



CURTIS NEWS

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Health
Management

November/December 2009

Winter Running/Walking Gear

Excerpted from the-master-runner.com

The right winter running or walking gear makes or breaks your winter exercise experience, so stay active this winter with an investment in the right gear that will keep you out of the house and off the couch!

Running Shoes - Those light and airy shoes you love for the summer just won't cut it for midwinter comfort. Good ventilation equals cold feet when the temperatures dip! Check out a selection of trail running shoes. They make great winter running shoes: more support and stability, a little heavier construction, and usually good tread patterns. Some soles are made from softer materials that grip snow and ice better than harder, long wearing composites. Shoe fit is also important. Winter running shoes should allow plenty of toe and forefoot room. Extra room in the shoe allows for flexibility in winter sock layering and a bit of roominess also promotes good blood circulation and warm feet.

Socks – On all but the more severe conditions, you don't need any more than one pair of good wool socks. Synthetics just don't seem to have the natural insulation capacity of natural wool.

Pants – Try wearing 2 pair of running tights: one for an inside layer and another for the outer layer. A Canadian winter running tip is when it's really cold wear insulated shorts under your outer layer. Lycra bike shorts will do the trick.

Jerseys – For your upper body, just layer more running jerseys. A short sleeve biking jersey makes a good first layer and then a couple of long sleeve jerseys on top of that. No cotton, of course, as cotton has no insulating factor when it's wet.

Outer Shells – Most always a nylon shell will be your outermost layer. Look for "pit zips" that unzip to give you extra ventilation under your arms if necessary. And make sure your sleeves are long enough to cover your hands.

Hands – Select a tight fitting pair of nylon gloves and a looser pair of insulating sport gloves.

Head – There are a lot of nice, light hi tech toques now. As long as your head gear covers your ears you should be fine. We radiate a lot of heat from our heads so temperature control for heads is critical, but easy to control.

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Healthy Holiday Eating Tips... for Christmas and Beyond

Don't go to a party hungry: We often eat faster and more when we are hungry - therefore eat a wholesome breakfast and lunch on the day to avoid overeating at the party.

Watch your portion: Treat yourself to a nice drink, dessert, chocolate or sweets without guilt, but always watch your portion. Go for small portions. This way you can sample all the different foods. Moderation is always the key.

Make a conscious choice to limit high fat items: High fat food items can be found in fried food, cream-based soup, cheese-filled casseroles, pies, processed meat such as salami and sausages, some pastries and baked goods. Don't forget about eggnog - usually made with egg yolk and thick cream.

Try other versions of alcohol: Instead of beer, cider and liqueurs, try dry wine, Bloody Marys or spirits with diet mixer which have fewer calories. Remember: calories from alcohol tend to be stored in the abdomen. People who are overweight actually gain weight more easily when they consume alcohol.

Drink plenty of water: Alcohol and coffee can dehydrate your body.

Physical activity: Take nice brisk walks with your loved ones and enjoy their company in the holiday season. Or enjoy a day of winter sports, like cross-country skiing or snowshoeing.

If you are hosting a get together or party this year, why not surprise everyone by organising something a little different. Go ice-skating (in fancy dress if you like!), or bowling, or... pack a winter-style picnic, with a hearty vegetable soup, baked sweet potatoes and beans, some roasted chestnuts, or other warming, nourishing food, and go and sit under the stars!

Hot Winter Workouts

By Rebecca Pratt, excerpted from sparkpeople.com

When it's freezing outside and dark when you get home, it's pretty tempting to sit inside by the fire with a mug of hot chocolate and watch TV, right?

It may be tempting, but winter is the time to wrap yourself in warm clothes and get out into that crisp invigorating air. Exercise can help you keep those holiday pounds in check, while increasing your overall health and quality of life.

Here are some ideas to keep you in top form, so that when you are snuggling by the fire, it'll be as a reward after a fun outdoor workout.

Walking/Jogging – A regular walking or jogging program has great overall health benefits and the cold weather needn't slow you down if you dress appropriately with layers to keep you warm and reflective clothing to keep you visible on dark days. Be sure to warm up your muscles, wear shoes with deep traction to prevent slipping on wet or icy roads and find yourself a workout buddy who'll keep you motivated.

Snow Hiking – A step up from walking or gentle jogging, walking around in snow, especially deep snow, can be great exercise, too. It requires more effort from legs and heart than simple walking, and the only additional equipment needed is good, insulated boots that will keep your feet dry and warm.

Snowshoeing – This hybrid of running and cross-country skiing is one of the fastest growing winter sports! Exercisers of all fitness levels can work at their own intensity level, increasing stamina and strengthening leg muscles. Snowshoeing also provides a great aerobic workout, burning anywhere from 360-860 calories an hour, depending on your speed and the depth and packing of the snow. You can rent snowshoes for around \$20-30 a day.

Cross Country Skiing – Like snowshoeing, cross country skiing is an aerobic sport that works all body parts without stressing your joints. Burn 560 calories an hour with a brisk cross country ski excursion. You can also rent the equipment until you're sure you want to purchase.



CURTIS CORNER

Seasonal Stress Relief

By Dawn Julson, HR Manager, Curtis Personalized Health Management Ltd.

With the onset of fall and the chilly weather comes the holiday season! Regardless of your holiday observances, you can't help but get caught up in the sense of almost inevitable stress and demands that accompany this time of year. It helps to hold a clear focus on what is important to you and what will enrich your life rather than what will create stress.

Rather than trying to "do it all" and living up to impossible ideals, look at setting a realistic view of what you want your holidays to look like for you and your family. Have you always had a big family dinner and get together but secretly wanted to celebrate the holidays on a beach in Mexico with not a single pine tree in sight? Make it happen! There are no rules to what "should" be done; only habits we fall into over time. Take the time to re-evaluate your priorities and make choices that will value yourself and your loved ones.



www.racketsandrunners.ca

Nov/Dec 2009

Publisher: Charles Curtis

Editor: Kerri McBeath

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www.curtishealth.com

Sources: webmd.com; sparkpeople.com;

