

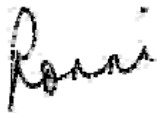
The Strength of Survival

Letter from the Director

Hello Survivors,

I hope you're enjoying your summer and making exercise a part of your daily routine. One of the biggest obstacles to exercising in the summer is that routines often change this time of year. Many people vacation during the summer, and work/school/family schedules vary greatly. It can be hard to find time to fit exercise into your day when you're away, or trying to entertain your children who are home for the summer. The important thing to remember is that everything counts! If you're having trouble making it to the gym, or finding that it's too hot to go for your usual midday run, then try fitting in shorter bouts of fitness during the day. Take the kids for a nature walk before dinner, when it's cooler outside. Take the stairs instead of the elevator at work, or park farther away when you run errands. The important thing is to keep moving! And remember, just because it's fun doesn't mean it doesn't count as exercise! While on vacation, take a hike or rent a bicycle to explore the sites. You'll have a great time, and your body will thank you.

Happy Training!



Upcoming Events:

- 9/13-14 — Danskin Women's Triathlon
- 11/2 — 2nd Annual Survive & Thrive Brunch

TSTSers PARTICIPATE IN MOCK TRIATHLON

It was a beautiful day for a swim, bike and run! On August 24th, TSTSers met bright and early at the Spray Beach Yacht Club on Long Beach Island to participate in the Team Survivor Tri-State "Mock Triathlon." Here, athletes had the opportunity to complete the length of the Danskin Triathlon under supervised conditions. TSTSers were joined by Triathlon Coach Tom Battaglia, who helped set up the transition area, give last-minute race pointers, and assisted anyone who needed help in the open-water swim. In addition, four kayaks followed swimmers to insure their safety and comfort.

The event was a huge success, and participants raved that they felt more comfortable going into the Danskin Triathlon knowing that they already completed the distance of the race!



Countdown to Danskin: Focus on Running

You've made it out of the water. You transitioned on to the bike portion of the race and now you are back and your helmet is off. You've made it! It is just down to you and the road.

Your preparation for the running portion of the triathlon begins with a very important step: getting a good pair of shoes. Proper running shoes are essential to keeping your gait aligned, so as to not cause you any pain from your feet to your hips. Even if you are planning to walk, running shoes still give you great support. The best way to ensure that you have proper shoes is to head to your local running store to be fitted. A good running shop will measure your feet, check your arches, and watch you walk or run. Before you leave, be sure you check the return policy as most stores will let you exchange the shoes if you realize that they aren't quite right for you.

After finding the right shoes, you need to start using them. Running is a great exercise for you with built in alternatives. Start out walking. When you are able, set your sights to a run/walk combination. Over time you can increase the amount of running and decrease the amount of walking. When you are able to run the entire time, you can continue to improve by increasing time and/or speed. And when in doubt, you can always go back to walking.

So now it is just you and the road. The finish line is ahead of you. You have prepared and are ready. Whether you run or walk, you will cross that finish line and be a triathlete.



What is the Danskin run really like?

- The course is a flat run on a paved road that is closed to traffic.
- There is usually a water station right out of transition and two out on the course. If you think you might want more water, plan to carry your own along the way.
- As you come towards the chute, savor the moment as you worked hard to get there. Cross the finish line with a smile on your face and don't forget to grab your medal!



RECIPE OF THE MONTH: Walnut-Pear Green Salad

Summer is a great time to enjoy fresh greens. Watercress is a particularly nutrient-dense green, and it is delicious in this salad!

8 oz. baby salad mix	2 oz. arugula or watercress
1 pear, grated	¼ cup currants
¼ cup walnuts, crushed or chopped	2 tablespoons balsamic vinegar
2 teaspoons olive oil	2 pears, peeled and sliced
¼ cup walnut halves	

Combine greens with grated pear, currants, and walnuts. Toss with vinegar and olive oil. Top with sliced pears and walnut halves. Enjoy!

Source: "Eat For Health" by Joel Fuhrman, M.D.

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FITNESS TIP OF THE MONTH: Exercising in Hot Weather

How hot weather affects your body

Exercising in hot weather puts extra stress on your heart and lungs. Both the exercise itself and the air temperature increase your body temperature. To dissipate heat, more blood circulates through your skin. This leaves less blood for your muscles, which increases your heart rate. If the humidity is high, your body faces added stress because sweat doesn't readily evaporate from your skin — which only pushes your body temperature higher.

Under normal conditions, your skin, blood vessels and perspiration level adjust to the heat. But these natural cooling systems may fail if you're exposed to high temperatures and humidity for too long. The result may be a heat-related illness, such as heat cramps, heat exhaustion or heatstroke.

How to avoid heat-related illnesses

- To keep it cool, keep these basic precautions in mind:
- Take it slow. If you're used to exercising indoors or in cooler weather, take it easy at first. As your body adapts to the heat, gradually increase the length and intensity of your workouts. If you have a chronic medical condition or take medication, ask your doctor if you need to take additional precautions.
- Drink plenty of fluids. Your body's ability to sweat and cool down depends on adequate rehydration. Drink plenty of water while you're working out — even if you don't feel thirsty. If you're planning to exercise intensely or for longer than one hour, consider sports drinks instead. These drinks can replace the sodium, chloride and potassium you lose through sweating. Avoid drinks that contain caffeine or alcohol, which actually promote fluid loss.
- Dress appropriately. Lightweight, loosefitting clothing promotes sweat evaporation and cooling by letting more air pass over your body. Avoid dark colors, which can absorb the heat. A light-colored hat can limit your exposure to the sun.
- Avoid midday sun. Exercise in the morning or evening — when it's likely to be cooler outdoors — rather than the middle of the day. If possible, exercise in the shade or in a pool.
- Wear sunscreen. A sunburn decreases your body's ability to cool itself.
- Have a backup plan. If you're concerned about the heat or humidity, stay indoors. Work out at the gym, walk laps inside the mall or climb stairs inside an air-conditioned building.

Know when to call it quits

When you're exercising in the heat, be on the lookout for heat-related illness. Signs and symptoms may include:

- Weakness
- Headache
- Dizziness
- Muscle cramps
- Nausea or vomiting
- Rapid heartbeat

If you suspect a heat-related illness, stop exercising and get out of the heat. Drink water, and wet and fan your skin. If you don't feel better within 30 minutes, contact your doctor. If you develop a fever higher than 102 F (38.9 C) or become faint or confused, seek immediate medical help.

Regular exercise is important — but don't let your hot weather workouts put your health at risk.

Source: Mayo Clinic

Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'

*- Peter Maher, Irish-Canadian Olympian
and sub-2:12 marathoner*

Coming next month:

- Recap from Danskin
- More great news and tips!

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