

April 2010

MECCA

An Association of Mt. Bike Enthusiasts -- since 1996

Overcoming Obstacles to Fitness

Workout boredom, plateaus, and injuries can all sidetrack your **fitness** training. But with the right **inspiration**, you can work through those barriers. When obstacles threaten to keep you from working out, try some of these quick and easy motivational tips to stay on track. These instant motivators will rekindle your passion for working out--the greatest motivator of all.

Make a Date Set up a standing date with a friend whose **fitness** level matches yours--your mutual **motivation** lulls will cancel each other out. Research shows that having a dedicated workout partner makes you more likely to stick with an **exercise** program.

Have a Snack When you run low on fuel, the extra energy demands of **exercise** lead your body to decide, "She's overdoing it--we need to conserve some fuel by slowing down her metabolism." That's the last thing you want, so have a protein-and-complex-carbohydrate snack, like a hard-boiled egg and a slice of whole **wheat** toast, 2 hours before you plan to work out.

Put on Your Shoes Think baby steps--if you truly don't feel like you can get out the door, just put on your workout clothes. If that feels good, throw on some sneakers. Even if you stay in the house, the clothes will give you an increased range of motion, so you'll probably put more energy into your chores.

Fuel up Early Eating the bulk of your **calories** in the early part of the day will give you the energy you need to make it through daytime workouts. Many women on weight loss plans find it easier to eat less during the day and more at night--exactly the opposite plan for optimal energy and weight loss.

Wet Your Whistle Dehydration can seriously drag your energy down. Research shows that even when you drink eight glasses of water a day, 45 minutes of **exercise** can put you into a dehydrated state. Don't rely on thirst as a measure of need--to prevent **exercise** fatigue, take a sip of water every 15 to 20 minutes while you work out.

Make It Fun Try to link **exercise** with happiness, social activity, and escape. Free yourself up to think of movement as your birthright every hour on the hour.

Pile on the Rewards Rather than making goals destination-oriented, make them behavior-oriented. Set a goal to work out three times this week, and when you achieve it, give yourself a nonfood reward, like a glossy magazine or a movie--little indulgences you wouldn't ordinarily give yourself.

Borrow a Dog or a Toddler There's nothing like chasing after a 3-year-old to keep you **running** without even realizing it.

Try Intervals Interval-style **exercise**--Spinning classes, for example--raises your metabolism both during and after the **exercise**. Steady activity--say, 30 minutes on a treadmill--burns about 6 to 8 **calories** per minute. A brief, 30- to 60-second burst of intense interval activity burns about 10 **calories** per minute and stimulates your muscles to burn 20 to 30% more calories within the same workout.

Make a Mix Tape Listening to music eases **exercise** in three ways: It distracts you from fatigue, it encourages coordination, and it relaxes your muscles to encourage bloodflow. If music doesn't work, try a book on tape. Anything pleasurable you can link to **exercise** will help motivate you.

Cover All Your Bases Do you include each of the triumvirate--cardiovascular, strength, and flexibility--in your workouts each week? A combination of all three keeps your metabolism burning high, your energy level up, and your body injury-free. "It's best to have a

Create an Exercise Menu Get to know your rhythms, and have an exercise plan for each mood. Feeling low? Go for a walk in the park. Keyed up from work? Take a high-energy class.

Check Out a New Video The library's lending period is a great built-in change period. Use one video for 2 weeks, return it, and try a new one. Your muscles will benefit from the variety.

Return to the 1950s Open the garage door manually, switch the channels on the TV without the remote, and wash your car (and dishes) by hand. Hang your wash outside instead of throwing it into the dryer. It's estimated that in the past 25 years, laborsaving devices have decreased the number of **calories** we burn by 800 per day--that's 1.5 pounds per week.

Hit the Weights--Right Now People over 40 could benefit from starting with **weight training** even before they start **cardio**--a stronger person is less likely to be injured in a step class or while **walking**.

Weight training develops the strength of the all-important core muscles in the trunk, lower back, and hip area, making your body better equipped for cardiovascular challenges. To start, substitute **strength training** for at least one of your regular workouts.

When Nothing Works

Few things are more frustrating than doing all the right things and getting none of the expected results. If you feel like you're not getting anywhere, ask yourself these questions.

Are You Weight Training? Depending on how intensely you work out with weights, your metabolism can stay elevated for as long as 48 hours afterward.

Are You Getting Enough Sleep? **Sleep** not only gives you energy, but it also protects your body's muscle-building and fat-burning efficiency. Trade Leno in for an extra hour of **sleep** and help your body adjust to an earlier bedtime with a soothing shower, a cup of warm **milk**, and low lights.

Are You Eating Breakfast? Your hectic morning schedule could be robbing you of your easiest metabolic rewards. When you skip breakfast, your metabolism slows by 5%--definitely enough to keep the last 10 pounds clinging on.

Are You on Medication? Some prescription drugs, such as antidepressants, hormone replacements, and steroids, list weight gain as a possible side effect. Check with your doctor to see if your medications may be to blame.

Are You Already at a Good Weight? Ask yourself if you really need to keep losing or if you're just fixated on a number. Sometimes a plateau is actually a good, comfortable weight.

"Life is what happens
while you are busy
making other plans."

- John Lennon

MECCA Contact Us

Newsletter Editor
P.O. Box 132
Cleveland, Utah 84518
player@emeryschools.org
Phone: 435-653-2440

*Always looking for
stuff to put in this
newsletter - send
me something!*

MECCA Address:
P.O. Box 491,
Huntington, UT 84528

E-Mail:
meccabikeclub@etv.net

We're on the Web!
See us at:
www.biketheswell.org



KIM PLAYER
Newsletter Editor
P.O. Box 132
Cleveland, Utah 84518

LET'S GET OUT THERE!!!

Future Events

Planning meetings are going on for the 24th Spring Festival. The next one = Monday, April 5th - 8:00 p.m. Sheriff's substation next to HomeTown Market in Huntington. Lots to do - come help us make plans!

Every weekend in April = riding trails in the desert to prepare for the festival. Call Kim for time and place.

Spring Festival = May 14,15,16 - John Wesley Powell Museum - Green River, UT

Huntington Lake Triathlon = July 9-10 - plan to come participate or help out!

Cleveland Days Bike Ride = July 20 - (that's a Tuesday)-6:00 p.m.

.....
It is far more important to be interested in the world, than to be an interesting person
.....

Betty Moore wrote:
I had an idea for a fun ride - we could do one of those poker rides where you pay a little fee, pick up a card at 5 different places and whoever has the best hand wins the pot. What do you think?

“Actions speak louder than words, but not nearly as often.”
- Mark Twain

CLUB BUSINESS

Please give Kim a call if you want to invite the club on any rides... or even if you want us to organize a ride for you!

Have you heard any news about any club members to share in this newsletter? If so, please let Kim know about it.

Go to biketheswell.org for all the latest information about any of our activities.

Remember your club membership gets you discounts on MECCA festival registrations and on AWESOME biking supplies at DECKER'S BICYCLES.

Kathi, Bartons, Deckers, Larry, Charlie, Betty, & Danny VW have requested email only copies of this newsletter. Please contact me (player@emeryschools.org) if you'd also like only electronic copies each month.

TIME TO RENEW YOUR MECCA MEMBERSHIP - NOW!

get the form from biketheswell.org

\$12 per year - BEST deal on the planet! Makes a

Charlie Coltrain wrote:
We'll miss the festival - the plan is to be in Victoria BC that week. But, Shirlee did get me involved in the Tour D Cure in Brigham City in June so I will be riding to get ready for that. I am looking for sponsors and two or three other people to be on the team "One Day at A Time". If you are interested in ether or know some one who is let me know.

shirlee.coltrain@gmail.com

My starting goal is to raise \$150.00 in support of diabetes research but would like to get more.

Charlie Coltrain.