

KINETICORE FITNESS

CATER Your Wellness Plan

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Cross Train

- Maximize your exercise regimen by regularly including activities outside of your main area of focus.
- Try including one or more of the following:
 - Weightlifting
 - Pilates
 - Yoga
 - Swimming
 - Cycling
 - Other weight bearing sports
- Trade your regular work-out for one of these activities once or twice a week to keep your body fresh and your muscles guessing!

Activate in Advance

- Don't let your body become a frozen rubber band!
- Activate the areas of your body that need it most by trying out the exercises in the chart below.

TEST YOURSELF:

What muscles remain fairly active during a typical day "at the office"?

Name of Exercise	Exercise Description	Other Notes
Glute Kickbacks		
Goblet Squats		
Toe Raises		

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Time Your Nutrients

- Try to either prepare your body for big runs or replenish immediately post-run.
- If you're fueling before a run, take in your carbs at least 3 hours prior to the run.
- Follow these guidelines when replenishing:

Consume the right things...

- Try to get the right ratio of carbs to protein in your post-run drinks (ideally 4g carbs to 1g protein)
- Liquids are most easily digested so these are ideal
- Look for something high on the glycemic index
- Reserve sports drinks for long, grueling (sweaty) workouts.

...at the right time

- Plan to consume your carbs with 15 minutes of your run for the greatest gain.
- If 15 minutes isn't realistic, get your carbs in within 30-45 minutes.

TEST YOURSELF:

What is the first sign of dehydration?

Eat Food

TEST YOURSELF:

Use the ingredient lists below to determine what "food" each describes:

List of Ingredients	What Food Is It?
Pears from concentrate, sugar, maltodextrin, water, corn syrup, partially hydrogenated cottonseed oil, carrageenan, citric acid, acetylation mono, sodium citrate, malic acid, xanthan gum, locust bean gum, vitamin c, potassium citrate, natural flavor, coloring	
Enriched flour, sugar, dextrose, vegetable oil, cottonseed oil, corn syrup, whey, cracker meal, high fructose corn syrup, cocoa, alkali salt, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), modified corn starch, gelatin, dried egg whites, datem, partially hydrogenated soybean oil, modified wheat starch, xanthan gum, vanilla flavor, caramel color, soy lecithin, calcium phosphate, coloring	
Apricots, lemon juice	

- You can follow a few simple guidelines to ensure a better approach to your diet:
 - Avoid food products containing ingredients no ordinary human would keep in their home or be able to pronounce.
 - Avoid foods that have some form of sugar (or sweetener) listed among the top ingredients.
 - Avoid foods you see advertised on television.
 - Stay out of the middle of the grocery store.
 - Eat your colors.



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Recover Appropriately

- Always remember to stretch over-active muscles post work-out.
- An important rule of thumb to bear in mind when experiencing pain: don't let your body fool you... The real problem might be elsewhere.
- Try incorporating a few of the stretches in the chart below in your recovery phase.

TEST YOURSELF:

When are dynamic stretches appropriate? Static stretches?

Muscle(s) Recovered	Activity Description	Other Notes
Quadriceps		
Hip Flexors		
Hamstring and IT Band		
Chest Muscles (general)		

Other Takeaways