

Love Yourself Fit

Quarterly

Love Yourself Fit *Quarterly* is produced with the intention of making your self-care and fitness easier by providing you with helpful and easy-to-read health information.

I hope you find it a useful tool in your pursuit of wellness.

Lisa Nordquist

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◆ Fitness Facts:

Sweet dreams...small butt? Recent studies have shown that more sleep may mean less body fat. Universities, including Stanford and Eastern Virginia Medical, have produced research indicating that people who sleep longer have lower BMIs (body mass index) and produce hormones conducive to weight loss. So get your zzz’s tonight!

USDA’s 2005 Guidelines include steep exercise recommendations. The federal government is suggesting the following exercise times (on a daily basis) to improve the health of Americans:

30 minutes to reduce risk of chronic disease,

60 minutes of moderate to vigorous activity to maintain or lose weight,

60-90 minutes of moderate exercise to sustain weight loss.

For more information or specific guidelines, go to:

www.health.gov/dietaryguidelines/dga2005/document/html/executivesummary.htm

(As a personal fitness trainer and mom, I know most people don’t have that much time to exercise everyday. Don’t let these guidelines discourage you. Most exercisers get good or great results without an hour and a half at the gym. Fit in what you can, when you can, and you will certainly improve your fitness level and more easily manage your weight.)

Yoga relieves wrist pain. Yoga is showing promising results in decreasing pain and increasing strength in carpal tunnel sufferers. A study review from *JAMA* (Journal of the American Medical Association) yielded good results in those subjects that practiced Iyengar Yoga when compared to those subjects who were splinted (the traditional treatment

for carpal tunnel syndrome). Grip strength increased four times and pain relief doubled.

If you are suffering from any repetitive motion injuries, like carpal tunnel, look for a Yoga studio that offers Iyengar style Yoga and let the healing begin!

🕒Local Events & Services:

Self-care Support Group

A FREE, facilitated support group has been created for anyone interested in improving her/his self-care and fitness. We meet once a month in the Del Mar area for about 1½ hours.

Our next meeting is:

Thursday, May 19th at 6:30 p.m.

Pizza Nova, 945 Lomas Santa Fe in Solana Beach

Questions? Contact Lisa Nordquist @ 760-390-1570 or email her at lisa@loveyourselffit.com.

Athletic Events from Active.com

| UPCOMING EVENTS IN SAN DIEGO |
|--|
| 05/01/2005 - Xterra Wetsuits Spring Sprint Triathlon & Duathlon - San Diego - Triathlon |
| 05/07/2005 - California Liver Walk - San Diego - Walking |
| 05/07/2005 - 4th International Walk/Run for Celiac Disease - San Diego - Running |
| 05/07/2005 - Union-Tribune Kids Magic Mile - San Diego - Running |
| 05/07/2005 - That Dam Run - Escondido - Running |
| 05/07/2005 - Mtbchick.com / Op Girls Learn To Ride women's moun - San Diego - Mtn Biking |
| 05/07/2005 - Wiffleball - san diego - Other Sports |
| 05/07/2005 - USATF San Diego - Imperial Distance Carnival - San Diego - Running |
| 05/08/2005 - Girls on the Run SoCal Mother's Day 5k/10k Race an - Los Angeles - Running |
| 05/29/2005 - Saddleback Memorial Half Marathon & 5K - Laguna Hills - Orange County - Running |
| Click Here for More Events in San Diego |

| EXTENDED CALENDAR FOR SAN DIEGO |
|--|
| 06/26/2005 - 2005 USAT Southwest Region Junior Development Camp - Chula Vista - Triathlon |
| 06/26/2005 - Wells Fargo San Diego International Triathlon - San Diego - Triathlon |
| 06/26/2005 - Coronado Rotary Club Low Tide Ride & Stride - Impe - Imperial Beach - Running |
| 06/26/2005 - Ride the Coast, Chili Cook-off & Concert - Santa Ana - Other Sports |
| 06/27/2005 - Girls on the Run of Southern California Summer Cam - Redondo Beach - Other Sports |
| 07/02/2005 - Shadow Tour - La Jolla - Cycling |

07/03/2005 - [2005 Summer Boy's & Girl's 9th - 12th Grade Lacros](#) - San Diego - Lacrosse

07/04/2005 - [28th Annual Scripps Ranch 10K and 2 Mile Run](#) - San Diego - Running

07/04/2005 - [31st Annual Coronado Independence Day 15K & 5K Run](#) - Coronado - Running

07/09/2005 - [USA Fit - Mission Bay](#) - San Diego - Running

[Click Here for More Events in San Diego](#)

Go to [active.com](#) for more information or to sign up for their monthly emailer.

Personal Health & Fitness Coaching

Struggling to stick with your New Year's Resolutions? Tired of arguing with yourself over exercise? Dreading swimsuit season once again? Then Personal Health & Fitness Coaching might be the perfect *fit* for you! Lisa Nordquist offers dynamic and solution-oriented one-on-one Health and Fitness Coaching that teaches you how to stick with your fitness resolutions and goals. Personal Coaching is a fantastic way to bring support and motivation to any challenging goal or elusive endeavor. Please visit Lisa's website: www.loveyourselffit.com, or call her at 760-390-1570, for more information.

Fitness Support for Teen Girls

Together with colleague and personal trainer Lena Ryman, Lisa is launching a health program and support group for teenage girls. The group will focus on developing healthy habits and good self-care, as well as growing a positive body image. An introductory class will begin in early summer and a support group will be ongoing. For more information please contact Lisa at lisa@loveyourselffit.com.

If you know of any upcoming events/offerings that are health (mental or physical) oriented, please let Lisa know at lisa@loveyourselffit.com.

●Nutrition News:

The USDA's Dietary Guidelines for Americans this year becomes user friendly. The USDA has revamped its guidelines to be easier to understand and created a food pyramid that can be personalized. Guidelines are in ounces and cups instead of the formerly nebulous "serving", and the new food pyramid promises to be customizable via the government's website. Go to www.health.gov for more information.

Atkins, Ornish, the Zone...how do you choose your plan to lose? Which diet is the best diet? In a January *JAMA* study researchers compared these and other popular diets to conclude that all the diets helped

participants achieve moderate weight loss and lower the risk of cardiovascular disease. Unfortunately, all the diets also had a low adherence rate, leaving researchers to advise that adherence, rather than diet type, was the most important factor in long term weight loss maintenance and health benefits.

Keep the “reality factor” in mind next time you plot a weight loss plan. It’s got to be something you can *realistically stick to* everyday if you want your weight loss to last.

✿Featured Article:

“Fitting In Fitness”

Most of America is busy—very busy. Our days are full of responsibilities and obligations: working, running errands, attending meetings, sending emails, making phone calls, chauffeuring family to extra-curricular activities, doing housework, and so on. Add into the mix traveling for work or a vacation, and our ability to fit in self-care time becomes even more remote. Hopefully, somewhere in between it all, we find a moment of Zen—some time to take care of ourselves.

The unfortunate reality is that most of us don’t. We don’t take time to come up for air on busy days, let alone practice good self-care. The problem is most of us don’t know how. How do people that work full time fit a workout into a jam-packed day? How do women with three kids at home manage to keep their weight under control? How do people that travel maintain a healthy diet?

Some people manage to stay fit or lose weight despite a demanding life. How do they do it? There is no single answer that works for everyone. People find different ways to squeeze self-care into their busy schedules or set their lives up around their self-care. Yet all those who are successful at being fit have customized a self-care plan to their lives; they have tailored it to themselves.

Taking great care of yourself is, and should be, designed specifically for you and your needs and goals. Think of your self-care plan as if it were a tailored suit: a piece of clothing you were having custom made. Your self-care suit has to fit every inch of you perfectly. If your body or life changes, your suit should be adjustable and altered to fit those changes. It should also be a classic design that can be accessorized differently to meet your changing goals, intentions, or the weather. Your self-care suit has to be wearable and fit *you* impeccably if you are going to “fit into it” everyday.

The first rule of tailoring your suit is to get clear about which areas of *your* self-care need the most attention. Good physical self-care, as I see it, is divisible into four major categories: exercise, eating, rest, and

psycho-emotional well being. Prioritize based on what *you* most need to be healthy and high functioning. Are you someone that needs 8 hours of sleep to function well? Then rest should be at the top of your self-care list. Are you trying to drop a few pounds? Then a balance between strength training and cardiovascular exercise is a priority. Are you consistently over-eating? Some personal coaching, counseling, or working with a nutritionist can help you to choose better foods and learn healthier eating habits. Do travel or the holidays usually interrupt your normally healthy lifestyle? Being accountable to a personal trainer or health coach can keep you honest and offer solutions you may not find on your own.

Once you are clear about which category is most important for you, start integrating that into your schedule. Make room and give your new priority the space it deserves by actually writing it in your daytimer. Designate time in your schedule for your most important meeting of the day: you!

Second, get creative about your options. Being creative with self-care means letting your mind be free to brainstorm solutions, schedule changes, and menu alterations. Think outside of your normal thinking box. If you lack an hour to go to the gym because of work, how can you solve this dilemma? Could you go for 30 minutes instead? Can you delegate what you're working on to another person and go? Is there something else you could do for exercise today or a different time you could fit it in? What about squeezing in two or three 10-minute walks around your office building? Could you do squats or crunches between phone calls? Consider options you may not have in the past. Use household chores as a form of exercise: squats when chopping vegetables, lunges while vacuuming, large arm movements on windows, etc.

If your children hate vegetables and you believe it keeps you from cooking and eating them, how could you get your kids interested in their veggies? Together start a small or window box garden. Have them hunt for the brightest colored bag of carrots in the market. Make a veggie game complete with chart, colored drawings, points, and weekly rewards. There are many ways to solve your fitness and self-care hurdles when you think creatively.

Third, think small, digestible pieces. Your self-care should be in bitable, palatable pieces. If you set yourself up with big bites of hard-to-swallow activities and food choices, you will not be likely to maintain them.

Think about small increments of time for each part of your self-care. Split your workouts into manageable chunks of 10-20 minutes. Buy a box of Luna™ bars and keep them in your car to cut down on hunger—and slim down the chance you'll stop for fast food. Try doing crunches in the a.m. and push-ups in the p.m. Shrink your portion sizes and eat more

meals a day to increase your metabolism. Don't try to lose 50 pounds in a month or change your exercise and eating habits in the same week. Cut your food and exercise into smaller, easier doses.

Make whatever you include in your self-care plan palatable. If you don't like it, you're not going to do it—or eat it. Set yourself up with exercise you find attractive and healthy foods you like. Don't expect yourself to “just get in the habit” of exercising when you don't like what you're doing. (If it hasn't happened yet, it probably won't tomorrow.) Look for recipes and creative ways to include the healthiest foods *you like* into your daily choices. Trust solid, well-documented nutritional information, common sense, and your own taste buds when selecting foods. You have to be able to live with your diet and exercise everyday, so set it up in a way that resonates with your tastes and preferences.

Whatever your needs or goals, remember that your self-care has to fit you like a fine piece of tailored clothing to fit into your life. Use the four major categories (exercise, eating, rest, psycho-emotional well-being) as your initial self-care outline and expand on it. Understanding yourself and your priorities will allow you to better design a self-care program that fits into your lifestyle and that sticks with you. Be creative and think about shrinking your portions of both food and exercise to be more digestible. And finally, make sure that whatever you're putting into your schedule and on your menu are items and activities you enjoy. Most importantly, your self-care suit should be something that feels great to you—something you want to wear everyday.

Healthy Regards,

Lisa Nordquist

If you have an interesting, health related article to submit, please contact Lisa at lisa@loveyourselffit.com.

Please let us know if you want to be removed from our circulation list at lisa@loveyourselffit.com.