

A JOURNAL OF HOLISTIC FITNESS & HEALTH

BREAKFAST BOOSTERS

SPRING TUNE UP

WATERING THE GARDEN II

SPRING CLEANING...

BACK TO NATURE'S WAY OF EATING

FAMILY FITNESS

INCORPORATING FUN IN FAMILY FITNESS

THE INNER GAME II

AN IN DEPTH LOOK AT THE INNER GAME

ISSUE 4 MAY 2006

THE LIFESTYLE FOCUS

Introduction

- 3 Designer Karl MacPhee welcomes readers to the new look for The Lifestyle Focus.

Features

- 4 Spring Cleaning
Donna Woodhouse
- 8 The Inner Game
Linda Crawford
- 10 I Hate The Gym
Karl MacPhee

Watering the Garden

- 13 Sunlight and Coleslaw.

Workout of the Month

- 14 Outdoor fun and fitness for the Heart and Soul.

Publishers

Linda Crawford
Karl MacPhee
Donna Woodhouse

Design

Karl MacPhee
KMP Training Solutions

Cover

Karl MacPhee
Photo by Karl MacPhee

Archives

Archives can be sent upon request

At kmptrainingsolutions@shaw.ca

The Lifestyle Focus

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

Welcome

On behalf of Linda and I, I would like to welcome you to the new look of The Lifestyle Focus monthly newsletter. We are extremely excited about all of the upcoming articles and seminars which we have put together for you!

For those of you who are unaware of our history, Linda and I (Karl) have known each other for the past five years, where we worked side by side as professional fitness trainers at Body by Bennett. Over the years we have been able to grow as professionals and as friends due to the similar interests and passions we share.

It became apparent through conversations that we each have a strength in our common interests such as Linda's leadership abilities which have been put to the test in her Living Fitt courses and my

passion for fun in fitness, as well as my love for a holistic approach to wellness.

After a number of meetings, we decided to do something about our passion as a team, and here we are with The Lifestyle Focus newsletter which has been designed to reach our most important clients and colleagues.

Stay tuned for our upcoming seminars, and please provide us with your feedback so we are able to get you the information you are looking for.

Thank you,

Karl MacPhee PFT, CFC, AFLCA

Events

Spring Tune Up
April 23rd, 2006
Body by Bennett

Holistic Health Retreat
June 17, 2006
Body By Bennett

Holistic Fitness Triathlon
May 13, 2006
Edmonton River Valley

Family Fitness Event
August 2006
Edmonton River Valley

www.kmptrainingsolutions.blogspot.com

Spring Tune Up...

Karl MacPhee, Linda Crawford and Ryan Saranchuk

Thank you to all who attended the Spring Tune Up at Body By Bennett April 23.

We had a fantastic time and we hope you did as well. If you enjoyed the day and would like to attend our next seminar, please keep watching for information

at:

www.kmptrainingsolutions.blogspot.com

Here are some of the photos and comments from the retreat...

"You and Linda are Peaceful souls and I Really appreciate your passion for seeing People live more to their potential in health and wellness."

"I feel more grounded and at peace. I've gained more clarity in my goals in fitness and my life in general."



"Linda and Karl were fantastic, they both had open minds and were always smiling."



"I Really enjoyed the activities we did outside with you!"



For more information on future seminars, please call Karl at 906-4288 or Linda at 484-9587.



We would love to see you and your friends at our next Retreat!
Yours in Fitness...

Spring Cleaning...

Donna Woodhouse

Hello readers. It looks like spring is finally upon us. A time when we have longer days and boundless energy to jump through the puddles in our rubber boots.



Do you have that kind of energy? Perhaps the winter "comfort" foods have secured that extra insulation and left you feeling sluggish? Or, maybe the past 30, 40, 50 or more years of "less than optimal" eating habits are taking their toll. Those of you with young children (or who once had young children), look at the energy they exude. They wake up going 120 mph and often struggle with you as they do not want to go to sleep. Is it simply age that slows us down? Is it state of mind? Job satisfaction or life satisfaction?

Obviously there are a number of factors that contribute to our ever slowing down and decreased levels of energy. As mentioned in my last article, the foods with which we fuel our bodies' engine and the accumulation of these fuels over the years can have a great influence on how we perform physically, mentally, emotionally and intellectually. Today I will explore the benefits of regular cleansing and how to "get back to nature" with our diets.

Here are some criteria to consider when choosing your diet:

Whole: this is as nature provides it, with all its edible parts (skin, bran, whole grains...)

Fresh, Natural, Real, Organically

grown: avoid canned, frozen, irradiated, genetically engineered, chemically laden, colored, processed or preserved foods. Start slowly replacing foods with organic choices. Start with one fruit (apples are an excellent choice) and one vegetable (tomatoes).

Seasonal and local: Choose summery foods in summer (salads and fruits) and winter foods (soups, stews...) in winter. Fruits and veggies in season are cheaper and do not lose their nutrients like foods that have to be transported long distances.

Balanced: Ensure you are eating an adequate amount of protein, carbohydrates, good fats and micronutrients daily.

Variety: Try to include foods of different textures, colors and tastes at each meal to relieve boredom, stimulate the taste buds and ensure a variety of vitamin and minerals are obtained.

Shop the perimeters: In your local grocery store you will find the above in the perimeters of your grocery store. Most foods in the aisles are packaged, processed and / or preserved in some way. Better yet, hit your local farmers market on a regular basis and /or *start your own garden!*

Continued on page 5...

Spring Cleaning...

Donna Woodhouse

Minimize the cooking or altering of these foods in any way to ensure the maximum amount of nutrients are maintained.

-Avoid the typical four food groups: processed, junk, fast and nuked.

-Avoid stimulants such as caffeine, sugar, alcohol (depressant) and tobacco.

-Avoid consuming excess animal protein. There are many healthy complete protein alternatives with proper food combining that are much easier on our digestive system.

-Avoid overeating. It is always better to be a little bit hungry than a little bit full!

There is no specific "diet" to follow with respect to amounts of foods and times to eat etc. Set a goal to make one small change at a time to slowly develop healthier habits and enjoy the process. My dad always used to say to me, "everything is okay in moderation." Just be sure your moderation does not mean a piece of chocolate and a cup of coffee only once every hour!

As you start to eat healthier your body will thank you. It will be especially thankful if it is fully capable of optimizing the nutrients you provide. How can we ensure this?

CLEANSING...

Cleansing is as old as mankind and can take on many forms and faces. Many people think it means they cannot eat for long periods of time, others think they need to drink only green yucky tasting juices and still others worry they will have to be near a bathroom all the time. Although there are "fasting" cleanses that involve not eating for some time, there are many other less stringent and restrictive ways of supporting our body in it's attempts to eliminate the daily toxins we inhale, swallow and produce.

Signs or symptoms that might be decreased through cleansing:

- fuzzy thinking
- poor memory
- bad breath and or body odor (what if you did NOT wear deodorant?)
- excessive and foul smelling gas



- infrequent / irregular elimination
- sleeplessness
- lethargy
- insomnia
- aches / pains not due to exercise
- rashes or other skin problems
- frequent cold / flu or illness
- cravings for sugar / starches or salty foods-unexplained weight gain / trouble losing
- many others....

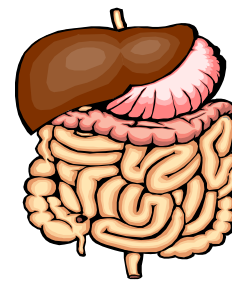
Spring Cleaning...

Donna Woodhouse

As much as I am an advocate of "regular" cleansing, I never advise a client who is already run-down, ill or otherwise not well to undergo cleansing until they have first built up their system and strengthened their body through various combinations of: improved nutrition, better sleep, exercise, stress management and possible supplementation where appropriate. "Depriving the body of all nutrition when it is already deficient or nearly so can be dangerous and destructive."¹

Cleansing can be focused on a specific organ or the body in general. The general starting point for an individual in good health and desiring to feel even better is to choose a cleanse that is not organ specific and generally supports elimination. If elimination is a challenge for you, then you will want to focus on diet and products that help to support this process. Starting a cleanse that will stir up old toxins and wastes without the ability to properly eliminate them will leave you feeling worse than when you started. (your local health food store or health care practitioner can make suggestions appropriate for you). Cleansing can simply be a change in habits that allow the body a regular and consistent opportunity for natural processes of elimination. This is the 10-14 hour cleanse that occurs daily after our dinner and before our breakfast (at which time we "break the fast" with a healthy start to the day). Our body uses our sleeping hours to "catch up" and clean house. If we are eating late

at night our digestive tract is forced to start a new day's work after having labored through the night shift. Remember, it is always better to be a little bit hungry than a little bit full.



Consuming an adequate amount of water is paramount to ensuring the body has that internal "shower" and all the other benefits that are associated with proper hydration. $\frac{1}{2}$ your body weight in ounces is the general guideline with extra consumption if exercising, spending time in a hot climate or consuming caffeinated beverages.



Spring Cleaning...

Donna Woodhouse

Clean up your diet (ensure adequate whole grains / fiber) , increase your water intake, get regular exercise that includes some aerobic activity (to allow air exchange from deep in the lungs) and allow your body the natural "fasting" time from dinner to breakfast are good ways to encourage the body to get rid of accumulated wastes, toxins and fats.

In addition to decreasing some of the signs and symptoms listed earlier you may experience some "cleansing reactions" These symptoms are positive signs that the body is stirring up toxins for elimination. It is important for one to understand what might happen so as to not be deterred from continuing the cleanse. Symptoms can begin immediately (like the headaches that occur after quitting coffee cold turkey) and can hit people in different ways. Reactions can include: extreme fatigue, diarrhea, headaches, muscle/joint aches and pains or flu-like symptoms. You may experience rashes or irritations as toxins attempt to exit through the skin. I remember my first cleansing experience. I would describe it much like the flu with headaches, overall aches and pains, extreme fatigue and general feelings of ick! J That was about 6 years ago. Every subsequent cleanse after that time decreased in the severity of its symptoms. Now, when I choose to cleanse, the only real symptoms I may notice are a day or two of decreased energy which is almost immediately followed by an increased sense of well-being and a renewed desire to take better care of this vehicle I call

my body. As you make cleansing a part of your regular regime and adapt a healthier lifestyle on a regular basis these reactions and symptoms will decrease and better health will ensue. I hope this has been helpful. There is such an abundance of information on these two topics alone it is difficult to contain them to an article. I have attempted to give you the highlights without confusing specifics. As always, if you desire more specific information on anything in this or prior articles feel free to contact me. In the meantime, eat well, rest as required and drink plenty of good water to help flush out the toxins.

Happy cleansing and healthy eating!

1. Ballentine, Rudolph M.D. Diet & Nutrition - A Holistic Approach, The Himalayan Institute of Yoga and Science and Philosophy of the U.S.A.



Donna Woodhouse is a Physical Education teacher at Ross Sheppard High School in Edmonton. She has recently completed her Diploma in Holistic Nutrition and will be contributing to The Lifestyle Focus on a regular Basis.

The Inner Game

Linda Crawford

So how did you do? I mean with respect to exploring how the Inner Game operates in the context of your own lifestyle? Were you able to recognize limiting patterns or beliefs or thought and ideas that DID NOT support your quest to achieve optimal health? If yes, what did you do? Did you buy into those old stories and patterns or take a different approach?

From the last article, I pointed out 3 key areas to begin looking at in your pursuit for healthy living from the inside out:

COMMITMENT TO SELF CREATING AND ACCEPT- ING SUPPORT TAKING RISKS

These three will assist you in training your MIND to accept new and different ideas to create new results. Train the mind and your body will re-



spond in kind. Consistency is key. In this article I will go into greater detail to assist the integration of each component in your own life.

Let's begin with **COMMITMENT TO SELF**...this one is huge as it sets the foundation for lifelong dedication to yourself. On a scale from 1-10, rate your current commitment to YOU in choosing healthy lifestyle practices? Go ahead, don't edit it, just trust the first number that pops into your head...

Okay so here's the deal, this number is feedback, anything less than a 10 will

produce mediocre results. There is no grey area here, you either commit at a 10 or you get to keep telling yourself a story to hold you in the same place you are today. So there you have it, if you feel your commitment to self is a 10 GREAT, acknowledge that and also what is working! Go out and continue to role model and inspire others in your circle of influence to strive for much of the same in their own lifestyle.

If your commitment is less than, what is it going to take? A heart attack, a

stroke, diagnoses of some other illness or disease, another 10 or 20 pound weight gain?

As I stated in my last article my purpose is to wake up a nation to reality and inspire to make new choices from there.

When was the last time you put yourself first in your day timer, said no to someone to say YES to YOU, penciled yourself in your "to do" list? The Universe only understands 100% and will deliver everything and more that you require if you commit, believe and trust that everything you need and more will come your way to support your commitment to yourself. Now is NOT the time to rip yourself off of your true potential, commit fully and watch miracles take place daily...

Let's talk about **SUPPORT**...how supported do you feel from others? If not at all, I would guess you are ultimately

The Inner Game

Linda Crawford

not supporting yourself. Here is how this works from my own experience. The more I am willing to choose lifestyle beliefs, attitudes and behaviors that support my health, the more I am able to give to others from an abundant place rather than from a depleted state of being AND the more I have people coming from all directions wanting to know how they can lend a helping hand. We are naturally attracted to those who are supporting themselves and want to be a part of that energy. Every time you make a decision to workout, to eat foods that support vitality, to manage your stress, you are ultimately creating the support feedback loop, it starts with you giving to you and then being able to give and receive from others.

When is the last time you stepped outside your comfort zone and really took a **RISK**? You have probably heard this before... "if you always do what you've always done, you'll always get what you've always gotten"! So are you ready to shake things up a bit? How about hiring a personal fitness trainer for outside support and direction? How about buying a vegetarian cookbook and experimenting with grains, lentils and beans? How about training for a 5km or 10 km run? How about treating yourself to weekly massages for an entire month? How about going to Yoga, belly dancing or a meditation class? In order to get momentum going, your willingness to explore and experiment new and different modalities will be crucial to your success in creating a new foundation of holistic health and wellness. I dare you to jump in with two feet this week and commit to one new and different activity you never would have thought possible. Be prepared to

witness your belief system shift to supporting you ...you have nothing to lose but everything to gain!

Yours in Fitness,

Linda



Linda Crawford is happily married and a mother of 2 beautiful girls as well as a professional fitness trainer and a Lifestyle Coach who works out of Body by Bennett.



"I Hate the Gym" ...

Karl MacPhee

"A creature that once knows the pleasure of play will derive satisfaction from it even when youth is gone."

Karl Groos

Do you hate the gym? I'll be honest with you, I would not choose the "gym" as my primary form of physical training. At this time of the year, the last thing I want to do is spend time indoors, especially while exercising. Personally, I would much rather wind my way through the trails on a bike, climb through tough trails in the mountains, or sweat through my Yoga practice than struggle with barbells, dumbbells, plates and machines. When I was younger my parents had to send out search parties to find me each night because I was so active. Maybe my active youth has something to do with my love for outdoor sports and dislike for "pumping iron".

Each day when I am commuting to work on the bike, rollerblades or while running, I look into the windows of one of the gyms and wonder why it is that on such a beautiful day people are wrestling with an elliptical or a treadmill. Of course I understand that we are not all alike and we definitely have differing interests, motivations and financial situations for exercise.

Strength training builds muscle, bone, and develops confidence in most people, among other physiological adaptations, however, why is it that most people spend a larger portion of their money on fitness training at the gym? In order to fully understand, I surveyed over 100 adults and found some interesting results from the following questions:



Why would you choose to exercise?

Health
Personal Appearance
Sport Performance
Other

92% of the people who responded named health as their number one reason for exercising while personal appearance completed the survey with the remaining 8% of respondents. Understandably, health is the number one reason for an individual to exercise. There is enough information available through the media to confirm that those who exercise are generally healthier, and should expect to live longer, more vibrant lives. Personal appearance, which was a secondary choice for most, is a positive side effect of a healthier individual and sport performance seemed to be a more specific reason for exercising for the adult.

When I surveyed the younger teenage group, the results show that 95% of teenagers named health as their number one priority with sport performance a close second leaving personal appearance/other as their last choice for exercising.

Continued on page 12...

“I hate the Gym”...

Karl MacPhee

Arrange the following forms of exercise in order using #1 as your primary choice:

- Strength Training
- Aerobic Training
- Sports/Games
- Other

58% of adults surveyed described Aerobic Activity as their number one choice for exercise with Sports/games and other (Yoga, Martial Arts, Tai Chi, Dance) matching each other at 17%. Not surprising, strength training finished



While the first two questions provide us with clarity on why people exercise and what form they chose, this topic demonstrates the differences in our experiences with exercising. For example, 25% of those surveyed are either worried about injuries or simply dislike the modality all together. 16% of the people explained that they don't understand the concepts of the form of exercise, and dislike the level of intensity while 8% say that the method is boring and are concerned about cost.



Are you more likely to exercise in a group or alone?

last at 8% which explains why the fitness stores are stocking their warehouses with treadmills, bikes and elliptical machines rather than dumbbells.

This last question provides some insight on who prefers to workout alone or with friends. I found it interesting that 50% of women preferred to exercise alone while 100% of the men would rather to exercise in a group.

Why do you dislike your last choice?

- Don't understand
- Too hard
- Boring
- Worried about injuries
- Too Expensive
- Worried about injuries
- Too Expensive

I can only associate this with the age group of the adult population surveyed in that most men grew up on sports teams while most women did not yet have the opportunity.

“I Hate the Gym” ...

Karl MacPhee

As we look at the teenaged population surveyed, the preference seemed to lean towards the group format and was even between the males and females. This is exciting because we now have more opportunities for females to play sports which will hopefully lead to a trend in a healthier lifestyle in their adult years.

The Holistic Fitness Approach

In the holistic fitness approach, the ultimate objective is to eventually have the student develop ownership in their fitness program. In what we like to describe as a lifelong approach, we blend 6



activities into an individual's fitness program. Beginning with **Proper Nutrition** we then move to **Strength Training** and **Cardiovascular Activity**, as well as **Movement Training** such as Yoga, Martial Arts or Dance with practicing **Meditation** to help balance the physiological requirements for overall fitness. To further increase the holistic fitness experience we also include education in the form of assigned readings and workshops which serve to develop the student's knowledge of Holistic Fitness and all of it's requirements. Further along the path, the student now becomes competent in their everyday fitness regimen



and requires a coach for much less than was required initially. Hopefully, the coach has done his/her job and the student is now able to develop their own Holistic Fitness Program with occasional consultation with the coach.

The lifelong approach to health and wellness is the medicine which many people are searching for. We do not believe in gimmicks, and quick fix programs, and we only want what is best for our students, based on our education and Personal Experience. Trust that in Holistic Health and Fitness Programs, you will receive guidance from a coach which has been tested through personal experience. If you are wondering what the 6th activity is, think back to when you were a child and you wanted to play each and every day... the 6th activity is **Play!** You will be encouraged to play new games, dig in the dirt and run through the forest and use your imagination. Don't worry, you won't be required to do all of the activities at once, they will be gradually implemented as your coach feels you are ready for the next challenge.

Yours in Fitness,

Karl MacPhee
www.kmptrainingsolutions.blogspot.com

Watering the Garden

Just as a garden requires a large amount of care to grow into a beautiful source of energy and nutrition in the future, we require just as much care and attention to succeed as a healthy human being. This month we would like to look at what **sunlight** does for our bodies. Without sunlight, our plants will no longer survive, and our food supply would diminish. Without sunlight, our outdoor activities will no longer be safe and fun. Incorporating more sunlight into our daily routine will fulfill the body's requirement for Vitamin D on the way to a healthier you. Just be sure to use sunscreen!

If you have a story or a favorite recipe, please let us know so we can feature it in a future journal.

Breakfast Boosters

Here's a great and very quick recipe to spice up a hum drum coleslaw:

One bag already prepared coleslaw
½ cup organic raisins
1 cup sliced organic grapes
¼ cup organic sunflower seeds
1 sliced organic apple

Add 3 tbsp or as desired VEGAN Mayonnaise and sprinkle your salad with Dulse flakes and toasted sesame seeds. ENJOY!

Linda

Workout of the Month



Early Morning Yoga

At this time of the year, the birds are singing, and the air is calm, which happens to be wonderful conditions for an early morning Yoga or Tai Chi Practice of about 20-30 minutes. Get up, use the bathroom, blow your nose and head outside for a fantastic morning start.
 0730 finish



Proper Nutrition

Take about 30 minutes for preparation and eating of a light breakfast of muesli and fruit before heading out to the bike trails. Remember to be thankful for the food which is nourishing your body.

0800 finish



Trail Ride

If you have a bike which will allow you to hit the trails for about 45-60 minutes, get out and increase your heart rate, and enjoy the scenery.

0900 finish



Trail Walk

After your ride, change into your walking gear and enjoy a cool down walk for about 30-45 minutes with your children, dog or significant other. Maybe you live close to the grocery store and need to pick up a few items.

1000 finish



Meditation

Enjoy a 10-20 minute post workout meditation to cool the spirit and refresh before lunch.

1030 finish



Lunch

Take the time to make the most nutritious, organic lunch you can make. Treat yourself for your effort throughout the morning. Remember that how you do anything is how you do everything...
 1130 finish