have been working for. Just don't let anyone walk in on your muscle flexing or stomach admiring!

### **Practice exercises you enjoy and choose a diet you can stick to**

This goes along with not forcing yourself to do exercises that you hate. Find a few workouts that you like, or can at least tolerate, and mix them up. This can include outdoor activities like rollerblading, biking, hiking; find an activity you enjoy doing regularly. Similarly, if you choose a diet program that has you eating foods you despise, you will not stay with it. There are a variety of diets available, so find one that allows you to eat the things you like, otherwise you'll be doomed from the start.

### **During exercise, listen to your favorite music**

Listening to music can make the time pass by much faster and can help motivate you to finish the exercise you are struggling through. Everyone has different musical tastes, but up-beat music that pumps you up is usually the best choice. Don't be afraid to vary your music as well; you don't want every workout to be the same.

### **Remember: your health is important**

Many people diet simply to look better and skinnier. There's nothing wrong with looking good and losing weight as your primary reasons for dieting and exercising, but realize as well that you will be healthier and stronger. Working out and eating right increases your life expectancy and improves your quality of life. You'll have more energy and be able to do so much more. Being healthy will make a profound difference on anyone's life, and that should be motivation enough to start your diet and get going on that exercise program—and to keep it up indefinitely.

Article taken from <http://www.thedietchannel.com/How-Can-I-Motivate-to-Diet-and-Exercise.htm>

*A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.*  
~ Paul Dudley White



**“I was going to wake up early to go jogging, but my toes voted against me 10 to 1.”**

*You will never find time for anything. If you want time, you must make it. ~ Charles Buxton*

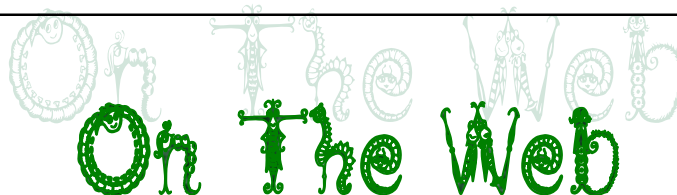
*How long does getting thin take?" asked Pooh, anxiously. ~ A.A. Milne*

*If hunger is not the problem, then eating is not the solution. ~ Anon*

*You are never really playing an opponent. You are playing yourself, your own highest standards, and when you reach your limits, that is real joy. ~ Arthur Ashe*

## Exercise Injury Prevention - 10 Tips for Injury Prevention During Exercise

1. **Have a Routine Physical / Fitness Test.** Visit your doctor before beginning a new exercise program. Any new activity can stress your body. If you have undiagnosed heart disease or other conditions, you should modify your exercise accordingly. Your doctor can let you know what your limits might be and suggest an appropriate amount of exercise for you.
2. **Gradually Increase Time and Intensity.** When starting an exercise program, many people have lots of enthusiasm initially, and go too hard, too soon. Begin with moderate exercise of about 20 minutes, 3 times a week and gradually build upon this. You can also use the perceived exertion scale to determine the best exercise intensity for you.
3. **Visit a Personal Trainer.** If you just don't know what to do or where to begin, a good trainer will get you started safely and help you learn enough to work out on your own if you choose. A few initial sessions may be all you need.
4. **Warm Up Before Exercise** A proper, gradual warm up goes a long way to prevent injuries. The warm up can consist of walking, jogging or simply doing your regular activity at a snail's pace.
5. **Don't Workout on Empty.** While you don't want to exercise immediately after eating a large meal, eating about 2 hours before exercise can help fuel your exercise and help you avoid bonking during your workout.
6. **Drink Before You Exercise.** Dehydration can kill your performance, so stay well hydrated. Try to drink 16 oz. of water in the two hours before your workout and then take in water during your workout to replace any lost fluids.
7. **Listen to Your Body.** If you experience any sharp pain, weakness or light-headedness during exercise, pay attention. This is your body's signal that something is wrong and you should stop exercise. Pushing through acute pain is the fastest way to develop a severe or chronic injury. If you don't feel well, you should take some time off until your body heals. Also See: Should I Exercise with a Cold or the Flu?
8. **Take Time for Rest and Recovery.** In addition to getting enough sleep, it is important to take some rest days. Working out too much for too long can lead to overtraining syndrome and possibly reduce your immunity.
9. **Cross Train.** In addition to helping reduce workout boredom, cross-training allows you to get a full body workout without overstressing certain muscle groups.
10. **Dress Properly for Your Sport.** This includes using appropriate safety equipment for your sport, choosing proper footwear, replacing running shoes as needed and wearing clothing that wicks sweat and helps keep you cool and dry. Read more about how to layer clothing for cold weather exercise.



**LIVESTRONG<sup>SM</sup>.COM**

**Join over 1,423,146 members who have lost weight using LIVESTRONG.COM's free Daily Plate application.**

## Considering a Heart Rate Monitor to Keep Your Workouts on Track?

*Check out this article from [consumer-search.com](http://consumer-search.com) to help in your decision.*

### **Best Heart Rate Monitor**

#### **Polar FT60 Estimated Price \$215**

It's probably overkill for most exercisers, but the Polar FT60 does much more than simply track heart rate -- reviewers say it's a virtual personal trainer that provides personalized information you can apply to your... workouts. The fitness program included with the FT60 creates target heart-rate zones based on your current fitness level, and it tells you when you are training too hard or too easy. Reviewers say the Polar FT60 is difficult to set up initially, but the various training features and reliable monitoring make it a good buy. Users also say it is easy to review your workout data. Unlike most Polar heart-rate monitors, the FT60 has a user-replaceable battery. However, while many other Polar monitors include a way to upload your workout data to a computer, you'll have to buy an optional FlowLink device (\*Est. \$55) to get that functionality with the Polar FT60. If you don't need something this sophisticated or don't want to spend so much, we found good reviews for less expensive heart-rate monitors, including the Timex Personal Trainer Heart Rate Monitor and Omron HR-100C.

### **Budget heart-rate monitor with calorie tracking**

#### **Timex Personal Trainer Heart Rate Monitor T5G971 Estimated Price \$60**

The Timex Personal Trainer T5G971 lacks some of the bells and whistles found on expensive monitors, but reviewers say it's a reliable heart-rate monitor for the price. The Personal Trainer tracks heart rate and calories... burned; it also includes an Indiglo backlight and clock. Even though it's a basic heart-rate monitor, the Timex Personal Trainer is the best performer in a recent independent test. Testing indicates that the watch is accurate and easy to use, and owners say it picks up data quickly from the included chest strap. Owners also like the user-replaceable battery and large display. We found a few complaints about reliability, but the biggest downside mentioned in reviews is the user manual, which provides inadequate information about how to use the heart-rate monitor

### **Basic heart-rate monitor**

#### **Omron HR-100C Estimated Price \$35**

The Omron has been a fan favorite for years, mainly because owners say it is reliable and inexpensive. Unlike the Timex Personal Trainer, the Omron HR-100C does not track calorie expenditure. It does cover the... basics, though, including tracking heart rate with a high/low alarm. The Omron heart-rate monitor also performs well in independent testing, but it scores slightly lower than the Timex Personal Trainer. Overall, most users are happy with this heart-rate monitor, saying it is easy to set up, comfortable and relatively durable. However, some owners complain about inconsistent heart-rate readings, especially in a gym. Pricier heart-rate monitors (like the Polar FT60) use a coded transmission from the chest strap to the monitor to prevent interference from other exercisers or gym equipment. The Omron HR-100C doesn't use a coded transmission, which may explain the complaints we saw about inconsistent readings.



### **YOUR TARGET HEART RATE**

You should know your Maximum Heart Rate and your correct training zone to know if you are training at the right pace. Here are a few ways to figure your target heart rate.

You can easily find your Target Heart Rate (thr) with this simple method. Subtract your age from 220 (226 for women) to calculate your Maximum Heart Rate (mhr). Find your training zone below and multiply that number times your maximum rate.

Another, more accurate method is the Karvonen Formula. You must know your resting heart rate to use this method and insert your training zone from below.

Of course the most accurate method is a treadmill stress test administered by a professional. If you are over the age of 35, overweight, have been sedentary for several years, or have a history of heart disease in your family, clinical testing is recommended.

### **MEASURING YOUR HEART RATE**

Wearing a heart rate monitor is an easy, accurate method of checking your heart rate... but you don't have a monitor. Here is another easy way.

The easiest place to feel your own heart beat is the carotid artery. Place your index finger on the side of your



neck between the middle of your collar bone and your jaw line. (You may also use the radial artery on the under side of your wrist.) You can count the beats for a full 60 seconds or count for 6 seconds and add a zero at the end. If you felt your heart beat 14 times in 6 seconds the number would be 140 for a full 60 seconds. Counting for only six seconds is a convenient method, of course it is more accurate to count for the full 60 seconds. You can use several varieties of this method (30 seconds x 2, 15 seconds x 4, etc.). The longer you count the more accurate your reading. Whatever you choose, be consistent in your method.

## TRAINING ZONES

**Healthy Heart Zone (Warm up)** --- 50 - 60% of maximum heart rate: The easiest zone and probably the best zone for people just starting a fitness program. It can also be used as a warm up for more serious walkers. This zone has been shown to help decrease body fat, blood pressure and cholesterol. It also decreases the risk of degenerative diseases and has a low risk of injury. 85% of calories burned in this zone are fats!

**Fitness Zone (Fat Burning)** --- 60 - 70% of maximum heart rate: This zone provides the same benefits as the healthy heart zone, but is more intense and burns more total calories. The percent of fat calories is still 85%.

**Aerobic Zone (Endurance Training)** --- 70 - 80% of maximum heart rate: The aerobic zone will improve your cardiovascular and respiratory system AND increase the size and strength of your heart. This is the preferred zone if you are training for an endurance event. More calories are burned with 50% from fat.

**Anaerobic Zone (Performance Training)** --- 80 - 90% of maximum heart rate: Benefits of this zone include an improved VO2 maximum (the highest amount of oxygen one can consume during exercise) and thus an improved cardio respiratory system, and a higher lactate tolerance ability which means your endurance will improve and you'll be able to fight fatigue better. This is a high intensity zone burning more calories, 15 % from fat.

**Red Line (Maximum Effort)** --- 90 - 100% of maximum heart rate: Although this zone burns the highest number of calories, it is very intense. Most people can only stay in this zone for short periods. You should only train in this zone if you are in very good shape and have been cleared by a physician to do so.

Article taken from <http://www.thewalkingsite.com/thr.html>



**Food Drive:** Saturday February 20 at 10 a.m.

**Adventure Race:** Saturday March 13 at 10 a.m.

**Grand Finale & Phone Book Contest:** Saturday, March 27 at 10 a.m.

Start **NOW** collecting **Canned food** and **phone books** for our team competitions.



# Aim for a Successful Week

# Presented by our Sponsors

## SC Wellness & Fitness Center/ The Karate Studio . . .

Participants may show their Choose to Lose punch card for unlimited entrance to karate and yoga classes at the Karate Studio in Surfside. Please call in advance to be sure space is available and reserve your spot. 843.424.9004



Considering new socks? Check out [www.Thorlo.com](http://www.Thorlo.com)

**Maximized Living** is offering seminars every **Tuesday** at noon to keep us motivated and equipped to lose the weight! Plan your lunch break so you are able to attend. This week's topic is Goal Setting: Get your mind right!

**Walgreens Pharmacy** will conduct seminars on blood pressure, women's health, exercise & bone loss at 9 am on **Thursday** mornings February 4, and February 18.

10% Discount at **The Foot Place** with your Choose to Lose Card!  
5103 N Kings Hwy ~ 449-1200



## Recipe Corner



### Jamaican Curried Rice

#### Ingredients

2 tsps olive oil	2 Tbls lime juice
1 cup diced red bell peppers	½ tsp salt
½ cup sliced green onions	1 can (20oz) pineapple chunks, drained
2 Tbls curry powder	1 can (15oz) black beans, rinsed and drained
3 cups hot cooked rice	½ cup salted cashews
¼ cup Equal® Spoonful	

#### Directions

Heat oil in medium skillet. Cook and stir bell pepper and onions 2 to 3 minutes. Add curry powder; stir 30 seconds. Combine cooked rice, Equal®, lime juice and salt in medium-size bowl. Stir in cooked vegetable mixture, pineapple and black beans. Rice may be served warm or at room temperature. Sprinkle with cashews just before serving.

Makes 8 servings

#### Nutrition Info Per Serving

Calories 196	Fat 3g
Carbohydrate 31g	Cholesterol 10mg
Protein 6g	Sodium 47mg