



Fueling Summer Endurance Activities

Do you go for long walks on your summer vacations, exploring a new city or countryside? Does summer inspire you to get out and enjoy beautiful trails in your area? With extra opportunities to walk, hike, swim, cycle, canoe, and more, summer is a great time to be active.

I love to hike, but have often found that I run out of steam before we reach our lunch destination (usually at the top of a big hill). Even when we eat well, fueling exercise is a little different and we have to experiment to see what works best.

For more detail, read *Eating for Endurance* on my website (<http://healthyhabitscoach.com/nutrition.htm>). In this newsletter I offer a few simple suggestions for bursts of exercise.

Fuel your activity! This seems obvious, but it doesn't always happen. That was the main problem for my long hikes. It is often late morning by time we hit the trail, so I was starting to get hungry even before the hike began, and lunch was still a long ways off.

I've learned that I need to snack along the way. If I wait to eat until the natural lunch spot (often around 1-2:00 pm), I run out of energy. I literally crash, but for some of you it might be more subtle. Either way, it takes some of the fun out of hiking. If I eat along the way I sustain my energy and enjoy myself more.

What you eat makes a difference. Carbohydrate is the primary fuel for exercise (it's actually the primary fuel anytime). Most of the time complex carbohydrates are the best choice, but during exercise the simple sugars provide more immediate fuel.

By simple sugars, I mean refined carbohydrates (i.e. white flour) and fruit. Fruit is good in this situation because it is a natural form of sugar, is healthy, and it is quickly digested. Good choices of refined carbs include pretzels, most crackers and energy bars. Another option could be low-fat, high-sugar candies like jelly beans or licorice.

What is less helpful to eat on the trail, or during prolonged activity, are high fat foods. Fat slows down digestion, so the energy from the food is not available until later. Trail mix, which includes fruit, nuts and often chocolate, won't provide as much immediate energy. Nor will candy bars.

Experiment to see what works for you. Get out there, be active, and have fun.



Website Update: Newspaper Columns

This year I have been writing columns in two local newspapers: the Healdsburg Tribune and the Rohnert Park Community Voice. I love to write and this is a way to reach out.

I have just updated my website to include these articles. You can find them on the nutrition page of the website under the heading "articles." The articles are longer and go into greater depth than space allows in this newsletter.

Recent articles include *Eating for Endurance*, *Carbohydrates: Good or Bad?*, *Eat Real Food*, and *Snack Attacks*.

Easy BBQ Meals

Summer is made for barbeque. Its fast, easy, and can be healthy with a little attention. Choose lean meats, poultry or fish for your protein foods and keep portion size moderate. It can be tempting to eat a big steak, but instead buy a smaller, lean cut and make it last more than one meal.

One of the drawbacks of BBQ is that grilling can create carcinogenic compounds. You can significantly reduce the risk by using marinades, keeping the cooking temperature moderate and being careful not to burn the food.

I begin marinating in the morning, which makes it ready to throw on the grill at dinnertime. I posted recipes on my blog for my favorite chicken marinade : <http://tiny.cc/Toh3D> and Bill's Chipotle Salmon recipe: <http://tiny.cc/uYuk9>.

Vegetables are good grilled too. We just grilled napoles cactus for the first time: delicious! We got it in our farm box. I often precook a food for just a couple minutes in the microwave (like potatoes) and then finish them off on the grill.

Since it takes the same amount of time to barbeque a large or small batch, consider making enough for two meals. I either freeze leftover BBQ chicken or slice it into a veggie stir fry later in the week (which I'm doing a lot lately with all my farm box veggies). An especially delicious use of left over grilled vegetables is to add them to whole grain salads. A gourmet touch and no extra work!

Want Support? *Many of my clients know what to eat but want support with actually doing it. It helps to have someone help you choose a strategy and stay focused. Sessions range from 30 min by phone to 1-2 hours in person. Call me to discuss what would work best for you.*

Kathy Nichols: Life Coach & Registered Dietitian

Are you ready to stop dieting and looking for a way of eating that is sustainable, enjoyable and healthy?

Discover Wellness from the Inside Out!

