

BROOKSIE BUGLE

March 2010

It is March!! The training applications are available!! Only 3 months until the training program starts. Who have you talked to about taking part? Let's make this a great training program year. Contact Sue for applications.

THINGS TO KNOW:

Do you have a Facebook page? Did you know that The Brooksie Way Half Marathon and 5K have a page? Become a friend and receive updates, information and motivational quotes.

American Home Fitness is providing another exciting clinic this month. Core Training on Saturday March 13 at 10:30am. Ryanne, from American Home Fitness will be going through a series of core exercises for us. There will be a raffle and refreshments for those in attendance. Come dressed to take part.

SOMETHING TO THINK ABOUT:

"Eating the Mediterranean Way Can Help Control Blood Sugar."

An article adapted from Celestial Brock RN, BSN, CDE and Julie Brown, RD, CDE from the Crittenton Diabetes Center.

*Make fruits and veggies your mainstay. They should be the bulk of your diet. Eat a rainbow of color every day.

*Aim to eat legumes every day. Lentils, white beans, chickpeas, red, black and kidney beans, black eyed peas, split peas all are nutritious.

*Go for less processed and buy whole grains. Experiment with bulgar wheat, brown rice, millet, barley, quinoa and kasha.

*Grab a handful of nuts every day. Sprinkle on salads, yogurt, cereal, rice and veggie dishes. Try a handful for a snack.

*Go easy on the red meat, poultry, eggs and cheese.

*Eat fish twice a week or more. Salmon, mackerel, anchovies and sardines are best. However, all fish are healthful choices.

*Choose monounsaturated fats. Olive, canola and peanut oils are the top choices. Avocados are also a healthy-fat option along with olives, nuts and seeds.

*Drink wine with meals. Women can have one glass of wine (5 ounces) a day, two for men.

Keep these tips in mind.

Think quality over quantity. Focus on smaller portions of the best and freshest food.

Dine with family and friends. Take time to savor the food and the company. This will also allow the brain time to signal that you are full.

Thanks to Celeste and Julie and the Crittenton Diabetes Center for their contribution to the Bugle this month.



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UPCOMING EVENTS:

Check www.runmichigan.com for upcoming races.

March 13 - 10:30 Core Training Clinic, American Home Fitness, RSVP to Sue.

March 13 - Shillelagh 4 Mile Run and Walk, Flushing

March 14 - Shamrocks and Shenanigans 5K & 1K, Ann Arbor

March 21 - St. Patrick's Run, 8K and 5k, Bay City

March 27 - Flushing Township Half Marathon and 5K Run/Walk, Flushing

March 28 - Bald Mountain 5.6 Mile run or 2.1 mile bike

April 3 - Clarkston's 5th Annual April Fool's 5K Run/Walk, Clarkston

April 3 - Apple Blossom Run on Macomb Orchard Trail, 9K, 3K, $\frac{1}{2}$ mile, Washington Township

April 10 - Martian Full Marathon and Half, Dearborn Heights

April 25 - Trail Full Marathon and Half, Pinckney

There are many more races in the next couple of months. Pick one, get registered and run or walk.

Group Run/Walks:

Running:

Wednesday 7:00am from parking lot #16
at Oakland University

Friday 7:00am OU, lot #16

Saturday's 8:00am from the Rochester
Library Parking lot

Sunday AM - long runs, various locations,
contact Sue if you are interested

Walking:

Saturday 8:00am from the Duck Pond at
the Rochester Park

Rave Run:



Detroit Marathon and Half Marathon.
Our own training group participants.
Great job to Melissa, Mike, Gina and
Gail who finished their first marathon.
Others participated in the half and the
relays. An excellent day.

If you have a Rave Run that you LOVE, a place, race
or any type of run, let me know and I will feature it
right here.

Now let's get out and move!!



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