



# Empowered News



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Check out Kari's new website...

[www.karischneider.com](http://www.karischneider.com)

Look for new exercises on the blog or photo section of the website!

Do you want to join a training camp? Empower is where it's at!

[www.empowerlc.com](http://www.empowerlc.com)

## Funny Quotes

[www.thinkexist.com](http://www.thinkexist.com)  
*"Life is one fool thing after another, whereas love is two fool things after each other." Oscar Wilde*



## Outdoor Training...

Finally, the spell of winter has been broken! It is TIME...to get outside that is. Now I know that I have typically been a gym-rat (for too many years to count), but the benefits of training outdoors are undeniable... the fresh air, the change in environment, the increase in motivation to get home because you're being chased by bees-just kidding! But seriously, you know you need to get out when it has been a long and cold hibernation and your pale body is begging for some wind and sun.

**What to do?** For those looking to lose weight or stay in shape this is a great time to join a running club.

They often base their runs in parks and neighborhoods that provide pleasurable viewing and you've got company to work out with. Or, if you really want to challenge yourself, try a bootcamp. This is the time that they usually get going in full gear and provide workouts that are often very intense... that's where the real results happen. For those who are training for a sport use the environment to get more from your training. Try using a palm tree for climbing if you're so inclined! Using hills, sand, and grass are all ways to challenge your muscles and balance in ways that you just can't get indoors. I've seen track athletes do long runs outdoors on grass for a surface change from the track. Hockey athletes can get some great glute power from up-hill running and jumping. Speed and Agility are always the most fun outside, and when working in a group relays and games can be created that make some of the hardest work seem easier. Keep in mind that when you are enjoying your training and really working hard at it- the training benefits will be so much greater.

**The air that I breathe?** Unfortunately, more and more of our urban settings are polluted (our own fault)! Do you want to breathe that air? Well, if you are really concerned about what you are breathing then ...get out of your house!! Some studies have shown that indoor air is more damaging than outdoor. One study found that cooking bacon and eggs on a gas stove deposits 10 times more particles deep in the lungs than the same time spent outdoors (Mitsakou et.al. 2006). At the same time, exercising along roadways with traffic has been shown to have detrimental CO2 levels for athlete performance and sometimes even dangerous levels of ozone that can be damaging to health (Carlisle and Sharp 2001). This poses quite the dilemma! I think it is an excellent argument for more green space in cities (listen up city council). Bike paths for commuting, so the cyclists can be separated from heavy traffic, and more parks for those on foot are crucial to support commuting in a way that is healthy and enviro-friendly! Of course we want a healthy balance between indoors and outdoors but if we only have limited months of outdoor friendly weather-now is the time to get out there!

**Outdoors=more activity?** We all know how our couch, office chair, and lazy-boy can create "lap disease" (a health disorder that relates the more time you

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#### Motivational Quotes

*"The great thing in the world is not so much where we stand, as in what direction we are moving"*  
*Oliver Holmes*

have a "lap" to the likelihood of gaining and/or keeping extra weight-as described by D. Kriellaars). Since most of us are drawn to our t.v.'s or computers like moths to a flame, the outdoors can be the perfect cure for our square eyes and stagnant bodies! When it comes to getting our children off of the media magnet, research shows that the outdoors are a perfect fix. An Australian study found that each additional hour spent outdoors on a weekday or weekend was associated with 27 extra minutes of moderate to vigorous physical activity in girls and 20 min for boys (age 10-12). They also found that the prevalence of being over-weight was up to 40% lower in those who spent more time outdoors (Cleland, Crawford et.al. 2008). Simple math...more time outside = more invigorating activity that can make a huge difference the health of you and your kids!

See? Not so tough! Don't be afraid of the bugs, trees or grass! Get out there, breathe deeply and embrace your next training session! Look for local events like beach volleyball tournaments, eco-adventure races, hikes, fitness camps and more...and embrace mother nature at her best!

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## Tips to train green...

Want some tips that can help you train and help the environment too? Every little bit helps so read on for some ideas to make a difference.



Pictured are rental bicycles in Paris for commuting rather than driving-cheap and convenient and everywhere in the city.

Consider the following tips to get you on the path to a better body and a brighter future for our kids!

1. **Commuting? How so?** This one seems obvious but it is amazing how much we hop in our vehicles only to drive 4 blocks! I have lived for 9 months without a vehicle and trust me it's possible to get anywhere you want to go and often (depending on traffic and time of day) in the same amount of time using other means of travel! My favorites are in-line

skating and cycling. They get you where you want to go quickly and you can choose whether to take it easy or to do some high intensity intervals to get a workout out of it. Walking is great too and doing so with some music can really allow you to enjoy the experience. Remember to take some back routes (often more scenic anyway) if you are at a high traffic time to avoid breathing the car exhaust. Keep in mind our European counterparts who tend to commute via body powered means far more than we do and lo and behold they are not as overweight as North Americans!

2. **Consider your footwear!** Get this! The shoe company Brooks has designed the first biodegradable mid-sole for runners that biodegrades in 20 years instead of 1000 years! Wow-huge difference in break down time. Not only that...they purposely declined to patent it so that other shoe companies could follow suit. Great job Brooks! Even if the Brooks Trance 8 is not your preferred runner then hopefully soon your favorite brand will also create their soles to break-down more quickly (Outside December 2008).
3. **All equipment is not created equal!** Understandably it is difficult to do all training outdoors (mind you I did run outside in the early morning dark for an entire Manitoba winter-little scary but fun!) and many people would like to have other options. If you are joining a

gym-choose one that has track or gymnasium options instead of only electrically sourced cardio machines. Also, when you are choosing equipment for home be aware that there are some great machines that are free of any electrical requirement. Your pedaling powers the console on stationary bikes and for newer elliptical machines too! Any true cyclist will be on their trainer at home! When it comes to doing weights at home, various dumbbells can have far more versatility than a Universal unit. The Universal units are much smaller and more functional than they were in the past but most people (even athletes) can functionally train with a decent range of dumbbells, bench, swiss ball, and tubing. When traveling get outside and explore a new environment via walking, running or climbing a good set of stairs. Hotel gyms are usually crummy anyway!

4. **Drink water wisely.** Ok this one is super simple! Enough already with the 500ml (or any other size for that matter) disposable bottles of water. They are convenient and sometimes the only way to get some water away from home when in a country that doesn't have drinkable tap water, but honestly...take responsibility for your daily workout rehydration! Buy a reusable bottle (Sigg is my fave) and keep it with you like it's your wallet. When it comes to re- fuelling make your own protein shake and transport it in re-useable containers. This is easy and inexpensive and can make a difference!

## Exercise of the Month



**DIPS-** You are targeting your front head of the deltoid, pectorals, and triceps. This is a great exercise to do while traveling-when you have little to no equipment!

On an elevated surface lower your body until your upper arm is parallel to the ground or before you feel a stretch in the front of the shoulder (as shown in picture). Press yourself back up.

If you want more of a challenge, then find 2 stable surfaces that are high enough for your body to be off of the ground when you support your weight with your hands and do the dips without feet touching the ground. Beware of any previous shoulder issues, as this can be very challenging on an inflexible long head of biceps! However, if your shoulders are healthy-this is a great exercise for fitness competitors, gymnasts, and any athlete that needs good upper body strength to weight ratio!

Start with 2 sets to failure with body weight and add more sets and weight (hold a DB with your legs) as you get stronger.

\*\*remember to only perform exercises like these if you are in good health and your health care team recommends it!

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