

Maintenance

THIS MONTH YOU'LL LEARN HOW TO...

- survive in fast food restaurants
- build your walking muscles
- manage your time

FAST FOOD SURVIVAL TIPS

Because of public awareness about the hazards of eating high-fat diets, many fast-food restaurants are offering low-fat, low-cholesterol, calorie-controlled items. Many also display nutrition charts which list the calorie and fat content for the food items that they serve.

Take time to read these charts and plan your meals. This information can help you modify meals in a healthful way. For example, by having a Burger King Broiler without sauce, you save 90 calories and 50% of the fat. Most fast food restaurants offer grilled chicken (which is lower in fat than a hamburger) as well as salads with low fat or fat free dressings.

Go to a fast food restaurant you frequent this week. Ask for a listing of the nutrition values of the foods that they serve. Find your usual selection and note the total calories and calories from fat. Using this information, select alternative items if your usual selection is high in calories and fat or identify ways to decrease the calories and fat by altering that item (e.g. by eliminating a sauce or dressing).

BUILD YOUR "WALKING MUSCLES"

Through your walking program you've developed your body strength and your aerobic fitness level. With some minor preparation, you can add a new twist to your walking program with hiking. Hiking allows you to enjoy the great outdoors while exercising, too.

Here are some drills to help you prepare for hiking.

BUILDING "FAST LEGS"

Here's a simple drill to increase the power and strength in your legs. Speed up your walking for a short period - e.g. 1 minute. Then, return to your normal pace. Repeat several times depending on your fitness level. (Remember, strive to keep your heart rate between your minimum and maximum heart rate which you calculated earlier.)

BUILDING "ABLE ANKLES"

Prepare your feet and legs for rough terrain by walking on unmowed grass. Strong ankles help you decrease the chance of injury by twisting. To strengthen your ankles, walk back and forth across the face of a hill or slope OR run 'figure eights' across the face of the hill.

