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MAGAZINE

Angela Mraz,  
Clifton, NJ

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## letterstothepublisher

Hi Jami,

I am a huge fan of you and your magazine. I pick up a copy whenever I see a new issue! I actually met you briefly at a big fitness expo in Oaks roughly a year ago. I am an ultra-runner with more than 50 completed marathons and ultramarathons (50 and 100 milers) under my belt. I absolutely love to run, workout and eat clean. I'm a huge believer that your body is a machine and you need to fuel it right in order to get every last drop of performance out of it!

Many thanks for all of your hard, thoughtful work.

Best wishes, Eric Thorne

~ ~ ~

Dear Jami,

I am a 3x overall NPC bikini champ. I also competed in 2 national shows this year and received 2nd call out at North American's just a few short months ago! I love your magazine and the empowerment to others it brings. Keep doing what you are doing! You inspire and touch the lives of MANY!

Love, Hope Taylor

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**Published by:** Jalyann Concepts, LLC

**Publisher:** Jami Appenzeller

**Copy Editors:** Heather Hoehn, John Beeler, (R.I.P.) Bev Appenzeller

**Calendar Of Events:** John Beeler

**Art Department:** John Paone

**Ad Sales:** Jami Appenzeller, Rita Henry

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**Advertising Deadlines:** Ad Reservations for the January/February 2015 issue Due By: December 5, 2014 - Ad Copy Due By: December 10, 2014

**Cover Photography:** Angela Mraz photo by Reg Bradford

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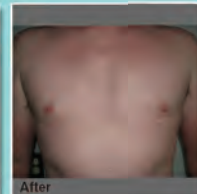
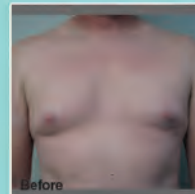
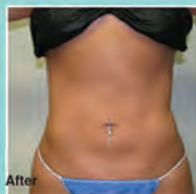
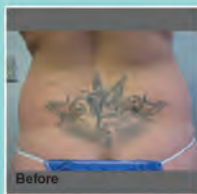
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By Martin McLoughlin

**D**o you eat processed foods? If so, do you ever read the ingredients labels on processed foods? After reading the ingredients, some may seem unrecognizable and even unpronounceable. As a nutritionist and certified master trainer, I am always trying to inform and educate people with whom I come in contact as to what all of those ingredients are and how harmful they are to their bodies. Every year the list of new artificial and “natural” ingredients gets longer and more confusing, unlike the days of our grandparents and great-grandparents. seventy-five years ago, food ingredients were all recognizable and pronounceable. Things like ice cream, candy, soup, cereal and crackers had only about five basic ingredients. These days a box of crackers can have over fifty ingredients, leaving the consumer confused and overwhelmed. What is safe? What is necessary? What should one be eating as an athlete? What should one feed to children? These are questions you should be seeking to answer before opening a box, bag or can of processed food.

The food industry in the United States comprises about seventeen percent of the entire economy. Individual food industries,

corn for example, spend millions every year in advertising campaigns in an effort to convince consumers and health professionals of GMO (Genetically Modified Organisms) safety, being that over ninety percent of available corn products come from GMOs. There is an endless buzz on the Internet of stories connecting artificial food ingredients and GMOs to diseases and illnesses. Who should you believe? For every article you read slamming artificial ingredients, you can find an opposing opinion saying the same ingredients are safe. Ultimately it is up to consumers to decide what is safe to eat and feed their families. I am going to touch base on some of the most debated artificial and “natural” food additives. Once you, the consumer, have the information it is then up to you to research and decide what is best for your family.

### 1. HFCS (High Fructose Corn Syrup)

HFCS is the predominant sweetener used in processed foods and beverages in the United States according to Wikipedia. It comprises any of a group of corn syrups that have undergone enzymatic processing to convert some of their glucose into fructose to produce

a desired sweetness. HFCS is produced by milling corn to produce corn starch, processing that starch to yield corn syrup (like the product Karo), which is almost entirely glucose, and then adding enzymes that convert some of the glucose into fructose (all are forms of sugar). This result-

ing syrup contains approximately forty-two percent fructose, and is named HFCS 42. HFCS 42 can be further purified into a ninety percent fructose syrup, HFCS 90. To make HFCS 55, the HFCS 90 is mixed with HFCS 42 in the appropriate ratios to form the desired HFCS 55. The enzymes involved in converting corn starch into HFCS 42 are:

- Alpha-amylasem, which produces shorter chains of sugars called oligosaccharides from raw cornstarch.
- Glucoamylase, which breaks the oligosaccharides down even further to yield the simple sugar glucose.
- Xylose isomerase (a.k.a. glucose isomerase), which converts glucose to a mixture of about forty-two percent fructose and fifty to fifty-two percent glucose with some other sugars mixed in (from Wikipedia).

Did you understand all of that? Do you feel like you need a college degree in chemistry to process all of that information? Do you still want to consume it after reading about enzymatic reactions and words with numbers following them? Sugar in any form, when consumed in pharmacologic doses, will cause obesity. Our hunter/gatherer ancestors consumed about twenty teaspoons of sugar a year, while the current teenager who consumes two sodas or sports drinks a day is having thirty-five or more teaspoons per day. That's 12,775 teaspoons a year or 140 pounds of sugar. Yes, 140 POUNDS A YEAR! HFCS is much cheaper as a food ingredient than pure cane sugar, making it a more profitable ingredient for food companies to use. When soda first hit the market, the average serving size was an eight-ounce bottle. The average size today is twenty ounces. The average American consumes sixty pounds of HFCS each year because it is used in so many foods. Incredibly the obesity rates over the last twenty years have tripled in the USA. Could

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there be a connection? That's for you to decide.

Now let's move on to some ingredients you might not have heard of but are frequently used in processed foods.

## 2. Sucralose (Splenda)

Don't be fooled: it starts as sugar but ends up as a synthetic chemical with a chlorine core. It is made through a five-step process where three chlorine molecules are added to one sugar molecule. It does not occur in nature.

## 3. Propylene glycol

Used in sodas, salad dressings, and spice concentrates. It is also used in antifreeze and the manufacture of condoms

## 4. Cellulose

Used in processed sliced/shredded cheese and ice cream. It is also used to make paper products and is undigestible.

## 5. Carrageenan

This is extracted from seaweed and used as a thickening agent, keeping foods from separating. It is found in chicken, beef, cottage cheese, ice cream, soy/almond milk, and toothpaste, and is a known carcinogen.

## 6. Azod (azodicarbonamide)

This ingredient helps bread store longer (stay fresh on the market shelf). It is found in Betty Crocker products, Hungry Man dinners, Jimmy Dean products, and Little Debbie snacks. It is also used to make flip-flops and yoga mats.

## 7. Caramel color

This is used to color sodas. It is listed as a carcinogen in California.

## 8. Dimethylpolysiloxane 101

Yup, this is Silly Putty. This is found in Chick-Fil-A products, McDonald's fries, KFC mashed potatoes and biscuits, Taco Bell cinnamon twists, Domino's breadsticks, and fountain sodas.

## 9. Carmine

This is found in Skittles, Good-N-Plenty, lemonade, and grapefruit juice. It comes from boiled cochineal bugs (beetles). It can cause severe allergic reactions and anaphylaxis in humans.

## 10. Sodium benzoate

A 2007 study found this ingredient is linked to hyperactivity in children (check out the information from the Mayo Clinic's website: <http://www.mayoclinic.org/diseases-conditions/adhd/expert-answers/adhd/faq-20058203>). It is found in soda, juices, jams, salad dressings, condiments, and pickles.

## 11. Castoreum

This is the best one yet. It is extracted from the anal scent glands of female beavers, for real. It is always listed in the ingredients as "natural flavoring" in foods that have vanilla or raspberry flavoring among others. This



ingredient is found in ice cream, gelatins, puddings, soup, chewing gum, cookies, and meal-replacement/protein powders.

## 12. Citric acid

This is used to kill bacteria and as a food preservative. It is in shampoo, soda, cheese, dairy products, and candy. It is also in paint remover and is made from GMO crops.

## 13. Ammonia

Used to kill germs in very low-grade beef and chicken. It is found in most fast-food burgers and in the filler for supermarket ground beef.

## 14. Aspartame

This is the most debated artificial ingredient worldwide. Countries are beginning to ban this substance from their food supply and are no longer importing American foods that contain it. Some countries have warning labels on foods that contain aspartame. Because its breakdown products include phenylalanine, aspartame must be avoided by people with the genetic condition phenylketonuria.

## Artificial Colors

One of the most overlooked places where artificial ingredients are used is in over-the-counter medications. The most common additive (just to make the product look more appealing to the eye) is artificial colors.

1. Aluminum lake — This colors liquid medications for children. It contains dangerous levels of aluminum and synthetic petrochemicals (found in antifreeze). In multiple studies it has been shown to cause dementia, hyperactivity in children, Alzheimer's, epilepsy, and possibly autism. This ingredient is derived from coal tar. It is a reproductive toxin. All artificial colors contain this ingredient. It is used to make red, yellow, and blue food coloring.
2. Blue #1 — Studies have shown this may cause kidney tumors in mice.
3. Blue #2 — Studies have shown this may cause brain and spine tumors.
4. Red #2 — Studies have shown this may cause bladder tumors.
5. Red #3 — Studies have shown this may cause thyroid cancer. It is now banned in cosmetics but is still allowed in food.
6. Red #40 — Studies have shown this may cause weakness to the immune system. This is the food coloring that is used the most in the USA.
7. Green #3 — Studies have shown this may cause bladder and testicular tumors.
8. Yellow #6 — Studies have shown this may cause adrenal tumors.

There has been a fifty-five percent increase in the use of toxic food dyes in the United States since 2000. Over fifteen million pounds are used in foods, drinks, and candy

every year. One study showed the average child in the USA consumes three pounds of dye by the age of twelve (check out the article from *Parents* magazine: <http://www.parents.com/recipes/nutrition/kids/sugar-shock/>).

I took a quick look at the inactive ingredients of some over-the-counter medications at the local pharmacy (Zicam, Alka-Seltzer, Mucinex, Nyquil, Robitussin, Halls, and Triaminic). They all contained:

FD&C yellow #10 ~ FD&C green #3  
FD&C yellow #6 ~ HFCS  
FD&C red #40 ~ Polyethylene glycol  
Propylene glycol ~ FD&C blue #1  
Aluminum lake ~ Citric acid  
Sodium benzoate ~ Acesulfame K  
Aspartame

And others not discussed in this article.

Some other food companies that use these food-coloring and artificial ingredients are:

A1 ~ Boca ~ Capri Sun ~ Cheez Whiz  
Crystal Light ~ General Mills ~ Jell-O

Kool-Aid ~ Lunchables

Maxwell House ~ Miracle Whip  
Oscar Meyer ~ Philadelphia Cream Cheese  
Sanka ~ Velveeta ~ Frito-Lay  
Oreos ~ Smucker's

One final tidbit of information to pass along (I sense a future article here) is improper calorie counts. "Today" recently reported that Arctic Zero (every fitness nut's ice-cream dream) actually contained 46-68% more calories per serving than was posted on the label. Buyer beware!

So now that you have this valuable information, do some research and start making some decisions on food intake. I do not want to impose my personal opinions; I only offer education. Look at those food labels and if you do not recognize a particular ingredient, then put it back on the shelf until you do. Do not let the food industry tell you what is good for you to eat; make that decision on your own. Remember, just because the package says "all natural" does not mean that it is.

~ ~ ~



*Martin McLoughlin is an ISSA Certified Master Trainer, Nutritionist, and Functional Training Specialist. He is CEO of Extreme Fitness Personal Training (circa 2001). He has been featured in numerous magazines, won multiple coaching awards, and has been featured on TV news segments and radio. He is a sought-after motivational and educational speaker, offering nutrition and exercise workshops to schoolchildren and adults all over the Philadelphia area. Martin is a Trainerspace.com, 5-Star rated personal trainer.*



# Re-Thinking Fat:

## ***The Case for Adding It Back Into Your Diet***

*By Mary M. Nearpass*

**D**o ***YOU*** think you are healthy? Are the foods that you consume contributing to the implementation of obtaining optimal health, or is your diet a trigger for illness? If you adhere to the standard, mainstream American diet, then do yourself a favor and keep reading!

For the past forty years, fat and cholesterol have been vilified nutrients in the American diet. The palate of many a childhood was the taste of skim milk, spreading bright yellow margarine on dinner rolls, eating low-fat microwave oatmeal flavored with apples and cinnamon, and putting nonfat ranch dressing on our salads. Folks were only doing what they were told. In 1977, a Senate committee led by George McGovern published its landmark “Dietary Goals for the United States,” urging Americans to eat less high-fat red meat, eggs, and dairy, and replace them with more calories from fruits, vegetables, and especially carbohydrates.

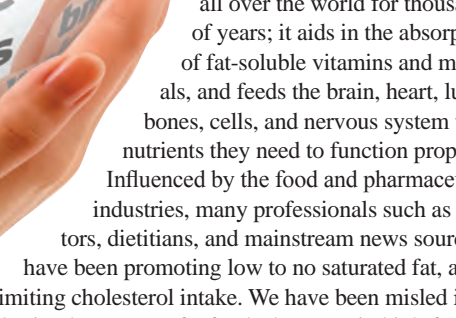
However, new science is revealing they aren't the culprit for what's hurting our health.

In the mid to late seventies, the dietary goals for the United States began to change drastically. As I said, they started urging Americans to eat less high-fat red meat, eggs, and dairy. We were to replace them with more calories from fruits, vegetables, and carbohydrates. By 1980 that wisdom was reinforced by the United States Department of Agriculture (USDA) issuing its first dietary guidelines. One of its primary directives was to eat less fat and cholesterol to reduce the risk of a heart attack. The food industry and American eating habits immediately followed suit. From 1977 to 2012, consumption of those “bad” foods dropped while calories from “healthy” carbohydrates increased matching the USDA food pyramid, placing them at the base. (Addendum: The USDA national food guidelines have changed five times since: 1979, then 1984, 1992, 2005, and most recently 2011, yet the very thought of consuming more fat and cholesterol in our diet will more than likely be met with much resistance due to our current national fat phobia.)

In 2014, the results are in: *the experiment failed*. We cut out the fat and the cholesterol, but by almost every measure, Americans are sicker than ever! Type 2 diabetes has increased 166 percent from 1980 until today. Nearly one in ten American adults has the disease (many pre-diabetic or not diagnosed), costing the health-care system \$245 billion per year. Deaths from heart disease have dropped, a fact that many experts attribute to better emergency care, less smoking, and widespread use of statins (cholesterol-controlling drugs). However, cardiovascular disease is still the country's number-one killer. Even the increase in exercise rates hasn't been able to keep us healthy. More than one-third of the country is now obese, making the U.S. one of the fattest countries in the world.

Trying to make this case is extremely heated, provocative, and controversial, despite the mounting scientific evidence to support it. The denigration of fat is so deeply embedded in our culture, with our love-hate relationship with food and our obsession with being overweight. It has reshaped fields of agriculture, changed business, and even changed our day-to-day conversations, attaching moral terms to nutrients in debates

over “good and bad” fat (saturated vs. unsaturated) and cholesterol (good being HDL and bad being LDL).



Fat has sustained cultures all over the world for thousands of years; it aids in the absorption of fat-soluble vitamins and minerals, and feeds the brain, heart, lungs, bones, cells, and nervous system the nutrients they need to function properly. Influenced by the food and pharmaceutical industries, many professionals such as doctors, dietitians, and mainstream news sources have been promoting low to no saturated fat, and limiting cholesterol intake. We have been misled into purchasing low or non-fat foods that contain high-fructose corn syrup, trans fats, and interesterified fats.

If the current nutrition advice was valid, our disease rate would be in a steady decline. Instead, obesity has more than doubled in children, and quadrupled in adolescents, in the past thirty years; which, according to the Centers for Disease Control (CDC), puts people at a greater risk of developing heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis.





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Overweight and obesity are associated with increased risk for many types of cancer, including cancer of the breast, colon, endometrium, esophagus, kidney, pancreas, gall bladder, thyroid, ovary, cervix, and prostate, as well as multiple myeloma and Hodgkin's Lymphoma. (<http://www.cdc.gov/healthyyouth/obesity/facts.htm>). There is obviously some conflicting information in play.

Research has shown no connection between chronic disease and saturated fat. Studies done by the Women's Health Initiative Dietary Modification Trial, published in the February 8, 2006 *Journal of the American Medical Association*, Nurses' Health Study, and the Health Professionals Follow-up Study, show that there is no link between the overall percentage of calories from fat and any important health outcome, including cancer, heart disease, and weight gain (<http://www.hsph.harvard.edu/nutritionsource/fats-full-story/>). Also, a sixteen-year study done at the Harvard Medical School investigated the effects of fat on health factors of 85,764 women. The women were divided into two groups: high vs. low saturated fat. They found that the group eating the lowest amount of saturated fat was about twice as likely to develop a stroke.

Joseph Hibbeln, M.D., a psychiatrist at the National Institutes of Health and perhaps the world's leading authority on the relationship between fat consumption and mental health, has added to these findings. He notes that the imbalance between omega-6 and omega-3 fatty acids may contribute to obesity, depression, dyslexia, hyperactivity, and even a tendency to violence. Bringing the fats into proper proportion may actually relieve those conditions.

Refined sugar in the diet is a trigger point for many diseases. Some of these are diabetes, IBS, Alzheimer's, obesity, arthritis, high blood pressure, and even cancer. Insulin is the hormone that helps the cells and tissues of the body use glucose, but when there are continual spikes in your blood sugar, the pancreas becomes overworked. At this point it cannot keep up with the demand placed upon it, and after a few years the insulin-producing beta cells of the pancreas begin to "burn out" and blood sugar rises. Rising blood sugar is therefore a sign of insulin resistance. Insulin resistance is the hidden cause for many metabolic abnormalities that are more commonly known as metabolic syndrome.

Starchy carbohydrates cause the same effect on blood sugar in the body. When a person eats a meal consisting of starchy carbohydrates (whole grains, potatoes, etc.), his insulin levels rises, contributing to the same health issues that sugar does. In fact, whole grains are one of the worst offenders for elevating the body's blood sugar. That is because wheat as we know it is not the same wheat available just fifty years ago. Thanks to geneticists and agribusiness, we went from a four-and-a-half-foot amber plant to a high-yielding two-foot plant posing as a healthy whole grain. Wheat and sugar consumption are the main cause of many diseases found in the human body.

Foods like grains, corn, soy, and vegetable oils like canola (rape-seed) cause a major imbalance of our omega-6 to omega-3 ratios, and also spike our insulin levels. These are the real triggers for disease and weight gain. Insulin puts fat in the tissue and suppresses fat mobilization. When insulin is secreted or chronically elevated, fat accumulates, which is primarily due to the carbohydrates and sugar in our diet. Fat is the only thing that does not release insulin.

"Aside from the many health benefits my family has experienced, many of my clients have made the switch to a high-fat diet and have seen drastic improvements in their health," says health expert Greg Murphy. "Out of respect for their privacy, I won't mention names, just examples. Client A had his blood work taken eight months before the change to a high-fat diet, cholesterol was 235, and his blood pressure was 140/85; eight months later it was a total cholesterol of 165, and his blood pressure was 130/70. Similarly, Client B was diagnosed with IBS (irritable bowel syndrome), which she has suffered from since she was

a teenager. Throughout the years she went to different doctors looking for relief, and all suggested a bland diet, recommended Imodium, or prescribed drugs like Lomotil. None of these recommendations helped or even addressed the underlying issue, barely even masking the symptoms. After just one month on the higher-fat diet, she felt like a different person. Now, following six months, she rarely has any stomach issues at all. All achieved by consuming REAL foods that heal, not destroy the human body!"

The war over fat is far from over. The debates about fat will likely go on, and the new studies have been like lighter fluid on the charcoal grill. "We need much more than a little cream in the coffee. We should be consuming much more. Sixty to eighty percent should be coming from fat. But saying just add some fat back is sending the wrong message. The ideal goal is much more fat, moderate to high levels of protein, carbohydrates derived from mostly vegetables, and very little to no starchy carbohydrates, according to the past several years of research.

Consumer habits are deeply embedded, and entire industries are fueled on demonizing fat. With TV reality shows about losing weight, the grocery-store aisles filled with refined, processed and low-fat snacks, and an entire billion-dollar diet industry at stake, change isn't going to happen overnight. However, don't think this means you can beeline it to the nearest drive-thru and order from the "extra value menu." But maybe, just maybe, it's time to start going back to the basics of "real" food. Starting tomorrow morning, put a little real cream in that coffee, and enjoy some eggs (with the yolks) for breakfast. Maybe our ancestors knew innately all along, and indeed, we have come full circle.

So, stay tuned. But what's clear is this: Gone are the days of experts calling for ultra-low-fat diets.

You can reach Greg Murphy at [primitive-athlete.com](http://primitive-athlete.com) and (610) 329-9488.

#### Resources:

Gary Taubes, B.S., *applied physics*, Harvard University, 1977; and M.S., *aerospace engineering*, Stanford University, 1978; master's degree in journalism, Columbia University, 1981.

<http://www.hsph.harvard.edu/nutritionsource/fats-full-story/>

<http://terrywahls.com/about/about-terry-wahls/>

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Time Magazine, June 12, 2014; cover story, "Eat Butter"

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Mary N. Nearpass has been working in the health-care field most of her career: from hospital administration, to consulting and teaching college, to currently providing motivational speaking, to working in a physician's practice and freelance writing. She enjoys the flexibility of her schedule, which allows her to keep her daughters her main priority and focus. Mary holds two master's degrees and her passion is prevention of addictive behaviors, especially at the adolescent level. After many recent surgeries from an automobile accident, she is blessed to be back swimming laps, practicing yoga and free-weight training.

## Overnight Pumpkin Oatmeal

Servings: Single

Nutritional Info: 279 calories, 5g fat, 45g carbs, 8g fiber, 15g protein.

### Ingredients:

- 1/4 cup uncooked old fashioned rolled oats
- 1/3 cup unsweetened vanilla soy milk
- 1/4 cup low-fat vanilla Greek yogurt – approximately 3 ounces
- 2 teaspoons dried chia seeds
- 1/2 teaspoon pumpkin pie spice mix
- 2 teaspoons honey or agave (real maple syrup if desired)
- 1/4 cup canned pumpkin (fresh if you like to carve out pumpkins)

### Methodology:

Combine oats, milk, yogurt, chia, pumpkin pie spice, and sweetener. Mix until well combined. Add pumpkin and mixed thoroughly. Place in refrigerator overnight. Eat cold in the morning for a refreshing and healthy breakfast. Store 2-3 days.



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## Center-Cut Pork with Roasted Apples

Servings: Nourishes 4

Nutritional Info: 258 calories, 10g fat, 31g protein, 11g carbohydrates.

### Ingredients:

- 1 teaspoon canola oil
- 1 1/2 cups sliced red or white onions
- 2 cups Gala or Fuji apple – sliced (approximately 3 apples)
- 1 tablespoon whipped butter
- 2 teaspoons fresh thyme leaves
- Kosher or sea salt/ground black pepper to taste
- 4 (5-ounce) center-cut pork loin chops (about 1/2 inch thick)
- 1/2 cup low-sodium chicken broth
- 1 teaspoon cider vinegar

### Methodology:

1. Preheat oven to 400°
2. Heat a large skillet over medium-high heat. Sprinkle pork with pepper. Add oil to coat. Add pork to pan cooking 3 minutes on each side or until internal temperature reaches 145 degrees. Remove pork from pan and keep warm (internal temperature will rise to safe recommendation).
3. Place skillet back over medium-high heat. Add onions to pan: cook 1 minute until lightly softened. Slowly pour in chicken stock to loosen food particles from pan and cook an additional minute, stirring constantly. Add apples to pan, mix and place in oven. Bake at 400° for 8-10 minutes until apples are tender. Remove and whisk in thyme, butter, vinegar, salt, and pepper.
4. Serve pork over apple mixture.





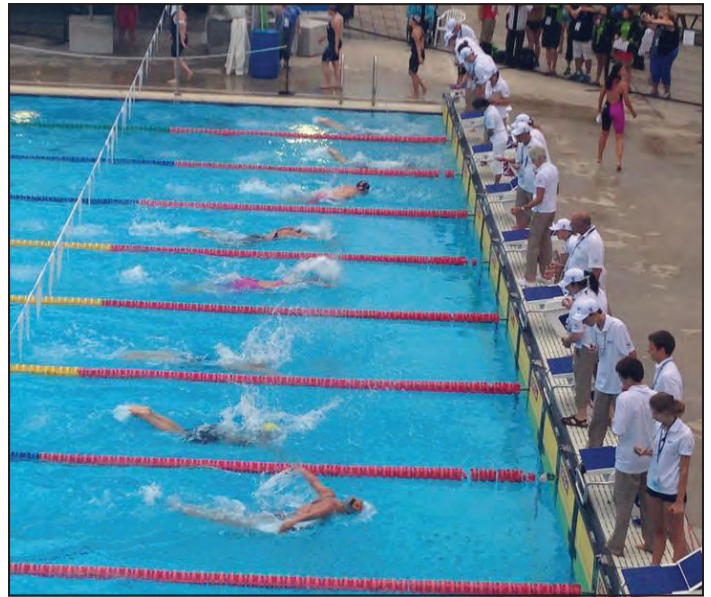
# Swimming: It's Never Too Late

By Cynthia Brennan, LMSW

**I**t had been thirty years since I swiped my goggles through the cool blue flow of my familiar water tank. Some things you never forget. The casual swing of the goggle band as you catch it in your hand. Feeling the sweet sensation of water droplets before you take the plunge, gauging the temperature for your swim that day. I grew up a swimmer. From the age of five to the ripe age of twenty-one, I swam thousands of pool lengths along with hundreds of swim meets. It became part of me, etched in my DNA forever. And then the realities of life hit me. I decided to hang up my suit and goggles and focus on my career my senior year of college. I never looked back; moving forward with my career as a family therapist, then marriage, children, creating a radio show, writing a book, then bam! My high-school swim sister, Louise, contacted me and simply stated, “You’ve got to get back in the pool! I can’t explain the feeling to you but it’s scary and exciting and so wonderful to be back!” I pondered this thought for about a year, and then I knew it was time.

I joined a Masters Swim Team, ironically, in the same city I hung up my goggles those thirty years previous. Ithaca held many fond memories for me, especially in the realm of swimming. The cool thing about Masters swimming is you don’t have to have a history of swimming to join the team. There are many different levels, from those who want to learn to swim better, to triathletes wanting to speed up their swim time, to swimmers who want to stay in shape, to competitive swimming. It’s an efficient low-impact form of exercise that will not only increase your strength, but your cardiovascular prowess as well. And the best part of it all? It’s an exercise you can safely do for the rest of your life! There are swimmers well into their eighties and nineties churning up the water at swim meets. And they’re not swimming sidestroke; they happily plunge in swimming butterfly, freestyle, backstroke, breaststroke, and IM. Swimming anywhere from fifty meters to eight hundred meters per event. Which brings me to my bucket-list experience.

After two years back in the pool, Louise called me and suggested we consider going to the FINA Worlds Championship Swim Meet in Montreal this past summer. After all, when would our next opportunity be



*FINA timer officials at the ready for 50-meter butterfly; Worlds Championship Swim Meet in Montreal 2014.*

so geographically close? The following year was scheduled in Russia. It took us about three seconds before we agreed it was a must! I’m not sure I can put into words the thrill of that experience. All I can tell you is that we were still on our natural swim high for a whole week after returning home. Swimming at an outdoor venue with people from all over the world was exciting enough, as well as Louise and me both swimming our best, but the true highlight was meeting two very inspirational women.

Enter ninety-seven-year-old Katherine Johnstone from New Zealand and ninety-two-year-old Charlotte Sanddal from Montana, USA. Louise and I had the pleasure of chatting with both of these fascinating gold-medal swimmer winners. I believe nothing happens by coincidence in our lives, and of course Katherine was the very first person we ran into upon our arrival at the pool venue in Montreal. Well, we actually saw her walk into the locker room and assumed it was her, so we had to follow her in! Would that be considered stalking? Anyway, we knew of Katherine before going to Worlds (it’s hard to miss a ninety-seven-year-old flying in from New Zealand on the roster), but actually meeting her brought joy to our hearts! She was an absolute delight, full of energy and light, with a wonderful sense of humor. When I told her I thought she was amazing, she simply looked at me and said, “There’s nothing amazing about me. I just do what I do, and I love to swim so I swim every day, just like anything we do as a routine.” Well said, Katherine, so simple and true. Charlotte had a very similar message. She expressed the importance of being mindful of everything we do in life. Staying in the moment and enjoying the presence of being. When asked what her secret was to staying in shape, she showed us some stretches she does every morning before getting out of bed, and then she said, “I do twenty proper push-ups when I get out of bed in the morning, and twenty more before I get into bed at night.” She then hit the ground and did twenty push-ups right there in front of us! As we all stood there speechless, she stood up and said, “I know I don’t go that deep, but there you go.” We were all in awe. So now, when my friends and I practice our set of twenty push-ups, we call them “The Charlotte.”

So, you might ask, what is the takeaway from this life-enhancing experience? There are a boatload of them, but the lessons that jump out at me clearly remind me to stay in the present moment with every action, keep moving no matter what, and to never ever give up. If we



*Photo Left: Katherine wearing her gold medal. Louise and I were happy to meet such inspiration! Photo Right: My fun photo with Charlotte. Her energy was contagious!*



keep those three things in mind, life will be a constant reminder that it is never too late to live your dreams.

For more information on Masters Swimming visit [www.usms.org](http://www.usms.org).

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*Cynthia Brennen, LMSW, is a therapist in the beautiful Finger Lakes Region of New York where she enjoys her private practice in counseling. Her recently published book, "Living, Loving & Unlearning: A Therapist's Guide to Healing and Living Authentically From the Inside Out" (Lulu.com), teaches you how to live a life of balance in alignment with the essence of your true self. As you discover the purity of your own soul, and purpose of your existence here on earth, you will begin to feel the freedom to live your life, your journey, and your truth. Visit Cynthia on her website at [www.CynthiaBrennen.com](http://www.CynthiaBrennen.com).*

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# The Mental Health Benefits of Yoga

Stacy K Hunt, Ph.D.

I am often asked by curious friends, “What issues do you see the most of in your psychology practice?” It doesn’t take me long to answer, “Anxiety, with depression as a close second.” Yes, I do deal with many of the other disorders that are neatly packed into our most recent Diagnostic Manual, but anxiety is rampant in our society and in many of our lives. Some people find ways to manage their stress and anxiety on their own or through their community and self-care skills, while others may find themselves at a crisis point, needing more professional help. Whether you are a person who seeks out psychotherapy for such symptoms or someone who wants to manage it on your own, mindfulness, meditation, and yoga are one of the best tools we have.

When I first began working with children, teens, and adults with anxiety, I focused on the tools I had learned in my training: psychoanalytic theory, cognitive behavioral therapy, interpersonal therapy, and often a referral for a medication consult. All of these methods worked, to some extent. But it seemed clients needed more: mindfulness. After attending several trainings on the benefits of mindfulness, I began to incorporate it into my work. Teaching people to non-judgmentally experience their worry, stress, and anxiety paradoxically encourages it to be released. When we release the grip, even of our own thoughts, they become less powerful. This is at the core of yoga practice.

Research is now supporting what many mental-health practitioners have been discovering: that mindfulness, meditation, and practices such as yoga can have a powerful effect on anxiety, trauma, depression, and other disorders. And it’s a lifelong lasting improvement. Oftentimes, it’s the combination of therapy, medication, and yoga or mindfulness

practice that allows people to really become free from the kind of obsessive thinking that can be all-consuming (\*). We now even have new methods of teaching and practicing yoga that are specially designed to help people with mood disorders, anxiety and trauma (\*\*).

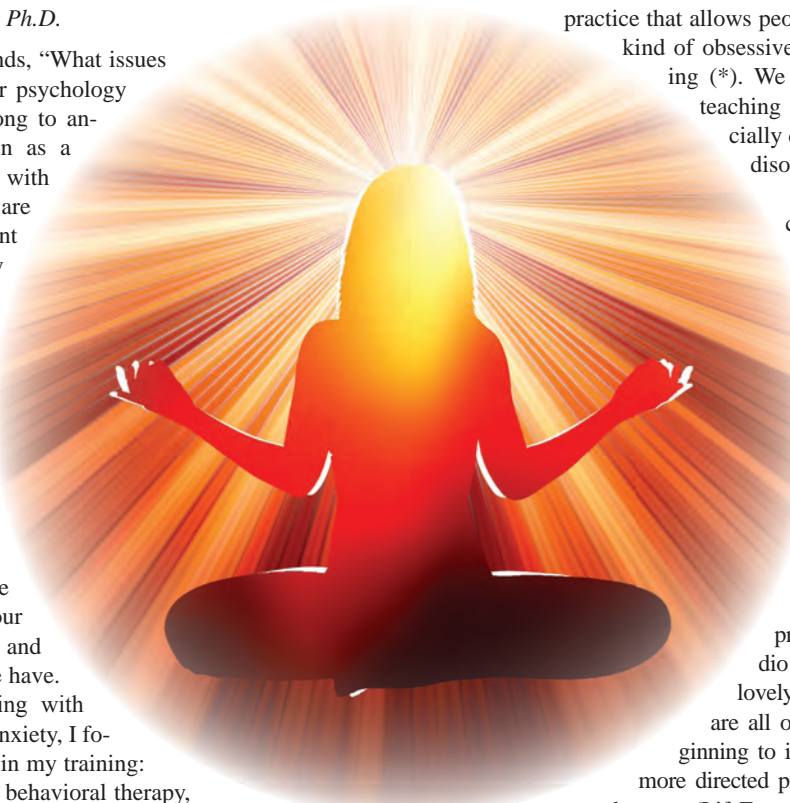
Meditation and yoga have become a constant recommendation in my practice and in many of my colleagues’ practices. We teach it and we preach it; we also do it ourselves. In the last few years I began to realize, however, that I wanted my clients (and others) to have a safe place to learn and really practice these techniques in a non-judgmental and non-competitive environment. With that vision, my colleague Dr. Kathryn Shipley and I recently relocated and rebuilt our practice and added an adjacent studio for such work. While we have the lovely traditional small yoga classes that are all open to the public, we are now beginning to incorporate small yoga groups with more directed practice for mood disorders, anxiety and trauma (LifeForce Yoga). The natural blend of therapy

and yoga seems obvious to us now, but it is still in its infancy and we have much to learn about its benefits. When we carry the peace of mind that we achieve in a yoga class, or a meditation group, into our day, we are so much more likely to see the good in our world, allow the negative to roll off, and to let go of what is toxic in our lives. That is true for all of us.

## Sources

\*Streeter et al. “Effects of Yoga Versus Walking on Mood, Anxiety, and Brain GABA Levels: A Randomized Controlled MRS Study.” *The Journal of Alternative and Complementary Medicine*, 2010.

\*\* Bennett, et al. “Initial Evaluation of the LifeForce Yoga Program as a Therapeutic Intervention for Depression,” 2008



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*Dr. Stacy Hunt, clinical director and supervisor at Newtown Therapy and Wellness Center, is a licensed clinical psychologist. She holds a Ph.D. in clinical psychology from the University of Virginia and earned her bachelor’s degree from New York University. Dr. Hunt did her doctoral internship at Ewing Residential Treatment Center and the Department of Children and Families (DYFS) in New Jersey. She did her post-doctoral internship at both Pennel Mental Health Center and at T.L.C. Associates in Newtown, Pennsylvania. Dr. Hunt held pre-doctoral practicum placements at the Children’s Hospital of Philadelphia in the Adolescent HIV Initiative and in the Neuropsychology Department (Psycho-Educational Evaluations) at the Culpeper Juvenile Correctional Center (Virginia Department of Juvenile Justice) in the Behavioral Services Unit, and at the Mary D. Ainsworth Psychological Clinic at the University of Virginia. She works with children, teens, and adults in her private practice.*

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## Runner's Corner

By Paul Isaac

After making it through the summer, runners can look forward to the cool and crisp fall season. Traditionally this time of year is loaded with major marathons, including our own Philadelphia Marathon, which is always run close to Thanksgiving.

Many of these events also include companion races of shorter distances with lower entry fees. Speaking of Thanksgiving, besides the many Turkey Day-themed 5K races in the Philadelphia area, within a three-hour drive a runner can find one of the most storied races in the country. The Berwick "Run for the Diamonds" is a nine-mile race that started in 1908 and has been run by some of the top runners in the country every year since; with the exception of 1918-1919 because of a flu epidemic. Its starting time of 10:30AM allows harriers within a few hours' radius of Berwick to both make the drive there and then try to tackle the "rollercoaster" course that includes an unforgiving hill in the early stages of the race, and then enjoy a guilt-free Thanksgiving feast after burning innumerable calories.

Further information about this fabled event can be found at [www.runfordiamonds.com](http://www.runfordiamonds.com) or in Mark Will-Weber's classic book "Run for the Diamonds: 100 Years of Footracing in Berwick, Pennsylvania."

Training is much easier in the fall, as the cool weather makes it both more enjoyable and easier to put your miles in. The brisk air makes you feel more invigorated when you are done and increases the renewing effect of your training.

The only downside to running in the latter months of the year is of course the reduced daylight hours, which brings the common problem of occasionally dogging inattentive drivers who may not see your reflective vest. One solution to this is running with a group, which literally provides strength in numbers, and usually reduces the likelihood of anyone getting hurt.

Overall, running is more fun in the autumn with the combination of the prime conditions and both the Halloween and Thanksgiving motifs intertwined with the events. An example is the "Skeleton Skurry 5K" put on by the Hatboro, PA YMCA. More information about this race can be found at [phillyymca.org](http://phillyymca.org) or [www.runtheday.com](http://www.runtheday.com). The best websites to use for general race information are [www.runningintheusa.com](http://www.runningintheusa.com) or local sites like the just-mentioned [www.runtheday.com](http://www.runtheday.com) or another of my favorites, [www.pretzelcitysports.com](http://www.pretzelcitysports.com), which boasts some amusing annotation in their race applications, and is led by the always entertaining Ron Horn.

I hope I have provided some helpful insights to the fall running season. Above all else, enjoy, enjoy!



# Something About Helen

By Mary N. Nearpass

Something about this quiet, unassuming, humble woman had been speaking to me as I observed and admired her from afar for months. I decided to approach her one day at the gym.

Her name is Helen (or Bunny as she is affectionately known by her friends and family). She would NEVER approach me to ask if I'd write her story, so I am glad I went with my gut. Mind you, I had not been a "regular" at my gym, L.A.Fitness of Huntingdon Valley, PA, for the past few years due to multiple surgeries, so I truly wish I had seen this entire, incredible transformation occur.

"Hi! My name is Mary, and I'm a writer. Rumor has it that you have lost a lot of weight recently and I'd like to write about you!" Put yourself in Helen's shoes; some crazy lady she didn't even know comes up to her and says she wants to learn all about her complete makeover. After checking out my credentials that I was indeed "legit," Helen agreed to meet with me over coffee after a workout one morning. Here is the substance of this amazing story!

She is the youngest of five children, all girls, four out of five of whom have been heavy their entire lives. Ironically, Helen's oldest sister, the thinnest girl, passed away at age sixty due to heart failure. Both of her parents died relatively young due to heart-related issues. Her family has a history of impaired hearts, high blood pressure, high cholesterol, hyperthyroidism (Graves' Disease), sleep apnea, and a litany of medications required to keep their health from deteriorating. The price of the monthly prescriptions alone should have been enough for Helen to take a good look at her diet and lifestyle; however, her eating habits did not change. All of us have something we *should* be working on. For Helen, food served more as a source of a reward and comfort, as well as an escape from looking at the reality she subconsciously was trying to avoid.

Helen is quite humorous, and I concluded that this must have served a purpose for helping her avoid looking at herself. This would also deter people from focusing on her weight, and more on her humor.

Her personality is quietly inconspicuous in a big, public place such as a gym, but that was one of the things that initially intrigued me about Helen. She was far from the social butterfly, by no means rude or elusive, just very much down to business. She came in, worked out HARD, doing her cardio, followed by weight training using the machines for equipment, and was out the door in usually close to two hours.

Between the years of 2003 and 2010, Helen had yo-yoed up and down with her weight reaching up to 300 pounds as an all-time high.



*"Her personality is quietly inconspicuous in a big, public place such as a gym, but that was one of the things that initially intrigued me about Helen. She was far from the social butterfly, by no means rude or elusive, just very much down to business."*

In 2003, while working as a Unit Secretary at the Willow Ridge Nursing Center (now Power Back), Helen passed out while sitting at her desk. Her family physician, Dr. Maurice Gross of North Willow Grove Family Medicine, found her blood pressure and cholesterol were off the charts, so she was prescribed medications to try to get these under control.

Additionally, she began to carry nitrogen lozenges to slide under her tongue in the event of a potential heart attack. At 286 pounds on her 5'4" frame, she became aware that this was starting to look like some serious stuff.

That very summer at Ocean City, Maryland, Helen passed out again and ended up in Atlantic General Hospital. During her stay, she was tested for thyroid cancer as she had no nerve reaction in her throat. Thankfully, her diagnosis was less serious; Graves' Disease or hyperthyroidism, which is not all that uncommon and thankfully can be controlled with proper medication for the rest of her life.

When she returned to Pennsylvania, she began seeing an endocrinologist, Dr. Glenn McGrath. He delivered Helen's first "light bulb" moment verbally by simply stating, "Just shut your mouth!" Another internist, Dr. Yasmani, delivered her second "light bulb" moment with two words, "You're fat!"

A little bit of tough love can go a long way as an incentive, or it can backfire using these words as yet another excuse for Helen continuing to not take responsibility for her health. For Helen, it was like walking into a disco. Neon, flashing lights went off around and around in her brain, and this time, she couldn't dismiss these lights even if she wanted to – she was ready to embrace her light-bulb moment! Her light switch was permanently turned on, and her self-imposed darkness was a thing of her past.

It was now May 2009, and Helen began her journey. She would wake up each morning, sit on the side of her bed and said one word to herself, "Thera-Band." This elastic band was the only muscle-building

apparatus Helen could manage to use starting out on this excursion. She also began walking, first covering one block then two. By Thanksgiving, she had lost ten pounds. She was hosting Thanksgiving, as she always did; only this year, she provided an entirely different spread. Instead of the fat-laden traditional foods she and her family had become accustomed to, she displayed a healthy yet satisfying meal. Her family, much to her surprise and delight, were proud of her and her new-found desire to become healthy.

After dinner, it was snowing, and Helen's son said, "Let's go for a walk, Mom!" With his company, they walked an entire mile! Helen's son asked her to walk one mile a day. She began doing so, as she did not want to break her promise to him. She has never looked back.

By the summer of 2010, Helen had lost eighty pounds. Much to her dismay, her colleagues at work could not believe the changes in Helen. They noticed that she no longer reached for the candy jar. She began bringing her own meals to work, and chose not to partake in any of their take-out orders. She was even questioned by her office manager as to whether or not she was using drugs because of the huge weight loss in a relatively short period of time. They both laugh about it today.

This same summer, Helen sought out the expertise of a nutritionist because she found that although she was eating much healthier, she needed more structure and confidence in her diet. She began keeping a food journal, and continues to record daily her nutritional intake. At first, it appeared that she was eating too much, as her nutritionist was teaching her the importance of eating small amounts throughout the day in order to keep her metabolism revved up. Now that she has grown accustomed to her new eating style, it makes her feel much better and more in control, making sure she is eating the proper amount in accordance with her workout regimen.

A typical week in Helen's life at the gym includes going Tuesday, Thursday, Saturday, and often Sunday. She is extremely committed to her weight routine and either runs on the treadmill or used the elliptical for her cardiovascular component. On her off days from the gym, Helen is now able to run up to eight miles a day, an incredible accomplishment for the woman who had to motivate herself to use her Thera-band.

She also lives in her own home, and tends to its upkeep both inside and out. In the evening, Helen's two previously abused dogs she rescued from a shelter need their walk. They so look forward to it, that even if Helen has already done plenty of exercise that day, she still manages to go out and enjoy a walk with her "precious babies."

In June of 2011, Helen's weight dropped another sixty-two pounds weighing in at 168, and by Thanksgiving, she was 148. The following spring, Helen reached her goal, where her body seemed to naturally plateau and know that this was "home" at 125-130 pounds. She achieved this phenomenon in less than two years! On the day of our interview, Helen was 124 pounds; she has maintained her newfound weight for close to three years now. She went from 300 to 124 pounds – a total of 176 pounds! Helen is well over half of the physical person she was a mere four years ago! From her physicians' perspective, they are BEYOND thrilled and proud of Helen. She is now off of all medication as a result of her heroic effort in taking charge of her health.

Many of you are familiar with the "FitBit" and the "JawBone." For those of you who are not, these gadgets are worn as a wrist band with applications that are able to track your activity, your diet and sleep twenty-four hours a day, seven days a week. You simply charge it up each night like your cell phone, and you are ready to go the next day. We have truly entered the era of the quantified self.

Helen wears her FitBit from the minute she wakes up and often throughout the night to monitor her sleep pattern, which has also improved dramatically since her drastic weight loss. No more sleep apnea and no more C-Pap machine. The amount of money that Helen has been able to save in terms of prescriptions and various studies to

measure the status of her health is staggering. She is now able to save more and treat herself to things she could normally only dream of.

The last challenge Helen is now facing is that of doing too much exercise. Who would have thought? I recommended the Renfrew Center, a safe haven for women with challenges in disordered eating and exercising. She, like many women, needs guidance in this area, just as she found someone to trust for her nutrition. Finding that happy medium between over and under exercising can be tricky, especially if you've worked as hard as Helen has.

This incredible woman is one of the most inspiring, yet unpretentious people I have ever had the pleasure to get to know. Her accomplishments are awe-inspiring and I look forward to seeing her now on a regular basis.

~ ~ ~



*Mary N. Nearpass has been working in the healthcare field most of her career: from hospital administration, to consulting and teaching college, to currently providing motivational speaking, to working in a physician's practice and freelance writing. She enjoys the flexibility of her schedule, which allows her to keep her daughters her main priority and focus. Mary holds two master's degrees and her passion is prevention of addictive behaviors, especially at the adolescent level. After many recent surgeries from an automobile accident, she is blessed to be back swimming laps, practicing yoga, and free-weight training.*

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# The Most Wonderful Time of the Year...

Dr. Anna Hilton

**T**he holidays are all about gathering together with loved ones (both two- and four-legged). However, the fast pace of the holidays can easily leave us feeling dazed as though we were hit by a train and fifteen extra pounds overnight. As an emergency veterinarian, I work full time and have two young kids, as well as multiple pets. Managing to make it through a normal week alive is tough enough, let alone adding in the stress of this busiest time. But our waistlines, pocketbooks, and sanity are not the only potential casualties of this magical season. Our beloved dogs and cats are sadly all-too-often unintentional victims of this hectic time as well.

One of the most common problems emergency veterinarians face this time of year is what we respectfully call *dietary indiscretion*. Although this sounds like a fancy faux pas, it's really just a nice way of saying, "Your dog got into something they really shouldn't have." Dietary indiscretion can happen when owners decide to generously gift their dog with tasty table scraps, or it could be a dog deciding he will help himself to food that is within muzzle's reach, while his owner is otherwise distracted. Results can vary between mild stomach and intestinal upset (vomiting, diarrhea, loss of appetite) to severe pancreatitis.

Pancreatitis can be a serious problem for your pet. Inflammation of the pancreas can occur secondary to eating fatty foods. Digestive enzymes are released abnormally, and in some cases can cause severe inflammation of the pancreas and other surrounding organs, leading to abdominal pain, lethargy, decreased appetite, vomiting and diarrhea. A body-wide inflammatory response can result, which can include abnormal clotting ability and lung problems. Treatment can involve days of intensive care and monitoring, intravenous nutrition, and complications requiring surgery can develop. While not every dog that ingests people food will develop pancreatitis, it is best not to experiment with yours.

Dogs love bones, right? Yes, but their gastrointestinal tract often does not. Bones from a cooked carcass can splinter and irritate the stomach and intestines as they pass through. Rawhides and bully-sticks, while adorable with red ribbon attached and poking out from your dog's Christmas stocking, do not make good presents, as they can cause choking and intestinal obstruction.

In addition, there are multiple human foods that are actually toxic to your pets. Many holiday sweet treats are baked with chocolate and cocoa and contain a chemical called methylxanthines (theobromine and caffeine), which are highly toxic to both dogs and cats. Theobromine is similar to the caffeine in chocolate and is present in varying amounts depending on the type of chocolate. As a general rule, the darker the chocolate, the more theobromine content.

If consumed in quantities and not appropriately and

can sadly result in death. Consumption of milk chocolate is not as concerning, although a smaller dog eating larger quantities can still experience the toxic effects. Further, the risk of gastrointestinal signs and pancreatitis exists with any chocolate consumption due to the fat content.

If your pet ever does ingest chocolate, contact your local emergency veterinarian or animal poison control for further recommendations. Treatment can include induction of vomiting if ingestion was recent, administration of activated charcoal to decrease further absorption of the toxin, treatment with IV fluids, anticonvulsant medication if seizures occur, and possibly antiarrhythmic medication for heart rhythm disturbances.

Another seemingly benign food, which is actually scarily toxic and harmful to pets, is bread dough. Dogs may be too tempted to ignore the dough when left to rise on the edge of a kitchen counter. Once it hits the nice warm environment of their stomach, it starts fermenting, thereby releasing ethanol. This release of ethanol causes alcohol poisoning. So if you suddenly notice that your dog is acting a lot like your favorite drunk uncle, you may want to check and see if the bread dough is missing off the counter. They may exhibit uncoordinated walking, seem depressed, and inappropriately vocalize. They will also potentially vomit, since as the dough expands, the stomach becomes stretched. This can become a serious problem, as the mass of expanded dough can cause stomach bloat, obstruction and even lead to twisting of the stomach, which requires surgery to correct. Cold water stomach pumping to stop the fermentation process and intensive supportive care for severe neurologic depression may be necessary.

And what about those raisins you were thinking of putting in that bread? Think again, or at least think twice about leaving the bread by the counter edge. Raisins, grapes, and even currants are known to cause acute kidney failure in dogs and cats. Any amount has the potential to be dangerous, as the dose considered to be toxic to the kidneys is unknown. Inducing vomiting and giving activated charcoal to help bind remaining toxin is indicated for recent ingestion, followed by aggressive

IV fluid therapy for forty-eight hours to help "flush out" the kidneys.

Onions, a common ingredient in many savory holiday dishes, are also toxic to your pets. Ingestion can lead to destruction of red blood cells, causing anemia. Dogs that have ingested onions or onion powder-containing foods may show signs of weakness, pale gums, red urine and vomiting. Blood transfusions may be needed to restore their red blood cell counts back to normal.

What about our feline friends? Would you like us to



believe they are perfect living specimens, cats are not immune to their own potential holiday disasters. One of the big risks is the abundance of ribbon this time of year. Many cats love to bat or paw at the stuff. However, if they end up actually ingesting it, there is the potential for serious consequences. One end can get stuck while the rest is pulled into the intestines as they contract, leading to a bunching up of the intestines and causing an intestinal blockage. This is termed a *linear foreign body obstruction* and is a serious surgical emergency. If the intestines are compromised enough, your cat could even develop infection of the abdominal cavity (peritonitis), which is quite serious. Signs that your cat could be obstructed include vomiting, decreased appetite, lethargy, discomfort or fever. If you see string coming from either the front or back end of your cat, please don't pull on it, as this could really make things worse. Instead, seek veterinary attention immediately.

Tinsel holds the same potential risk, which leads me to the possible dangers of the magical Christmas tree, or as many veterinarians think of it, "O Tannenbaum of Terror." Just like some pets inexplicably love to drink toilet water, some will also be attracted by the fascination of Christmas tree water. This water may contain fertilizers or if stagnant can contain bacteria, and if ingested can both lead to stomach and/or intestinal upset. Glass ornaments if chewed and swallowed can cause severe irritation to the lining of the gastrointestinal tract, so best to hang these on the higher branches out of temptation's way. Try to also keep electric cords out of your pet's reach. Biting through the cords will cause electric shock, which causes burns, trouble breathing, and possibly death. If your pet has chewed through a plugged-in cord, please have them evaluated immediately by a veterinarian, as treatment sooner rather than later is extremely important. Bubble lights pose another hazard as a chemical in the lights called methylene chloride (which bubbles when heated) can cause irritation to your pets' eyes, skin, lungs and GI tract if chewed on.

Right next to your Christmas tree you may have your other holiday greenery and plants. The most dangerous are multiple types of lily flowers. Barely more than a small whiff of one of these is enough to put a cat in kidney failure. Poinsettias have long been the red-petaled stepchildren of the holiday plants, but have really gotten a bad rap. While their sap does have the potential to cause some irritation to your pet's mouth and some mild stomach upset if eaten, it is not the evil toxic plant it has been hyped up to be. Holly can also cause some mild to moderate GI signs, depending on the amount ingested, as well as mistletoe. Mistletoe has the potential to also cause some adverse heart effects, so feel free to kiss your pet under yours, but keep it out of chewing range.

Above all, holidays are a time to be thankful for all the wonderful joys of life, not the least of which are our canine and feline companions. Keep these special loved ones safe and remember to enjoy the special contribution they give to our lives. Happy Holidays!

~ ~ ~



Dr. Anna Hilton is a veterinarian who works in the emergency and critical care service at Hope Veterinary Specialists, a small animal 24-hour referral hospital in Malvern, PA. She lives in Wayne with her husband, two young daughters, and her three cats, Pippa, Percy and Dandelion, and her Labrador retriever-mix, Welly.

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PHILLYFIT | 19



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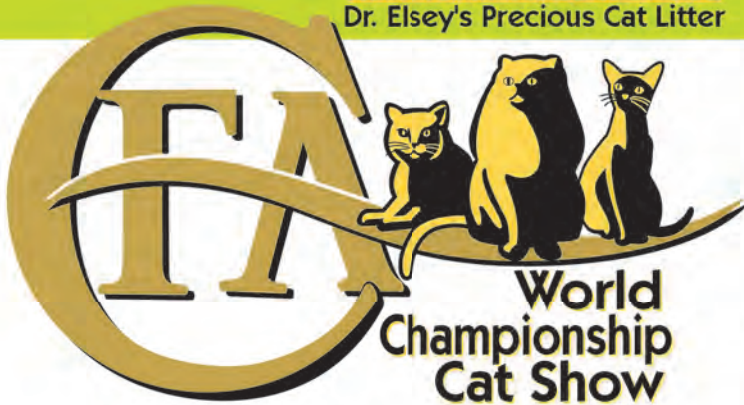
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# ANIMAL CHIROPRACTIC

## *Yes, Your Pet Can Benefit from Body Adjustments, Too!*

By Michael M. Burak, D.C.

**C**hiropractic for pets seems to be gaining popularity from owners as they seek an alternative treatment rather than masking pain with medication.

Most of my referrals are from pet owners telling other owners, from veterinarians when a patient asks for an animal chiropractor, and even from a few veterinarians as they try to seek an alternative for their pet patient. No one knows their pet better than their owner. Pets can communicate in many ways that they are not in optimum health. Their problems include but are not limited to lameness, hip dysplasia-like syndrome, G.I. motility and digestive disorders, behavioral issues, agility dysfunction, disc issues and more. People tell me that their pet no longer wants to go up or down the steps, jump into bed, go for a walk and do simple activities that the pet used to love to do (e.g., fetch). They may not have much of an appetite and just don't seem to be themselves. Chiropractic tries to find what is causing the problem and hopefully, by manipulating the spine and working on the musculature, the body will have the ability to heal itself and your pet will be jumping and playing again in a short time (hopefully).

The chiropractic principle is that the nervous system controls everything in your body. The nervous system consists of the central nervous system (brain and spinal cord) and the peripheral nervous system (the nerves that extend out from the spinal column). Nerve signals



get transmitted from the brain to the periphery for motor functions (movement, etc.), and from the periphery to the brain to transmit pain signals. Chiropractors use the term “vertebral subluxations” to explain what happens when the nervous system is not at its “optimum” or is in a state of “disease.” Basically, we believe that if the vertebral joints are in their correct position and motion, then the body has the ability to function optimally. If the spinal joints (and extremity joints) are not in their correct position or motion, then problems can occur. Most problems that show symptoms recently may actually have been building up for a little while.

In conclusion, chiropractic care fixes the cause of neuromusculoskeletal problems by aligning the spinal column. We believe that the spinal column houses and protects the most important system in the body, the nervous system. Without optimal spinal health, the animal will be in a state of dis-ease and will not be able to function to its optimum. Therefore, periodic chiropractic adjustments are an excellent choice for prevention, maintenance, and overall spinal health.

~ ~ ~



*Dr. Michael Burak has a human and animal chiropractic practice in Huntingdon Valley, PA. He is also an adjunct professor in the Equine Studies Department at Delaware Valley College in Doylestown, PA.*

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# Throw Away Dogs Project Saves Discarded Pets

## Abandoned Dogs Have New Lives as K-9 Police

By Mary N. Nearpass

Carol Skaziak is the manager and public-relations representative for the Philadelphia Pet Hotel & Villas (a luxury boarding facility established in 2010) located near the Philadelphia International Airport. Nominated three years in a row for the best of Philly Hot List, this five-acre facility provides an ideal environment for your pet with twenty-four-hour care and attention. Their commitment to the safety and welfare of your pet is their greatest concern and influences every aspect of their business. They provide weekly doggie daycare, pet boarding, or an afternoon of pampering for your pet; Philadelphia Pet Hotel & Villas offers a broad range of services to fit your needs.

Because this is a luxury facility, you would never think that many animals are left and abandoned. But they are monthly and it's heartbreaking.

In 2013 alone, time after time dogs were abandoned at the hotel when owners would just not come back to get them. Carol was increasingly devastated by this. As her heart was breaking week after week, she decided to write an article about it. When she presented this to the owner of the hotel, he told her she could not publish the article as it was too sad and negative. He DID, however, tell her to go back and turn the article around and make it something positive.

That was when "Throw Away Dogs" was created. It started out as a calendar, or Phase 1. Carol held a contest asking her clients to send in pictures and a story of how their "Throw Away Dog" rescued them. It was a HUGE success. The calendar sales did so well that Carol donated one hundred percent of the sales to a local charity organization, New Leash on Life USA, which rescues abandoned dogs. She is now recruiting dogs for a 2015 calendar. Throw Away Dogs is thrilled to announce that it has just been "sponsored" by Richard Lee from Media Copy Online to produce a K-9 and Handler calendar. It has been notified that this second calendar will now be supported by the AKC (American Kennel Club). This calendar will be sold NATIONWIDE. This is a huge step for the organization. They will be honoring two very special K-9s in this calendar that were injured in the line of duty and are very well known all across the country.



Winchester and Carol in the snow.



Winchester's story makes the paper.

The news media was all over this and word spread quickly. Carol was far from done. In fact, she was just getting started and needed and wanted to do more!

Carol's calendar cover dog, "Winchester," was one day away from being euthanized when the Shepherds Hope Rescue group in New York donated him to the SEPTA transit police in Philadelphia where he was given the chance of becoming a working police dog. It worked! He now protects and serves the City of Philadelphia!

This story inspired Carol so much that she decided to choose Winchester to be the cover dog of the 2014 calendar. She grew a bond and friendship with him and his handler, and in a matter of months "Throw Away Dogs" entered Phase Two!

Becoming a nonprofit organization in February 2014, Throw Away Dogs got on Facebook, [www.facebook.com/throwawaydogs](http://www.facebook.com/throwawaydogs), and Phase Two began: "Rescue, Rehabilitate, and Relocate" throw-away dogs so they can now have a purpose to be honored, respected, and trusted as police K-9 working dogs and donated to police departments around the country. The local news loved it! "We officially filed as a nonprofit organization and we are moving forward in search of those high-strung, hard-to-handle dogs that are just abandoned and brought to shelters," stated Carol. "We are training them, teaching them how to love and behave and then donating them to police departments that are in need of them. These dogs need a job, but also need a loving family to care for them. We only will donate to departments that take their dogs (partners) home with them after a day of work."

"People will buy these dogs not having a clue how high-strung and smart they are. If you are not familiar with the working-dog breed, you can't handle them. This is why there are so many of them in shelters." Police dogs that are bought (so many of them are bought overseas) can range from \$7,000-\$21,000 fully trained. If "Throw Away Dogs" can save a life and save police-department money, it is a win-win for all.

Carol is extraordinarily passionate about what has become her mission as she comes from a family of police: "This road has been enormously challenging and I have cried so many times because I just wanted to give up." She has withstood many rude and condescending

comments. "Some people are supportive and some people are just mean and negative," as is the case for just about any new and different idea or concept. Through many a roadblock along the way, Carol and her partner, Jason Walters, a police officer and K-9 handler in Philadelphia, are proud to announce that their "first official" Throw Away Dog, Rayne, has just gone to the Maryland State Police! Next step is waiting patiently over the next three months (total length of the training program) to see if she passes the K-9 School. "If not, she comes back to us for more training or we will just find a loving home for her."

"Myself being a civilian female (married to a police officer) and my Throw Away Partner, Jason Walters, are two regular people that just want to make a difference and save dogs, but also hopeful that we will be known around the country one day for our Phase Three: that all K-9 departments around the region know about us and may contact us if they cannot afford to buy a K-9 dog for their unit. The aim is to train these unwanted shelter dogs to be working police dogs."

Mr. Walters came to know Ms. Skaziak when he boarded his family dog, Trigger, during vacations. He now boards both Trigger and Winchester, the first cover calendar dog of the "Throw Away Dogs Project." When Jason first met Winchester, the German shepherd was a 120-pound ball of energy, so big and high-strung that his overwhelmed owners had given him up to a shelter.

He was exactly what Walters, a SEPTA police officer, wanted. "High-strung, for us, is a positive," said Walters, who helped transform Winchester into a working police dog (now a svelte ninety-five pounds from rigorous training). "Training these dogs is like playtime for them – their work is hide-and-seek."

Besides saving dogs possibly doomed to die, the charity will help police departments: dogs professionally trained as police K-9s from puppyhood can cost \$8,000 or more, according to the National Police Dog Foundation. The Throw Away Dogs Project gives dogs to departments for free.

The enterprise is not foolproof, however. Shelter dogs don't always work out as police dogs. K-9s professionally trained since they were puppies are expensive partly because their performance is guaranteed. Still, Walters said, "None of the K-9s he knows that have been plucked from shelters (SEPTA has two and Philadelphia police have five) has failed in their duties."

Winchester is an explosives-detection dog also trained to patrol and apprehend. In his three years on the SEPTA police force, he hasn't found any explosives nor had to apprehend anyone, Walters said. The dog's mere presence – Walters and Winchester primarily patrol transit hubs like Center City – often defuses problems, Walters said.

Additionally, Carol has been contacted by a new training facility, what she calls her "guardian angel," Joe Nick K-9 Training, LLC located in Vineland, NJ; (856-839-0450, [www.joenickk-9training.com](http://www.joenickk-9training.com)).

"They have been a wonderful help to the Throw Away Dogs Project and she wants to share this wonderful team with everyone."

Since September 2014, every Saturday at 10 a.m., Community Pet Sessions have been held at the Philly Police Marine Unit Building on Kelly Drive. Cost is only ten dollars per dog. The focus is on mastering the walk, dog socialization, and obedience. All are welcome! There is a money-back guarantee if you don't learn something new each session.

In her spare time, Carol Skaziak is also a proud mother of three young children, fifteen- and eleven-year-old boys and a six-year-old girl, and three dogs. The dogs include a ten-year old German shepherd, a nine-year-old rescue golden retriever/beagle mix, and a two-year-old rescue German shepherd.

~ ~ ~



*Mary N. Nearpass has been working in the health-care field most of her career: from hospital administration, to consulting and teaching college, to currently providing motivational speaking, to working in a physician's practice and freelance writing. She enjoys the flexibility of her schedule, which allows her to keep her daughters her main*

*priority and focus. Mary holds two master's degrees and her passion is prevention of addictive behaviors, especially at the adolescent level. After many recent surgeries from an automobile accident, she is blessed to be back swimming laps, practicing yoga, and free-weight training.*



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**TRAVIS REUST**

M.Ed., SCCC, USAW,  
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Associate Director  
of Strength & Conditioning

**Coaching Timeline:**

- 1997 - East Central University –  
Graduate Assistant Football  
Coach & Strength Coach
- 2000 - Oklahoma State University –  
Strength Coach's Assistant
- 2001 - University of Colorado –  
Head Assistant Strength Coach
- 2004 - Texas Christian University –  
Assistant Strength Coach
- 2005 - University of Nebraska –  
Head Basketball Strength  
Coach
- 2006 - East Central University –  
Director of Strength and  
Conditioning Coach
- 2010 to Present Day –  
Univ. of Texas San Antonio –  
Associate Director of Strength  
& Conditioning

# A Leader

## Both On & Off the Field:

### *A Look into the Life of Collegiate Strength Coach Travis Reust*

By Matt Weik

In an industry where winning and losing can decide the fate of your employment status, strength and conditioning can make or break you depending on what skills you possess and how hard you are willing to work. Getting athletes in top conditioning takes time, dedication, and the right mindset. Anyone can tell someone to pick up and put down weights, but it's the combination of training protocols along with a great support staff of strength and conditioning coaches that help propel athletes to the next level. Travis Reust is no exception when it comes to top strength and conditioning coaches in America. Each coaching job was a stepping stone to help him get to where he is today – learning a lot along the way and shaping him into the fine coach that he is. The amount of time spent working with elite athletes is more than one would expect, but with athletes who strive for greatness, no amount of time is enough for them to excel on the field.

**For those readers who don't follow college sports down to the coaching level, can you give us a brief background on yourself and your previous positions within college sports and how you wound up at the University of Texas at San Antonio (UTSA)?**

I've been a college strength and conditioning coach for over fifteen years – prior to that I was in the fitness/personal-training industry with Gold's Gym and a few others for at least ten years. My first coaching job at the college level was at a NCAA Division II school, East Central University in Oklahoma (my alma mater), where I was the strength and conditioning coach and I also coached the defensive line on the football team. It was a Division II school so you had to wear more than one hat. I was given the opportunity by Dennis Darnell who was the head coach at the time.

I went from East Central University to the Oklahoma State University strength and conditioning program. I already had my master's degree so my position was called a restricted-earnings coach, so I was basically an intern of sorts. My first full-time coaching position was at the University of Colorado where I worked for one of the godfathers of the strength and conditioning profession, "Doc" Kries.

From the University of Colorado I went to TCU as an assistant strength coach and then moved on to Nebraska where I was the head strength and conditioning coach for basketball as well as assisting with football. I then went back to my alma mater, East Central, as the Director of Strength and Conditioning. They actually created the position for me and I was honored to be given that opportunity. There I spearheaded fundraising and helped build a brand-new 7,000 square-foot strength and conditioning facility, which was labeled one of the best in Division II athletics at the time.

When given the chance to come to the University of Texas at San Antonio and be part of starting a Division I football program, I simply could not pass on that opportunity and couldn't get to San Antonio fast enough. The Director of Strength and Conditioning at UTSA, Charlie Dudley, and I had known each other for years so the opportunity to be with him and with an amazing head football coach like Larry Coker was something I could not pass up.

***Is it true that you were once a competitive bodybuilder? How do you feel bodybuilding has helped you become a better strength coach?***

Yes, that is true. I competed in the NPC. I was in the novice and open divisions in the mid-nineties in Oklahoma and Texas. There is no doubt that

without my bodybuilding background I would not be as good of a strength coach as I am. There are so many aspects of the training, nutrition, mentality, dedication, etc., that I try to instill in my athletes and have helped me to be a much better coach.



### ***What's your coaching philosophy?***

Enhancing athletic performance and reducing the risk of injury should be the goal/philosophy of any strength and conditioning program. As a Strength and Conditioning Department, we are dedicated to teaching the fundamentals of proper science-based speed-strength training.

It's my goal to promote an atmosphere that is conducive to the personal and physical development of each individual athlete while ensuring the health, safety, and well-being of our athletes at all times. Fostering a positive relationship with each athlete is critical in order to motivate him/her to reach his or her full athletic potential, pushing those athletes past what they think they are capable of. I place a huge emphasis on the athlete to be consistent in their approach to training and accountable for their own actions, and will ensure we reach the highest level of success while demanding discipline during all workouts and insist that athletes are accountable for themselves. The weight-room experience should be positive so that each athlete is eager to come and complete their strength and conditioning workouts.

### ***What people don't necessarily understand is the demand of this position. How do you balance your work and home life?***

We definitely put in a lot of hours in our profession. I work with a great group of people in our athletic department and we all make it work. It also helps that I have an amazing and supportive wife (April Reust) who understands college athletics and is UTSA's biggest fan.

### ***What do you feel sets UTSA strength and conditioning apart from other universities?***

I would say nothing really. The weights weigh the same here at UTSA as they do at the University of Texas. We are very focused and have a great head coaches in our athletic department that allow us to do our jobs. We expect the athletes to be accountable, disciplined, organized, and very focused when they come into the weight room – and we have a great group of athletes to do so.

### ***Why did you want to become a strength and conditioning coach and how competitive is it to land a job at the college level?***

I was in the fitness industry for years and I had someone tell me that there was a profession in athletics where you could do basically the same thing I was doing for the general public. Once I found that out, I was determined to get my degree and become part of the college strength program. While I was in college I was given the opportunity at

the university where I attended and have been blessed in every sense in that regards.

### ***What is the best part about being a strength and conditioning coach in the college ranks?***

Being able to mentor these athletes is one of the greatest accomplishments we could have. When you take a freshman who comes in and has not lifted much and you can make that individual bigger, faster, stronger. Then see it apply to whatever sport they're in and see them succeed is one of the greatest gifts as a strength coach that we could have.

### ***What do you feel is the most important part of your job?***

Helping my athletes accomplish their goals, the relationships I forge with them in the process, and by getting them bigger, faster, and stronger. I have coached so many athletes who have gone on to a professional career and that is rewarding to see them playing at that level and achieving greatness. It is just as rewarding for me though when a former athlete comes back to visit or gets in touch with me to just say hello, and he has a family and is doing great in his personal life outside of athletics.

### ***Can you break down for us an off-season training routine?***

Our summer conditioning, which is what gets us prepared for the season, is basically as follows:

We run four times a week: Monday/Tuesday/Thursday/Friday.

We condition two days and do agility two days.

We also lift four days a week: Monday/Tuesday/Thursday/Friday.

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We have two base strength days and then two explosive days where we do Olympic lifting.

***What are your thoughts on post-workout recovery? Are your athletes utilizing the key forty-five-minute window of opportunity to take in something to help restore their glycogen levels and help them maintain and build their lean muscle mass?***

I am a firm believer in the forty-five-minute window as all the research I have read on post workout recovery has leaned in that direction. Our athletes definitely take advantage of this window. We use MET-Rx's Collegiate Series RTDs and we have since I got here in 2010. We also utilize Balance Bars as well to help fulfill the athlete's nutritional needs. I personally have used MET-Rx products at all the schools I have worked. I actually used the original MET-Rx packets and powders as far back as my days of competing and still use their products to this day. I think they make a great product. The athletes also seem to really like it and they have a great price point for schools, which makes it extremely affordable.

***How do you motivate your athletes day in and day out to train as hard as you push them every day in the weight room?***

I try to stay very upbeat and positive and bring a lot of energy to the workouts. But to be honest the athletes of today know what we do in our weight room can make them better players and they come in there ready to work, which makes our job very enjoyable.

***What do you feel has helped your athletes perform at such a high level to help UTSA move forward at breakneck speed in the rankings? Bleacher Report is predicting UTSA to be in the Top 25 in terms of college football programs for the next ten years, which is an honorable feat.***

We have an amazing football coaching staff. Our head coach, Larry Coker, is by far one of the greatest men I've worked for. Coach Coker has been around and coached at some of the greatest football universities in the country. He's won a national championship and he is very well respected, not to mention an amazing coach. When you have a coach of that caliber it definitely helps in the recruiting process, and obviously the better recruits you get, the better you're going to be as a team.

***If you had to give advice to an aspiring strength and conditioning coach, what would it be?***

Stay focused, have a lot of energy, and work very, very hard. I went from coaching at East Central one season, and our last game we had a crowd of about 4,500 people. Then I coached at Oklahoma State for the spring and summer. But my next college football game was Colorado versus Colorado State at Invesco Stadium and our attendance was about 76,000. I got the opportunity to work at Colorado because I was evaluated by their head strength coach, Doc Kreis at a convention. So put yourself out there, always work hard, and networking is very big in our business.

~ ~ ~



Matt Weik – BS, CSCS, CPT, CSN Fitness Expert/Author/Model – has been in the fitness industry since 2002. He is currently the Manager of the MET-Rx Team Sports division. He works with colleges and professional sports teams all across the US to supply them with recovery and nutritional products for their athletes. He has worked with everyone from middle school athletes all the way up to pro athletes and celebrities. More information can be found on his website: [www.MattWeik.com](http://www.MattWeik.com).

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# Spartan Kids Race at Citizens Bank Park

By Leeann Morris

**T**he Spartan Kids of Leeann Morris Fitness & Nutrition competed in their second annual Spartan Kids Race at Citizens Bank Park on September 20, 2014. Leeann Morris hosted a four-week training program for these mini-Spartans to get ready for their race through the half-mile (JV) and mile (varsity) course they had to make it through. These kids showed so much dedication, determination, and perseverance while training and running the race, not to mention they had a blast while they did it. The Fitness Kids of Leeann Morris Fitness & Nutrition ROCK!

Over the summer, Leeann Morris Fitness & Nutrition held a six-week Presidential Youth Fitness Program for children five to seventeen years old. If you are not familiar with the Presidential Youth Fitness Program, "It provides a model for fitness education within a comprehensive, quality physical education program. The program provides resources and tools for physical educators to enhance their fitness education process." The students trained in a variety of skills, which included agility, endurance, and strength. At the end of the six weeks, the children were assessed on their progress throughout the summer by taking the Presidential Physical Fitness Test and were awarded their

certificates of completion at the end of the test and program. The kids showed such great effort and participation throughout the training camp and should be truly proud of what they have accomplished!

As a kids' nutrition specialist, health and wellness coach, and martial-arts master instructor, I firmly believe that the physical fitness of our children is so vital in this day and age because of all the technology taking over. Childhood obesity is a serious problem in our country, and we as adults have to educate ourselves in order to educate our children. We must lead by example.

Our children need that time to run and jump, and have the liberty to exert some of that pent-up energy within them. Sitting in front of a TV or video game console for hours on end is not the answer. Keeping physical fitness fun for them will keep them motivated and keep them going, especially when they are training toward something it keeps them even more excited. There are so many different ways and ideas on how to stay healthy inside and out and I would be more than happy to speak with anyone who wants to learn more.

If you are interested in getting yourself or your child involved with Leeann Morris Fitness & Nutrition, LLC, you may visit [www.leeannmorris.com](http://www.leeannmorris.com) or contact Leeann through email: [leeann@leeannmorris.com](mailto:leeann@leeannmorris.com).



Varsity Spartan Kids: AJ, Colin, Brandon, Josh, Michael, and Vincent.



JV Spartan Kids: Kayla, Tyler, and Macie.



Presidential Youth Fitness Kids: Logan, Michael, and Chance (also the program's junior coach).

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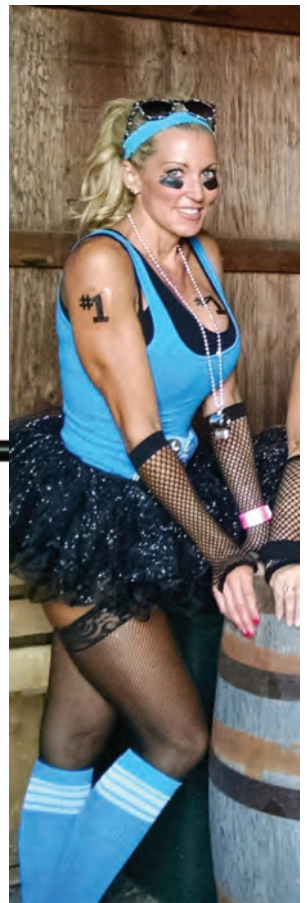
Chelsea Thomas, 29, Phila.  
Works out at the Wall cycling studio  
in Manayunk.



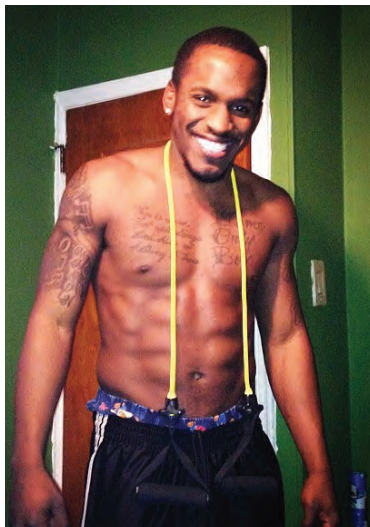
Maria Cimini-Bello, 37  
Quakertown, PA



▲ Eric Thorne, 42, of Phoenixville,  
feels the burn while training for  
the JFK 50 Mile Ultramarathon in  
Maryland. Eric trains at Club La-  
Maison (Wayne), Main Line Health  
& Fitness (Bryn Mawr), and Valley  
Forge Park. Photo by Steve Boyle.



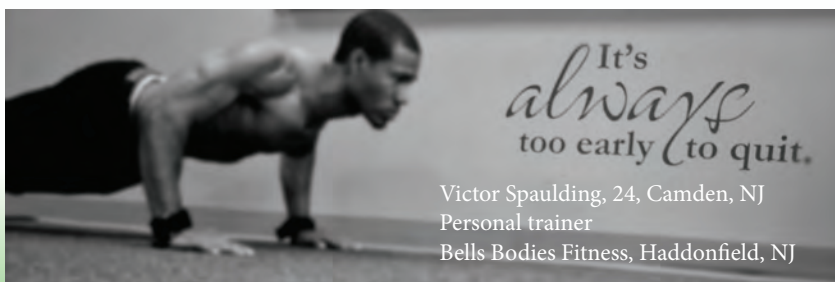
Kelly Bach, 41, Quakertown, PA.  
Fitness enthusiast, fitness  
model, nurse, mother of three,  
married to Mr. PA, Mr. Inter-  
national, Mr. East Coast. Kelly  
trains in her home gym, Planet  
Fitness (Souderton, PA), and  
Metal Health (Perkasie, PA).



Marcellus Davis, 24, Cheltenham, Pa  
After a great home workout!!!



Kristin Schmid, Philadelphia, is a corporate  
tax lawyer who competes in figure. Photo  
by Reg Bradford.



*It's  
always  
too early to quit.*  
Victor Spaulding, 24, Camden, NJ  
Personal trainer  
Bells Bodies Fitness, Haddonfield, NJ

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**NOV. 8****Christine Federico-Ambrose Sea You At The Beach 5K**

5K race/1-mile walk.

Time: On-site registration opens at 7:30am; race starts at 9am

Place: Caln Municipal Park, Thorndale, PA  
Phone: (610) 505-3452Web: <https://www.racemenu.com/events/49621-Christine-Federico-Ambrose-Sea-You-At-The-Beach-5K>**Panther Pajama Run & Pancake Breakfast**

5K Run, Walk &amp; Kids' Race, part of the Wallingford-Swarthmore School District Wellness Fair, 10am-2pm.

Time: On-site registration opens at 8am; race starts at 9am

Place: George King Stadium; 200 S. Providence Rd., Wallingford, PA

Phone: (215) 514-9203

Web: [supportwssd.org](http://supportwssd.org)**VE Blitz 5K and Fun Run**

Time: Registration 12pm; race 2pm

Place: 130 Davisville Rd., Warminster, PA

Phone: (215) 840-6457

Web: <https://sites.google.com/site/veblitz5k/>**Sunshine Arts' First Annual 5K Fundraiser**

5K Run/Walk.

Time: Registration 8am; race 9am

Place: Arlington Cemetery, 2900 State Rd., Drexel Hill, PA

Phone: (610) 352-7968

Web: [www.sunshine-arts.org](http://www.sunshine-arts.org)**Knight of the Living Dead Zombie 5k**

Time: Registration 12:30pm; race 2pm

Place: Rustin High School Stadium, 1100 Shiloh Rd., West Chester, PA

Phone: (610) 809-1444

Web: [runcrs.com/results/race-calendar/?event\\_id=1423](http://runcrs.com/results/race-calendar/?event_id=1423)**NOV. 15****Phoenixville YMCA Fall Fun Run**

Time: Registration 8am; race 9am

Place: Lower Perkiomen Valley Park, 101 New Mill Rd., Norristown, PA

Phone: (610) 933-5861

Web: <https://philaymca.org/community-programs/run/phoenixville-fall-fun-run-5k/>**NOV. 16****Philadelphia Zoo Turkey Trot 5K**

Time: Registration 7am; race 8am

Place: Philadelphia Zoo, 3400 W. Girard Ave., Philadelphia, PA

Phone: (215) 287-4104

Web: [runcrs.com/results/race-calendar/?event\\_id=1413](http://runcrs.com/results/race-calendar/?event_id=1413)**NOV. 22****CW Henry School's Turkey Trot 5K/1-Mile Walk**

Time: Registration 7:30am; race 8am

Place: 601 Carpenter Lane, Philadelphia, PA

Phone: (215) 951-4006

**Towamencin Turkey Trot 5K Walk/Run**

Time: 9am

Place: 2225 Bustard Rd., Lansdale, PA

Phone: (240) 210-5682

Web: [www.towamencin.org](http://www.towamencin.org)**NOV. 27****"Gobble Wobble" 5K Run and 2-Mile Walk**

AHA! YMCA Race Series

Time and Place: Abington YMCA, Abington, PA

Cost: \$90 for the whole series for an adult

Phone: (215) 884-9622

**Chester Country Turkey Trot**

5K race/walk, a 1-mile walk, and a kids' fun run.

Time: Registration 6:30am; race 8am

Place: Downingtown West High School, 445 Manor Ave., Downingtown, PA

Cost: \$30; \$10 for kids' dash.

Phone: (215) 287-4104

Web: [chestercountyturkeytrot.com/index.html](http://chestercountyturkeytrot.com/index.html)**Mid Atlantic Dairy Toss Your Turkey 5K**

Time: Registration 7am; race 8am

Place: Montgomery County Community College, 101 College Drive, Pottstown, PA

Phone: (484) 744-9191

**Action Potential Turkey Trot**

5K and 1-mile walk.

Time: Registration 7:45am; race 9am

Place: Garnet Valley High School, 552 Smithbridge Rd., Glen Mills, PA

Phone: (484) 841-6154

Web: [www.gvturkeytrot.com](http://www.gvturkeytrot.com)**NOV. 29****Cardinal Foley School Turkey Trot**

5K and Family Fun Walk.

Time: Registration 8am; race 9am

Place: Annunciation BVM Parish Hall, Havertown, PA

Phone: (215) 439-0731

**NOV. 30****Santa's State Street 1-Mile Fun Run & Walk**

Time: Registration 2pm; race 3:30pm

Place: Downtown Media, PA

Phone: (610) 565-4330

Web: <https://www.facebook.com/events/1479071122379500/>**DEC. 6****2014 Jingle Bell Run/Walk - South Jersey**

Time: Registration 7:30am; race 9am

Place: 7050 N. Park Drive, Pennsauken, NJ

Phone: (267) 238-9727

Web: [www.jbrsj.kintera.org](http://www.jbrsj.kintera.org)**Lansdowne YMCA Reindeer Run 2014**

5K Run and Family Fun Walk.

Time: Registration 7am; race 8am

Place: Lansdowne YMCA, 2110 Garrett Rd., Lansdowne, PA

Phone: (610) 259-1661, ext. 3025

Web: [www.cyedc.org](http://www.cyedc.org)**Chilly Trail Run**

Time: Registration 10am; race 11am

Place: Community Park at Haverford Reserve, 9000 Parkview Drive, Haverford, PA

Phone: (484) 380-2731, ext. 2709

Web: [www.haverfordtownship.com/departments/index.php?structureid=12](http://www.haverfordtownship.com/departments/index.php?structureid=12)**DEC. 7****Girls on the Run Philadelphia 5K**

Place: Philadelphia, PA

Time: Registration 7am; race 8:15am

Place: Philadelphia Zoo, 3400 W. Girard Ave., Philadelphia, PA

Phone: (215) 321-9100

Web: [www.gotrphiladelphia.org/gotr-5k.html](http://www.gotrphiladelphia.org/gotr-5k.html)**DEC. 14****2014 Jingle Bell Run/Walk - Malvern**

Time: Registration 8am; race 10am

Place: Great Valley High School, 225 Phoenixville Pike, Malvern, PA

Phone: (267) 519-6050

Web: [www.jbrphilly.kintera.org](http://www.jbrphilly.kintera.org)**Freezer 5K**

Time: Registration 8am; race 10am

Place: Simmons Elementary School, 411 Babylon Road, Horsham, PA

Phone: (215) 643-3131

Web: [horshamtownship.org](http://horshamtownship.org)**Reindeer Romp 5K**

Time: 3pm

Place: Oakmont School, Darby and Eagle Rds., Havertown, PA

Phone: (610) 449-5037

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The screenshot displays the PhillyFIT website interface. At the top, a navigation bar includes links for Home, Magazine, Blog, Events, Highlights, Recipes, Submit, and Meet Local B. Below the navigation bar, the main content area features a large image of a smiling woman in a black sports bra and leggings, standing in a gym. To the right of this image is a preview of the PhillyFIT Magazine cover. The cover is for the 10th Anniversary Issue and features two women, a dog, and text highlighting 'ANTIOXIDANTS', 'Lifestyle Eating Choices', and 'The TEN Commandments to six-pack abs!'. At the bottom of the website preview, there are two buttons: 'Get The Latest Issue' and 'Subscribe to PhillyFIT'.

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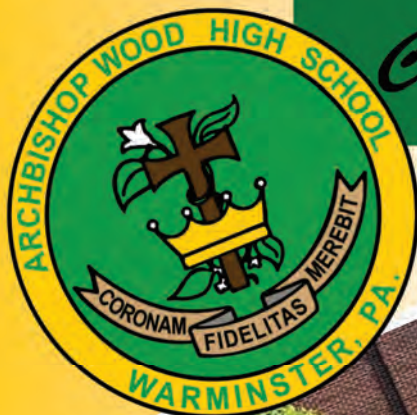
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