

Cross Training for Runners



For runners there's nothing like that "runner's high" after a great run. It's common for runners to run solely and not try other types of physical activity. Cross-training can play an important role in keeping us active and injury-free. Cross-training is typically defined as an exercise regimen that uses several modes of training to develop a specific component of fitness. If you run, using other forms of cardio and lifting weights have several benefits.

Benefits of Cross-training for Runners with Overuse Injuries

When an overuse injury does develop, cross-training comes to the rescue by helping runners maintain fitness despite being forced to run less or not at all. Overuse injuries are a common part of running. Most overuse injuries can be prevented or decreased in frequency. More than half of running injuries are actually reinjuries. Many of them can be blamed on the following factors:

- Inadequate recovery time (when your body doesn't fully recover from one run to the next)
- Muscular imbalances caused by running itself

How Cross-training can Benefit Runners

Cross-training outside the discipline of running can improve one's running ability by:

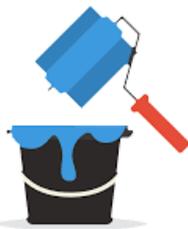
- Enhancing a runner's efficiency
- Improving a runner's power
- Increasing the amount of time a runner is able to spend training without fatiguing or becoming injured

Complementary cross-training activities use your main key running muscles in different ways and engage additional muscles that aren't typically used while running. Examples would be cycling and rowing.

Alternative running modalities, such as deep water running or elliptical training, utilize the muscles, connective tissues and joints in a similar manner as running but with lower impact on the joints. These types of training are useful when recovering from an injury or when going through rehab. Here at the fitness center we have the Zero Runner. This machine mimics the natural motion of running while removing the repetitive impact on the joints.

Keep in mind that cross-training shouldn't replace a scheduled rest day. Rest is still very important since it's during this time that your body repairs itself. Consider adding cross-training to your running program to enhance your running experience and prevent burnout. Cross-training targets your muscles in different ways and aids in muscle recovery. It also helps prevent burnout by adding a little variety to your workout.

Fitness Area Refresh



We're excited to announce that beginning November 6th the fitness area painting and new lighting project will begin. The project is projected to take 4-6 weeks.

Please pardon out dust during this process. The new paint and lighting should provide a much brighter and more energizing

GEFC Thanksgiving Holiday Hours

- Wednesday, 11/27—5a-6p
- Thursday, 11/28—Closed
- Friday, 11/29—8a-4p
- Saturday, 11/30—8a-1p



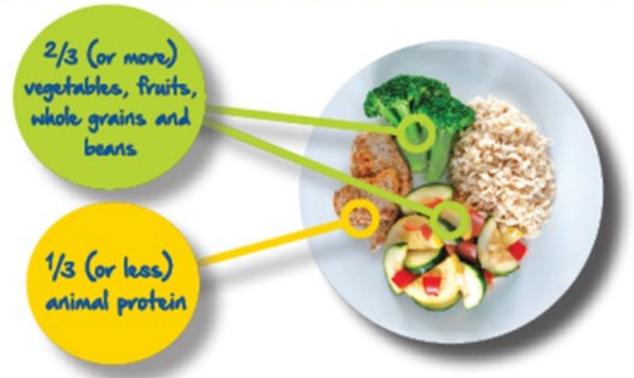
Have a great Thanksgiving with family and friends!

Dietitian Corner-Cancer Protective Diet

November is Lung Cancer and Pancreatic Cancer Awareness Month. Researchers estimate that 20% of all cancers diagnosed in the United States (and 30% of the most common types of cancers), including some of the most deadly types of cancer such as pancreatic cancer, are related to people being overweight or obese, being inactive, and/or eating a poor diet. Reduce your risk by incorporating the 'New American Plate' at every meal as well as incorporating these 6 cancer protective foods in your diet every day.

- 1. Fruits and vegetables:** 4-5 cups a day, more vegetables than fruits (2 cups fruit + 3 cups veggies) whatever fruits and veggies will get on your fork, into your mouth, and swallowed are the right ones to eat!
- 2. Beans, nuts and seeds:** Get a variety of plant proteins. Enjoy as snacks, on salads, in a sandwich, or any other way you enjoy.
- 3. 100% Whole grains:** 2-3 cups per day (cooked)
- 4. Protein:** Aim for 15- 25 grams at all meals.
- 5. Fluids:** Drink half your body weight in ounces a day from water, unsweetened tea or coffee.

What's on the New American Plate?



Interested in learning more about a cancer protective diet? Schedule your appointment today with Hannah Griswold, MS, RDN, LDN, CDE by calling 853-8900.

Mindful Eating and Yoga Presentation

With season greetings, comes stress. Learn how to practice relaxation in the moment, celebrate mindfully and appreciate yourself and life.

- Tuesday 12/3, 12p-1p
- Tuesday 12/17, 11:45a-12:45p



Pre-registration is required. Register at the front desk November 18th-December 16th.

Holiday Hydro Bootcamp Class

Mark your calendars for:

- Thursday 12/9, 4-4:45p
- Friday 12/27, 4-4:45p

Join us for an intermediate to advanced water circuit training class.



Group Fitness Class Updates

<u>Wednesday</u>	27	<u>Thursday</u>	28	<u>Friday</u>	29	<u>Saturday</u>	30
11:30a Hatha Yoga (Cancelled)		Fitness Center Closed		5:30p Tabata (Cancelled)		Classes running as scheduled	
5:30p Zumba (Cancelled)							

-The **Thursday 11:30a Pilates** class will be on recess until January 2nd.

-The **Monday 10:30a Barre** class will only run through the end of November.