

A JOURNAL OF HOLISTIC FITNESS & HEALTH

BLACK BEAN SOUP

WORKOUT OF THE MONTH

WHAT DO YOU KNOW ABOUT
PH?

TRANSITIONING WITH EASE AND CLARITY

TRANSITION FROM SUMMER TO FALL GRACEFULLY

WORLD CHAMPIONSHIPS II OF II

KARL'S JOURNEY TO THE WORLDS

ISSUE 8 SEPTEMBER 2006

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The Lifestyle Focus

Is published monthly and is distributed exclusively to our clients and colleagues with the intention of holistic fitness education.

Welcome

Welcome readers,

August has come and gone, now we are into the most beautiful of the 4 seasons. Soon the leaves will have changed and the temperature will be cooling down. The Students are back in school and Thanksgiving will be here before you know it!

In this month's issue, Linda guides us through the transition from Summer to Fall, I fill you in on the World Triathlon Championships and Donna Woodhouse is back with an article on pH.

Black Bean Soup is on the menu for the upcoming cooler weather and the Workout of the month will be a keeper for everyone.

I do have to apologize to those of you who eagerly await The Lifestyle Focus, coming back from Europe kept me busier than I thought, however I was able to wrap up a special feature that will begin in October, so keep posted, you won't want to miss it!

Please enjoy the September edition of The Lifestyle Focus and pass it on to your friends and family.

Linda and I want to thank all of you who have given us your feedback, we appreciate your honesty and enjoy the learning process.

Yours in Fitness,

Karl MacPhee PFT, CFC, AFLCA



Events

**Holistic Health and Fitness 1 Day Retreat
September 30, 2006
Body By Bennett
Contact Karl or Linda for more information**

Karl—469-5502
Linda—484-9587

Holistic Health and Fitness Community

School is back and many changes are taking place all over the city. This past month has been good to the Holistic Health and Fitness Community with trips to Kelowna, Europe and lots of other exciting events around the City ...



At the end of August, Jen and Karl took a quick trip to Kelowna to compete in the Apple Triathlon. This race is one of the best in the country attracting competitors from all over North America...



After Kelowna, we hopped on a plane and headed to Denmark and Sweden for a week. The above photos was taken while on a river boat tour through the beautiful port city of Malmö, Sweden.

In Copenhagen, the Royal family is doing well! Each day thousands of tourists pass through to see how the “other side” lives!...



And then we hopped on another plane to Lausanne, Switzerland to compete in the World Triathlon Championships. With over 2000 competitors, the picturesque city in the Alps became an international hot spot for a week...



In the above photo, Team Canada prepares to walk into the Athlete’s Village in the Parade of the Nations. A local marching band lead over 60 Nations through downtown Lausanne to be greeted by the residents. To our surprise, we were lead by a lone piper, and eventually chants of “Go Oilers Go”!

Transitioning with Ease and Clarity...

Linda Crawford

Wow what a ride this summer was...I just returned from the island with my family where I will treasure the many memories. The weather was hot and sunny everyday. The girls traveled so well for their first plane ride and the look on their faces as they witnessed the beauty of the ocean for the first time was priceless. It felt like a balanced holiday in the way of having me time, couple time, family time and time with our friends. I have come back renewed and ready to go!

The time away reinforced once again the importance of taking time away from my usual routines and what's familiar to really appreciate what I have. During my quieter times, I was able to take stock and inventory and create a mental gratitude list of everything that I am able to DO and as a result what I HAVE. The list is long and many but to just name a few that I feel thankful for: my health, my partner, my children, my family and friends, Fit 4 You, my clients, my co-workers, living in a peaceful country. I also believe time away gives us perspective as we appreciate the wisdom that shows up as we quiet the day to day noises that come with our regular routines. I hope you also honored some down time for yourself this summer to shake up your routine somewhat, to see the world from a different space and place and to simply detach from the usual for awhile. This brings me to the title of this month's article where I view the shift from "summer holidays" to a new month of September as an opportunity to transition with renewed energy and vigor. For some of you; you will be managing getting the kids back to school, perhaps some of you

are starting a new job or taking on a new project, some of you are returning back to your job/careers after some time off. Whatever the case, you get to choose what it will look like and how it will feel. This is where the clarity piece fits and where I challenge you this month to answer the following question: What are your health goals? Recently a dear friend asked me this question and looking back I realize I did not articulate clearly what those are as sometimes I take for granted that the health I have is "good enough". So for those of you reading this I am challenging myself to get clearer right here and now. My health goals are to be stronger, faster, leaner and flow with a degree of energy that carries me with ease and grace everyday.



Transitioning with Ease and Clarity...

Linda Crawford

I want healthy cells, tissues and organs that function optimally. I want to sleep peacefully and soundly every night. I want to have a strong and vibrant immune system. I want to have soft, supple and glowing skin. I want to radiate health, vitality and inner peace. I want to live in a disease free body. I want to age gracefully and beautifully. I want to remain flexible with all my joints moving through their full range of motion. I want to be the best role model for men, women, children and moms of all ages, shapes, sizes and fitness abilities.

For those of you who work with me guess what I will have you thinking about as we transition into a new season full of promise for a bright new experience. Regardless if I see you one-on-one, in a group setting or not at all I challenge you to answer the question with utmost clarity. WHAT ARE YOUR HEALTH GOALS? It is also to your advantage to articulate from the positive versus from the negative so you may attract a fulfilling and satisfying experience. For example: ***I want to be lean, fit, healthy and strong*** carries more



For more information on lifestyle coaching, fitness training or meditation/Yoga, please contact Linda at:

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Or check out
www.fitfouryou.com



potential versus ***I don't want to be fat, unhealthy and weak.*** Read both of those statements out loud and see which makes you feel better and more powerful.

I look forward to reconnecting with many of you in September and highly encourage you to sign up for our upcoming one day retreat on Sunday, September 30th. You will be amazed and feel amazing for having committed once again to YOU!

As a side note I want to express my congratulations to Karl and his wife Jen for qualifying for the upcoming Triathlon in Europe which takes place beginning of September. I realize the commitment, training, dedication, energy and effort it takes to stay the course is nothing short of outstanding which speaks loudly to who you are. I am honored to call you both my friends and know that we are all cheering for you! GO OUT AND KICK SOME SERIOUS BUTT ALL WHILE HAVING THE TIME OF YOUR LIFE!

Linda

World Championships II of II

Karl MacPhee

Last month I left you with the story of my journey through athletics, the Army and a few minor setbacks along the way. Our journey to Europe was a story in itself, however you are not looking for the complete details on the planes, trains and automobiles.

Let me set the stage...

It's 4:00am, Jen and I awake for our trip to Denmark and are immersed in travel of some sort for approximately 36 hours. Due to a computer malfunction, we were not able to check our baggage through to Copenhagen (via Seattle) so our 12 hour lay over was spent guarding the bikes and conducting "research" on the people in the terminal.

I digress...

With a week in Copenhagen under our belts, we moved on to Lausanne, Switzerland on the Wednesday of race week. Once we finally arrived at the hotel we assembled the bikes, looked for our teammates and did a quick recon for food that wasn't \$30/plate.

Finally settled in, we cycled down to the race site, registered and took in the scenery of the beautiful city, which was founded in the late 1200's!

The World Triathlon Championships in Triathlon is not a small event, and to have over 2000 competitors from 63 nations, this was bound to be a trip to



remember. On the schedule was a tour of the cycling course, which was directly through the downtown area, so in order to keep the athletes safe, it was under a police escort. It was an interesting sight to be part of this "parade" as over 1500 shiny bikes were spinning through the streets. I was never involved in a bike ride of such magnitude and I enjoyed every moment of it.

Next on the schedule was the Parade of Nations, which took place on Thursday night. Team Canada gathered in our team colors, with flags, tattoos, hats, and cameras ready to show our Country off to the locals and the other nations involved. On our way down the street, we were met by a lone bag piper to march us into the parade square.

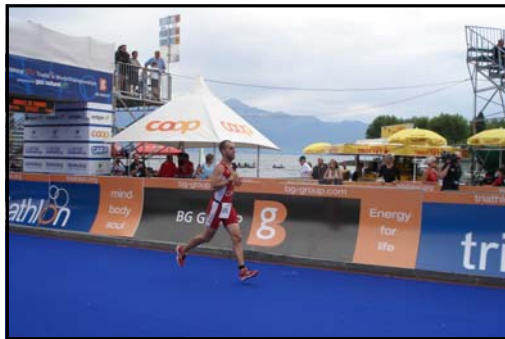
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World Championships II of II

Karl MacPhee

After a few chants of Go Canada go, our regional hockey battles began between Leaf fans, Oiler fans and the odd Flames fan, but the Oiler fans definitely won the battle! Once settled, the opening ceremonies began, and before we knew it we were in a massive line up for pasta, salad and bread. It seems as though the athletes from Ireland missed the food and hit the beer line first...they were soon followed by those from Australia and Great Britain.



Race Day... On to the pontoon with 139 other triathletes in my age group, I was thinking of how lucky I am to have this opportunity, and how beautiful the Swiss Alps look from in the water. I am sure the others were thinking the same thing! The gun went off, we all fought for position with a kick here, grab there and a

“One of the greatest lessons I’ve learned in athletics is that you’ve got to discipline your life. No matter how good you may be, you’ve got to be willing to cut out of your life those things that keep you from going to the top.”

Bob Richards
Olympic Pole-Vault-Decathlon

few punches thrown. Fortunately no one was hurt, and the race was on...as it turns out, I did not have a great swim and came out of the water near the back of the pack, which is where I usually finish in the water. Through the incredibly long 1600m transition zone on bare feet, onto the bike and off to my favorite portion of the race. As time went on, I had passed over 25 people (in my age group) and was feeling good as I came into another long 800m transition, again on bare feet.

As the run began, I was feeling a bit slow, and continued to struggle throughout, however with a few mantras of how many people back home were cheering for me and why I do triathlons, I was able to push through the pain of over 2 and a quarter hours of endurance at the World level. In the last lap I caught up to one of our Athletes with a disability and was able to cheer her on as she went in for the Gold Medal! If she can do it, anyone can, is what I was thinking as I finished my last 1000m doing my best to pass as many people as possible. I begged my cramping legs to allow me to finish and they answered the call, with a finish time of 2:31 and 97th/140 in the 30-34 age group. Not bad, but could have been faster, however I was grateful to be there and I thanked my body for taking me there. I would like to thank you all for the support and would also like to encourage you all to do your best in what ever sport it may be, because you never know when it will be your last opportunity to move under your own willpower.

Karl

What do you know about pH?

Donna Woodhouse

PH is the measure of acidity or alkalinity of a solution. The lower the pH number, the more acidic the solution is. The higher a pH number, the more alkaline the solution is. The body has an acidic / alkaline ratio called pH (potential of Hydrogen) which is a balance between positively charged ions (acid forming) and negatively charged ions (alkaline forming). The body continually strives to balance pH. During times of imbalance, body systems can become weakened which may manifest themselves out-



wardly. Optimal saliva and urine pH for our bodies is slightly acidic, around 6.4-6.5. (You can purchase pH test strips to determine this level in your body). **Most people who have unbalanced pH are "acidic"**. This condition forces the body to borrow minerals - including calcium, sodium, potassium and magnesium - from vital organs and bones to buffer the acid and safely remove it from the body. This process can weaken these organs and bones over time and lead to serious health concerns such as: cardiovascular weakness, weight gain, bladder and kidney concerns, immune deficiency, acceleration of free radical damage, structural system weakness including

brittle bones and hip fractures, joint discomfort and other discomfort associated with lactic acid build up and low energy.

Though uncommon, high alkalinity in the body caused similar mineral problems. Alkalinity may lead to: digestive system sluggishness, intestinal system concerns, poor elimination, respiratory system compromise, immune system concerns, urinary weakness, nervous system exhaustion.

What can you do about all this acid?

Diets high in: meat, soda, coffee, dairy, white flour, wheat...emotional stress and too much lactic acid producing exercise are the major culprits...

I have enclosed a chart of common food groups and select foods to show you where they fall on the acid / alkaline scale. Take a look and determine what percentage of your diet is acidic or alkaline. Strive to eat 80% alkaline foods and 20% acidic (preferably lowest acidic group) for the best pH balance through nutrition. Learn to manage your stress. Learning what is really going on inside your body (stress-wise) and learning how to manage it is your key to better health through stress management.



Donna Woodhouse is a Physical Education Teacher at Ross Sheppard High School as well as a Practicing Holistic Nutritionist. For more information e-mail: awhouse@telus.net

Food Effects on Acid-Alkaline Body Chemistry, The Effects of Common Foods on pH Balance

Most Alkaline	Alkaline	Lowest Alkaline	Food Category		Lowest Acid	Acid	Most Acid
Stevia	Maple syrup, Rice Syrup	Raw honey, Raw Sugar	SWEETENERS		Processed Honey, Molasses	White Sugar Brown Sugar	NutraSweet, Equal Sweet N Low
Lemons, Watermelons, Limes, Grapefruits, Mangoes, Papayas	Dates/Figs, Melons Grapes, Papaya, Kiwi Berries, apples, Raisins, Pears	Oranges, Bananas Cherries, Pineapple, Peaches, Avacodo	FRUITS		Plums Processed Fruit Juices	Sour Cherries Rhubarb	Blueberries Cranberries, Prunes
Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato	Carrots, Tomatoes, Fresh Corn, Mushrooms Cabbage, Peas Potato Skins, Olives	BEANS VEGETABLES LEGUMES		Cooked Spinach Kidney Beans, String Beans	Potatoes, Pinto Beans Navy Beans Lima Beans, Soybeans	Carob
	Almonds	Chestnuts	NUTS/SEEDS		Pumpkin Seeds Sunflower Seeds	Pecans, Cashews	Peanuts, Walnuts
	Olive Oil	Canola Oil	OILS		Corn Oil, Flax Oil		
		Amaranth, Millet Wild Rice, Quinoa	GRAINS, CEREALS		Sprouted Wheat Bread Spelt, Brown Rice	White Rice, Corn, Oats, Buckwheat, Rye	Wheat, White Flour Pastires, Pasta
			MEATS		Venison, Cold Water Fish	Turkey, Chicken Lamb	Pork, Beef, Shellfish
	Breast Milk	Goat Milk, Goat Cheese, Whey	EGGS, DAIRY		Eggs, Butter/Yogurt Buttermilk, Cottage Cheese, Soy Milk	Soy Cheese Raw Milk	Cheese, Homogenized Milk, Ice Cream
Lemon Water herb Tea	Green Tea	Ginger Tea	BEVERAGES		Tea	Coffee	Beer, Soft Drinks

Quote of the Month

“Just don’t give up on trying what to do what you really want to do. Where there is love and inspiration, I don’t think you can go wrong.”
Ella Fitzgerald

Black Bean Soup

8 Servings

Among the most inexpensive of foods, dried beans offer a bounty of fiber, iron, protein, folic acid and B vitamins. Black beans, also known as "turtle beans," are an especially tasty variety, and make a lovely soup. Do not salt dried beans until they are cooked, as the salt slows down the softening process. On another note, so-called "cooking" wines or sheries contain lots of added salt. Do your palate and your body a favor and use a drinkable sherry in this recipe.

Ingredients:

1 pound black beans
1/3 bay leaf
1 large onion, sliced
Salt to taste
A few cloves of chopped garlic
1 tsp dry mustard powder
1 cup dry sherry (not cooking sherry)

Instructions:

1. Pick over beans to remove any dirt, stones or foreign objects. Wash well, then soak for 8 hours in ample cold water.
2. Place beans and soaking liquid in a large saucepan with 1/3 bay leaf and bring to a boil over high heat. Skim off foam, lower heat, and

simmer, partially covered, till beans are just tender, about 1 hour.

3. Add onion and continue to cook until onion melts into liquid, about 1 more hour.

4. Add salt to taste and garlic. Continue to cook, adding a little boiling water if necessary, until beans are very soft and start to melt into liquid, about 1-2 hours more.

5. Remove bay leaf and turn off heat. Ladle beans in batches into blender or food processor and puree or use an immersion blender and puree soup directly in the saucepan.

6. Add dry mustard powder and dry sherry. Correct seasoning. Reheat and serve, adding any garnishes you wish, such as slices of lemon or freshly chopped herbs.

Nutritional Information:

Per serving:

103 calories
3 g total fat (0 g sat)
19 g carbohydrate
3 g protein
4 g fiber
220 mg sodium

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Workout of the Month

Begin with 5 minutes of cardio on the bike, treadmill, elliptical, rower, or skipping.

Move to the dynamic workout by completing 30 seconds of each of the following exercises:

1. "lunge with reach"
2. "45 degree lunge"
3. "standing windmill"
4. "rocker chair"

Repeat the exercises 1 more time for 20 seconds each and then complete 3 sets of 15 repetitions of the "squat to press" exercise featured at the bottom of the page.

Between each set of the "squat to press" complete 3 minutes of a different form of cardiovascular exercise before moving on. This circuit is bound to keep the heart rate up throughout the entire workout while working through your dynamic flexibility.

