

A JOURNAL OF HOLISTIC FITNESS & HEALTH

PINK LENTIL CURRY

WORKOUT OF THE MONTH

10 WORKOUTS TO IMPROVE
YOUR FITNESS

DOUBLE DARE YOU

DARE TO TRY SOMETHING NEW

WORLD CHAMPIONSHIPS I OF II

KARL'S JOURNEY TO THE WORLDS

ISSUE 7 AUGUST 2006

THE

LIFESTYLE FOCUS

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The Lifestyle Focus

Is published monthly and is distributed exclusively to our clients and colleagues with the intention of holistic fitness education.

Welcome

Welcome readers,

July has come and gone, now we are into the last summer month, more and more people are active in the river valley and Edmonton has plenty of events planned for summer vacation!

In this month's issue, Linda Double Dares you to step outside of your comfort zone, and into the world of creativity!

In the first of two editions on the World Triathlon Championships, Karl guides you through what has lead him to become a "triathlete" in a motivational story of determination, despite many obstacles.

Pink Lentil Curry anyone? Please feel free to test out a new recipe from Dr. Andrew Weil and enjoy some of the 10 workouts you can do to improve your fitness!

Please enjoy the August edition of The Lifestyle Focus and pass it on to your friends and family.

Linda and I want to thank all of you who have given us your feedback, we appreciate your honesty and enjoy the learning process.

Yours in Fitness,

Karl MacPhee PFT, CFC, AFLCA



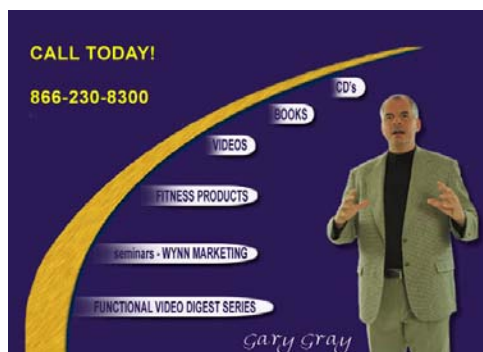
Events

**Holistic Health and Fitness 1 Day Retreat
September 30, 2006
Body By Bennett
Contact Karl or Linda for more information**

www.kmptrainingsolutions.blogspot.com

Holistic Health and Fitness Community

This summer is screaming by us at record speed and we only have one more month of the warm—sunny weather until the leaves start to change. Here's an update on what has been happening in the Holistic health and Fitness Community...



Members of the Body by Bennett crew got together to discuss the ever changing world of fitness. In an attempt to further understand the human body, we discussed Gary Grey's philosophies.



The Champ Car hit the Edmonton Circuit in record temperatures. On the final day, many of our community were in attendance to see some of the fastest cars in the world challenge for the win.

Another big event hit Edmonton... The BG ITU Triathlon Series came for a stop on the Edmonton Circuit.



While Emma Snowsill and Hamish Carter took home the prize money, Jen and I hammered through the streets of Edmonton in hopes of qualifying for the World Championships in Lausanne Switzerland...more on that inside!



July turned out to be a great month with warm weather and lots of exciting events throughout the city.

Keep in touch to find out what happens in Kelowna and Switzerland for the next two triathlons...

Yours in Fitness...

Double Dare You...

Linda Crawford

Perhaps when you were younger you remember playing games with your friends that sounded something like this:

“I dare you to jump over that puddle”
“I dare you to walk up and say hello to that guy or girl”
“I dare you to eat that whole pizza”

This article will address what I believe the premise of this game is... “STEPPING OUTSIDE YOUR COMFORT ZONE” and doing something you may not be very comfortable doing. I will relate it in the context of how you are living your life as it relates to your health. Here are some examples that might give you a better idea of what I am talking about.

♣ **Eating the same breakfast or lunch day after day**

First of all, I understand this one as I love my usual hulled oats every morning that I forget that other options are available. However, just as Mother Nature provides us with a myriad of plants, trees, flowers, herbs to enjoy, our bodies love the same variety when it comes to what we eat. Our bodies are designed to absorb a multitude of nutrients from a variety of whole foods. So if you've been eating the same banana and coffee breakfast or a boring salad... shake it up a bit! The easiest way is to evaluate through a food log for a few days to find out your eating patterns and where shifts can happen. You may then consider hiring a nutritionist or taking a cooking course to provide you with ideas, recipes and tips to refresh the palette. Another idea is to shop at a totally different location or type of store which forces you to look around with fresh eyes. I double dare you this month to have one new breakfast, lunch and supper completely “OUT OF THE BOX” for you.

♣ **Running the same path every time**

The first word that comes with this one is BORING. After seeing the same thing over and over and pounding the same pavement time and again, you no longer challenge yourself physically but mentally and spiritually as well. We are creative beings however easily resort back to old habits, patterns and conditioning. A different route provides new perspective, different running terrain, and a refreshing outlook all of which are important for an overall more effective and fulfilling workout. I double dare you this month to explore a new activity that raises your heart rate, rowing, kayaking, hiking, a boot camp, cycling, rollerblading, just to name a few. See what happens, you have nothing to lose and who knows you may surprise yourself and really love it!

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Double Dare You...

Linda Crawford

♣ Doing the same resistance training workout

Have you been doing the same 8-10 exercises for 2-3 sets for the last year and wonder why you've reached a plateau and no longer enjoying yourself? Time to really reactivate your nervous system and muscle groups in an entirely new and different way. You could experiment with an Asthanga Yoga class for variety in movement that is powerful yet fluid and energizing, or ditch the machines for free weights or your own body weight. Hire a trainer with a new and refreshing perspective, sign up for a group class, a retreat or try a new DVD. With all these ideas I double dare you this month to move your musculoskeletal system in a way you never would have thought possible and feel the difference you feel physically, mentally, emotionally and spiritually. The body craves change and varied movement patterns.



"The cure for boredom is curiosity. There is no cure for curiosity."
Ellen Parr



The point is check into how you are currently feeling when it comes to how you are living your lifestyle. If boring, flat, non-interested, apathetic and the like show up, sure sign it's time for a tune-up to create JOY, EXCITEMENT, EXHILARATION AND ANTICIPATION. We are creative beings here to make our journeys on this planet a fulfilling and delightful experience. In the arena of our health and lifestyle, the sky is the limit in tweaking all areas until we feel the greatest joy possible. The body is a miracle always waiting to see what you will make happen. I double dare YOU this month to make it happen and share with me what shifts took place! Don't settle for ordinary when it comes to you and your health...go for extraordinary.

Namaste,

Linda



For more information on lifestyle coaching, fitness training or meditation/Yoga, please contact Linda at:

fitfouryou@shaw.ca
Or check out
www.fitfouryou.com

World Championships I of II

Karl MacPhee

1976...The story begins in the small community of East Bay, Cape Breton where a young boy grew up dreaming of wearing his Nation's colors in the Olympics. Of course, hockey was the preferred sport, however this young Canadian would have been just as proud to wear the jersey for any athletic event... As long as he was representing his country.

Moving to the late 90's, while serving as a NATO Peacekeeper in the former Yugoslavia, my health took a radical turn as I experienced my first Epileptic Seizure. This day changed my life as I was no longer allowed to fulfill my role as an Infantry soldier, drive a car, or play hockey among other things. At 19 years of age, these three things were pretty darn important to me, especially hockey and my role as a soldier.

Belonging to a team for anyone is important. The brotherhood of Infantry soldiers and an one who also happens to play on the Battalion hockey team is another story. Sitting on the sidelines while my platoon members and teammates went about their daily training was heart breaking for me. My entire life I was surrounded by family members, and teammates in which I was able to function at a high level. Taking that away from me hurt, and I became very angry inside.

This anger then fuelled my passion for athletics one more time, in this case it was long distance running. It was while running that I was able to win back the respect of my fellow soldiers, only because there was no one in the battalion who could keep up to me. Once again, I would feel like I belonged.

So it was through fitness, (running, cycling, rollerblading, weight lifting) that I began to gain back the confidence I once had as a competitive hockey player. I began to sign up for races without specific training, and eventually ended up with a spot on the regional team which would compete in the



Army nationals...

However, due to events beyond my control, I was not given permission to go and again became more angry, which would lead to my retirement as a soldier.

The year 2000, Sydney Australia hosted the Summer Olympics and as I did for 23 years I watched with the dream of one day wearing the red and white, in any event that would take me there. Simon Whitfield captured the hearts of millions of Canadians with his spectacular story book victory in the triathlon. This gold medal changed the sport of triathlon in Canada for the years to come. More and more people began participating in local triathlons throughout Canada, and eventually, would call themselves "Triathletes".

It wasn't until 2003 until I caught the bug, and after years of training as a hockey player, my focus would change to the three event endurance sport which caught on like wildfire.

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World Championships I of II

Karl MacPhee

Eventually, I was registering in mini triathlons, reading triathlon magazines, books and searching websites for training advice. My focus was on becoming more competitive and as the years passed, I found myself over trained and under motivated for the sport. Just like many “triathletes” do when they leap into the sport, I plunged too deep and my body said that it had enough.

So Jen and I decided that we would spend a year as “cyclists”, competing in the local cycling races while taking a break from the hectic world of 10-20 hour per week training schedules. During this break I found a new style of training which enabled us to remain competitive and fulfill a more



holistic lifestyle. Practicing Yoga more frequently, commuting to work on the bike and strength training would be the staples of our training for the next 18 months, until...

I wanted to test my fitness level in another triathlon, which happened to have 4 qualifying spots per age group to Lausanne Switzerland, the host city for the World Age

“One of the greatest lessons I’ve learned in athletics is that you’ve got to discipline your life. No matter how good you may be, you’ve got to be willing to cut out of your life those things that keep you from going to the top.”

Bob Richards
Olympic Pole-Vault-Decathlon

Group Triathlon Championships. Why not, I hadn't been in the pool for 18 months, surely I would be able to finish the swim with a respectful time! So I signed up and hopped in the pool to realize that I was in some big trouble! 100meters was hard to finish, the race would be 1500m!

So I exercised something I learned in the Army, publicly announcing my goals to my friends and family. I told everyone that I would race in 4 weeks, hoping to grab one of the 4 qualifying spots for the Worlds. I was once told that if you want something bad enough, tell everyone and it will eventually happen.

And it did!

With only 4 weeks of specific triathlon training, which included swimming, cycling, running and a combination of the three on some days, I was able to grab the 4th spot on the National Age Group Team which would head off to Switzerland in only 6 weeks.

That lead to the next challenge, which was affording such a trip. After a week of talking potential sponsors, we were relieved when Amin Kassam from [Orbis Engineering Field Services](#) agreed to sponsor our trip.

We are extremely grateful for their generosity and are looking forward to the World Championships. So, to make a long story short, this “young boy” who once dreamed of representing his country as an athlete, has an opportunity to fulfill his dream. I will be finishing the 2nd edition of this story after I get back from Europe, so enjoy this month’s journal and I will come back with all the details in another month...

Follow your heart,
Karl

Quote of the Month

“No pessimist ever discovered the secret of the stars or sailed to uncharted land, or opened a new doorway for the human spirit.”
Helen Keller

Pink Lentil Curry

Lentils are a wonderful source of protein, calcium, and iron. They are a staple ingredient in Indian cooking, and combine well with many different seasonings. You may be most familiar with brown or green lentils, but there are lentils out there in black, yellow, red and pink. Look for these more exotic varieties in Indian and specialty food stores. Similarly, not all curry powders are the same, ranging from quite mild to very hot. In making this side dish, start with a small amount and taste it to be sure your dish meets the comfort and taste level of your guests!

Ingredients:

- 1 pound pink lentils
- 1 tablespoon canola oil
- 2-3 cups chopped vegetables (onions, carrots, celery, cabbage and whatever vegetables you like)
- Curry powder to taste
- 2-4 cloves garlic, mashed
- 1 tablespoon chopped gingerroot
- Salt or soy sauce to taste
- Hot cooked rice

1. Pick over lentils, removing any stones or foreign matter. Place in a bowl or colander and rinse thoroughly. Place lentils in pot with enough cold water to cover well. Bring to a boil, lower heat, and cook, partially covered, until lentils become a thick mush (about one hour).

2. Meanwhile, heat canola oil in skillet, add vegetables and a little water, stir and cover. Cook, stirring occasionally, until vegetables are barely tender.

3. Add curry powder, garlic, ginger and salt or soy sauce. Stir, then replace cover and simmer until vegetables are tender.

4. Add vegetables to lentil mixture. Toss together, correct seasonings, and simmer for 10 minutes to blend flavors.

5. Serve with rice.

Per serving:

- 483 calories
- 4 g total fat (0 g sat)
- 90 g carbohydrate
- 24 g protein
- 18 g fiber
- 350 mg sodium

www.drweil.com

Workout of the Month

10 Things you can do away from the gym to improve your workout...

1 Turn Off The TV!

Someone once said that he loves the television because every time it is turned on, he leaves the room to read a book. We can waste plenty of quality time hypnotized by the television. So turn it off and use your time wisely.

3 Go for a Walk

Dog owners know the value of a daily walking routine. Not only will a walk get you more active, it is an opportunity to get away from the rat race, focus on your breathing and enjoy the sounds of nature. 20-30 minutes a day is great for the soul!

5 Pick up the Trash

Pick up one piece of garbage per day. This will help keep the community clean, and it will make you feel better for helping out as well. Remember that training mind/body/spirit is what we teach, and cleaning up is a way to train all three aspects of health.

7 Red Light Breathing

Each time you hit a red light, rather than becoming frustrated, take the time to sit up straight, and practice deep abdominal breathing for the remainder of the light. Each time you practice works towards building a habit you will benefit from.

9 Laugh Line

With family and friends, create a laugh line ... Each person will lie down on their belly...begin with one person who will create a silly laugh and then the next person has to copy it until everyone in the house is laughing themselves silly!!

2 Read a Book

Don't forget about the brain! Remember that your brain needs a workout just as much as your muscles and bones. Taking the time to read a book that will challenge you to think is a great way to train the mind!

4 Play in the Rain

That's right! Remember when we were kids... Nothing stopped us, not even the rain. Next time there is a rain fall, head outside with your family, jump in the puddles, roll in the mud and let yourself loose!

6 Use the Non-Dominant Side

When completing tasks such as brushing teeth, washing dishes, cooking & using the mouse, switch to the non-dominant hand a few days per week. It will take some training, but if you ever break the dominant hand, you will still function well.

8 Playground Playtime

Head to the nearest playground and use each piece of equipment at least once. Think back to when you were a child and smile while you are playing.

10 Car Wash Meditation

Meditation is not always on a cushion...rather than taking the car to the car wash, use your meditation time to wash your car, without the use of music. While washing the car, deeply focus on each movement as when you meditate.