



CENTRAL FLORIDA STRIDERS OF ORLANDO, FLORIDA
Central Florida's Walking/Running Club

IN STEP NEWSLETTER

Volume 4, issue 1

Jan/Feb 2011

Walking & Running Beginning & Intermediate Class @ Medical City

An 8 Week Training Course
gets you ready for 5K or 10K
Competition.

Who: Anyone interested in beginning or intermediate walking and running to improve endurance & performance.

When: Every Tuesday & Thursday
Time: 5:30pm/ Starting March 22, 2011.

Where: UCF College of Medicine Building @
Medical City, Lake Nona Boulevard.

Optional: Sundays, at 7:30 a.m., at Firestation
#16. 12375 Gateway Road off Lake Nona Blvd.



\$ Cost \$

The training cost is \$20 for an 8 week course. However, it's free to CFSC Members. Join the club today for \$20 Individual or \$35 Family and receive a full year of Membership & Training, a Club T-shirt and bi-monthly Newsletter. Cold Water Always Provided at end of each Training Session!



President's Corner

While the holiday season has passed some of the stress associated with the change in weather, as well as the holiday season itself, can cause athletes to scale back. However, scientists and sociologists will tell you that to relieve stress we need to maintain healthy habits and strive to improve our diets. Shorter days may mean that you have to adjust your training schedule and find alternative ways to maintain cardio conditioning. If you don't have access to a gym then you will need to find "in home" equipment and/or turn your TV to one of the many exercise channels. A good thirty minute workout program is better than waiting for the weather to improve or for daylight to increase.

If you put on any unwanted pounds there are some things you can do to speed up the weight loss. As much as three times more body fat is lost during a program that combines weight training with aerobics. Most of the quick weight loss diets target water weight. This weight will quickly return if you hydrate properly, which you should do. Quick weight loss set you up for muscle mass loss. Any quick weight loss diet will be very difficult to stick with. People who take up a strict diet, and there are lots of those on the market, usually end up dropping out of the plan as they become bored with the quality of foods, difficulty in finding enough variety, and/or persistent hunger pains.

The plan you choose should provide sufficient calories so that you feel you could stick with it over the course of time. Also, the plan should include quite a bit of protein content. Too little protein and your body's metabolism will decrease, making it more difficult to lose weight.

My final suggestions are to make a plan that is fun, attainable and healthy. You know your body better than anyone else.

Safe Running.....

Dex Dexter CFS President



Renew your membership!
When you renew you receive
A new Club –shirt. Visit
Our website for our membership
Form.



Focus on being healthy

Premier Club Feature Member:

Nadine



Nadine Dexter, Vice President and Treasurer, CFSC

I didn't consider myself a "runner" until I met Dex (Joe). He was training for a triathlon and I asked if I could join him. Well six weeks later I found myself at the starting line of the Freedom Springs Sprint Triathlon. My swim was frightening, as I struggled through river weeds, fear of drowning, and the thought of the alligators lurking nearby. I hammered the bike ride. Then came the 5K run. At first I couldn't feel my legs as I struggled to get my muscles under control.

By mile two I felt like I was in a surrealistic world. As I crossed the finish line, third from last, my thoughts turned to homicide. Fortunately Dex saw that look in my eyes and wisely keep himself out of my sight for over an hour. Long enough for me to recover, receive congratulations from my friends and get some fluids and proteins back into my body. I didn't win a trophy that day, but I did come away with black toenails in both of my big toes, caused by ill-fitting shoes. With advice and guidance from so many wonderful people I met in the Gulf Winds Track Club I eventually went on to be the first overall female winner in a local 5K race. However, my real interest and enthusiasm for running led me to conduct many "beginning walking/running" classes. Helping others to improve their lifestyles became a driving force. Some of my students went on to race success, weight loss, and a few even became walking/running instructors and race directors. Running helps me to relieve work stress, sleep better and enjoy the world around me more.

Upcoming Running Events:

March 5, 2011 - 2011 Champion @ 5k at Dick's Sporting Goods at Lake Buena Vista, Florida

March 19, 2011 – 5th Annual Washington Shores 5k Walk and Health fair.

www.orchid.com or call 407-858-1464

March 27, 2011- 28th Annual Great Clermont Triathlon – Clermont, Florida

For events in the Orlando area please visit these websites:

www.Buttar.com

www.FleetFeetOrlando.com

www.FrontRunningSports.com



Join our running club today!

For complete membership information and application form, please visit our website.

Call, Write or Visit Us

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*Promoting Healthy
Lifestyles through
Fitness and Exercise*

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To:

