

February is American Heart Month. Run from the Heart

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Has your running become stale or a chore to put those running shoes on and hit the pavement? Sometimes we have to get back to the basics and remember why we enjoy this sport. Try these simple tips to get back the passion you have for running.

1. Be excited about your workout. If you have a dog you know what I am talking about. My Dog River can sense when I am heading out for a run and his excitement level shoots through the roof. You may not be able to control a lot of things in your day but ATTITUDE is yours. So start your workout with a good one.
2. Run without technology once a week. Leave the MP3, GPS, sports watch and other gadgets at the house. Just go for a run. Do not worry about the pace or how long. You may be amazed how far you run and how good you feel.
3. Make a few small changes in your eating habits.
 - Keep a food diary for 3 - 7 days. Make sure you include at least one weekend day. Take a look at any patterns that you would like to change and highlight these changes. Make an effort to substitute better choices for the items you want to change or the time of day you are eating the items. Most of us can figure out what to cut down on without the help of a sports dietitian. Some common patterns I have observed over the years:
 - Beverage choices - Diet drinks aren't always a good substitute.
 - Skipping meals especially breakfast - Can cause bad snacking choices or over eating for dinner and after dinner snacking.
 - Not enough fruits and vegetables.
 - Once you identify an area in your eating that you want to change. Work on one to two changes per month. Remember you have the rest of your life and permanent changes are easier to make over time.
4. Stop and Smell the roses. Think how awesome it is that you made the choice to get out and hit the road. I am always amazed at the splendor of the world and how blessed I am to enjoy all that it has to offer. Sometimes it's the simple things like a beautiful sunrise or sunset. Other times it is the wonder of a fawn as it looks at amazement as I run by. Take the time be in the moment, feel your body and enjoy your surroundings.

Take the time this month to get back to the basics. Rekindle that passion you have for the sport of running. By following these few steps you will be rejuvenated and ready for some awesome Spring and Summer runs.