

THE PACESETTER



THE PACESETTER IS FOR
 RUNNERS, WALKERS, AND FITNESS
 ENTHUSIASTS OF ALL ABILITIES.



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TABLE OF CONTENTS:

Starting Lines..... 2

Prez Says 3

PSRR Banquet and 2018 Awards..... 5

2019 PSRR Circuit Standings 10

Upcoming PSRR Circuit Schedule Races..... 11

PSRR First Three 2019 Race Pictures and Results 12

The 14 Best Ways to Burn Fat Fast 14

Worth The Wait (Be Inspired!)..... 24

Finishing Lines 25

Starting Lines



I definitely want to show how beautiful the marathon can be. I am the opponent of all those who find the marathon bad: the psychologists, the physiologists, the doubters. I make the marathon beautiful for myself and for others. That's why I'm here.

— Uta Pippig —

AZ QUOTES



Running is about more than just putting one foot in front of the other; it is about our lifestyle and who we are.

— Joan Benoit —

AZ QUOTES

Prez Says

By Cathy McQuarters
President

“Go The Distance...”

I remember when I decided to make running my personal challenge. I had recently graduated from Joliet Junior College completing my associates' degree with high honors. I knew that I would need something else to work towards. It would have to be something that would challenge me in such a way that I had never done before. One day, while at the gym, I picked up a card for a local 5K at the gym. After that...it was all history!



I, so to speak, ran with it! Baby steps, at first. I began my running in short spurts as I went along, such as, from a mailbox to a white car parked in a driveway a few houses down the block. Then, I downloaded an app called Runtastic. I couldn't wait to try it on a run. It would track my run by giving me my pace by color, average pace and distance in miles. I was hooked! I wanted each run to be better than the one before. Soon, my mere 2 mile runs morphed into 5, 7 and 10 miles. Honestly, I was content with a 5K. At some point in time, a friend of mine asked me if I would be interested in running a half marathon. Of course, I couldn't say no to that!

While you are increasing your distance, you should take care not to injure yourself. Too often, runners push to increase their distance faster than their body is ready to tolerate. It doesn't matter if you are a beginner or a seasoned ultra-runner, injuries can occur in all types of runners. Here are some effective ways to increase your miles without causing injury to yourself.

Before setting out on your run make sure that you get in a good warm-up. By doing so, you reduce injury to tight muscles. If you are prone to side stitches, then you should most certainly get in a good warm-up. At the end of your run, make it a habit to include a cool down. An easy pace for at least five minutes is all it takes!

A run/walk method is ideal for increasing your distance. You can cover the miles that you desire, while reducing the risk of injury. With time and practice, you will walk less and slowly build yourself to the fitness level that you are striving towards.

Sometimes, it is necessary to stop and stretch mid-run. Tight muscles are the reason that many runners must end their run early. Stop and stretch the area of muscles that are tight for 30 seconds, then continue with your run. As a precaution, if pain is a persistent symptom, it would be best to stop your run. Listen to your body and know when to quit.

If you discover that you are out of breathe and gasping for air, then you are running too fast. Slow down! Try to run with a partner and keep up a conversational pace. This means that you are comfortable holding a conversation while running simultaneously. In time, you will gradually improve and increase your distance and remain injury free.

There are many training tips that can be effective as you increase your distance, while remaining injury free. In my opinion, I think it is important to incorporate strength training into your week. It helps your body adapt to the stresses that running can put on your body. Also, stronger muscles perform longer before they become fatigued. This means that you can run a longer distance. Incorporate two or three 15 to 20 minute strength training workout a week. As a result, you will build more muscle mass, thereby, giving you the strength to power through your runs.

Finally, join a terrific run club, such as, Prairie State Road Runners! Run club members are a wealth of knowledge and support. If you have a question, then they will have the answer. You may get more than you bargained for with the plethora of friendly responses. Members in run clubs are at various different levels of running, so there is always a pace for you!

PSRR Banquet and 2018 Awards

The, Prairie State Road Runners annual banquet was held on Saturday, January 19, 2019 at the Henry Jacobs Mansion! A great TIME was had by all!

Three runners were inducted into the PSRR Hall Of Fame. Steve Koven, Joe Jenkins and Mary Moss.



Steve Koven receiving PSRR Hall Of Fame award from Dave Cyplick

Steve Koven: Steve Koven joined PSRR's in 2010 and soon started volunteering at races and making new friends. Steve became a board member in 2011 and was club president from 2012 to 2015.

Steve worked with the PSRR board who helped carry out the various initiatives to boost club membership. These efforts doubled membership and started new events like the club picnic, the Manhattan Irish Fest Parade 5k, and the Free 5kM race. Steve feels that his greatest accomplishment as president was turning the club into a "big tent" where people who were new to running and weren't sure they belonged could join and feel like they belonged.

As a runner, Steve finished 11 marathons, with a PR of 3:34 “While having fast runners is great for the club, it is the volunteers who make things work and I am proud of all I have done over the past nine years!”

Congratulations to Steve, a great leader and role model.

Joe Jenkins: Joe is best described as a running phenom! Joe’s race times were among the fastest during the 1980’s and 1990’s. Many, if not all, of Joe’s 5k times were in the 15 to 16 minute range.

Mary Moss: Mary was heavily involved in PSRR as well as directing many races. In addition, Mary ran with passion and won many races during the 1980’s and 1990’s.

2018 PSRR CIRCUIT RACE WINNERS:



Eileen Skisak (1st Place) and Kathy Figuieras (2nd Place) receiving circuit race award from Cathy McQuarters. Paul Wojtkiewicz took 3rd Place honors.



Award Winners: (LEFT to RIGHT)

2018 PSRR Circuit Award Winners

Acup, Fawn
Agullar, Dan
Auld, Michael
Bailey, Marne
Barry, Laura
Beard, Nydia
Blenck, Shelli
Bonacci-Klaeser, Ruth
Bornhofen, Larry
Bowman, Mark
Calvey, Aidan
Calvey, Colleen
Carlson, Gavin
Costa, Liz
Curiel, Kelly
Cyplick, Dave
DeGrush, Rich
Enriquez, Maria
Forbes, Sean
Forster, Alex
Garcia, Nick
Harman, Jim
Henderson, Amy
Henderson, Katie
Holloway, Lianne
Hutley, Carla
Iniguez, Ivan
James, Jody
Johnston, Eric
Johnston, Toni
Jungwirth, Robert
Kasler, Erica
Kisner, Griffin
Koerner, Patrick J.
Koven, Steven
Loica, Laura
Lukanich, Christine
Mangabhai, Damien
Mangan, Kristen
Markland, Britni

Markland, JT
Martinez, Javier
McFarland, Patrick J.
McLaughlin, Alicia
McQuarters, Cathy
Morman, Cathy
Murdaugh, Rheta
Nelson, Mark
Norris, Tiffany
Pirc, Tina
Pirc, Tina
Podlin, Tom
Portlock, Caroline
Quigley, Lori
Rahn, Eva
Raino, Gerald
Raino, Lauren
Russell, Andy
Salkas, Cassandra
Salkas, Linda
Schalk, Daniel
Scheckel, Debbie
Scheckel, Harry
Sheridan, John
Sikes, John
Skisak, Eileen
Sorich, Diana
Stapleton, Carol
Underhile, Clinton
Underhile, Nicole
Veerman, April
Wait, Jay
Walker, Mark
Walters, Mark
Warren, John
Warren, Judith
Welsh, Darcy
Wertelka, Raymond
Westefer, Gary
Wojtkiewicz, Paul

2018 PSRR Circuit Race Winners

1st	Eileen Skisak
2nd	Daniel Schalk
3rd	Paul Wojtkiewicz

2018 PSRR Age Group Race Winners

	Female	Male
Under 15	Cassandra Salkas	Alex Forster
15-29	Brittany Pirc	N/A
30-39	Colleen Calvey	JT Markland
40-44	Nydia Beard	Griffin Kisner
45-49	Toni Johnston	Mark Walker
50-54	Fawn Acup	Javier Martinez
55-59	Judith Warren	Larry Bornhofen
60-64	Debbie Scheckel	Mark Walters
65-69	Carol Stapleton	Patrick Koerner
70 & Over	N/A	Harry Scheckel

Most Circuit Races Run

Larry Bornhofen	15
Carol Stapleton	15
John Warren	15

Most Volunteer Credits

Judith Warren	10
Caroline Portlock	8
Steve Koven	6
Tom Lambert	6
Cathy McQuarters	6
Jay Wait	6

Most Miles Award

Kathy Figuietas	392.6
Mark Bowman	360
Mark Walker	231

2019 PSRR Circuit Standings

2019 Circuit Results

Completed 7 circuit races -- eligible for circuit award and circuit ranking
 Has 7 or more points via circuit races, volunteer credits, and 1 half/full/ultra -- eligible for circuit award
 Has 5 or more points (age 14 & under) via circuit races, volunteer credits, and 1 half/full/ultra -- eligible for circuit award
 Colored numbers are the 7 lowest finishes used in calculating circuit score

2/13/2019

CIRCUIT STANDINGS

Runner	1. Winterfest 5K	2. Frosty 5 Mile	3. Manhattan Irish Fest 5k	4. Bollingbrook Half Marathon	5. Shamrock Shuffle 8k	6. DNA No Foolin' 5k	7. Morton Arboretum 10k	8. Fierce Fiesta 5k	9. Soldier Field 10 Miller	10. Kendall County Sweetness 8k	11. Minooka Summerfest 5k	12. Liberty 5k	13. Waterfall Glen Xtreme 10 Mile	14. Sundowner 5k	15. DNA/PSRR Free 5k	16. Shoot Scoot 5K	17. Ashley Can 10k	18. Plainfield Harvest Fest 5k	19. Forte 5k	20. Red Eye 5k	21. JJC Haunted 5K	22. Canal Connection 10k	23. Poultry & Pie Predictor 4 Mile	24. Your choice half /full/ultra	25. Volunteer Credits	Circuit Score	Circuit Ranking
Aguilar, Dan	12																										
Arreola, Sergio	4																										
Auld, Michael	1																										
Bailey, Marne	18																										
Barry, James, Jr.	39																										
Beard, Nydia																								C			
Bornhofen, Larry																									1		
Bowman, Mark	14																								1		
Costa, Liz	4	15																									
Curiel, Kelly	19																										
Cyplick, Dave	20																										
DeGrush, Rich	9																										
Forbes, Sean	31																										
Freeman, Angela	16																										
Gabryel, Glenn	37																										
Goodwin, Kenneth	7																										
Hall, Heather	40																										
Harman, Jim	3	5																									
James, Jody	30																										
Johnson, Karl	48																								1		
Johnston, Toni	17																										
Kelly, Chad	44																										
Kisner, Griffin	9																										
Koerner, Patrick J.	23																										
Kraus, Joyce	47																										
Loica, Laura	16																										
Lukanich, Christine	24																										
Macak, Matt	7																							C			
Mangabhai, Damien	22																										
Mangan, Kristen	46																										
Markland, Britni	28																										
Markland, JT	13																										
Martinez, Javier	1																										
McQuarters, Cathy	43																								2		
Meehan, Stephen	10																										
Morman, Cathy	10	29																									
Musgrave, David	6																										
Nelson, Mark	13	27																									
Nette, Paul	8																										
Pirc, Tina	38																								1		
Portlock, Caroline	45																										
Putnam, Terri	18																										
Quigley, Lori	6	21																									
Rahn, Eva	2																										
Raino, Craig	49																										
Raino, Emerson	32																										

PSRR First Three 2019 Race Pictures and Results



Winterfest 2019, 5kM Group Picture

For Race Results go to:

<http://krrclub.x10host.com/2019/winter1f.html>



Frosty Five 2019 Group Picture

For race results go to:

<https://www.channahonpark.org/wordpress/wp-content/uploads/2019/02/FrostyOverallResults.pdf>

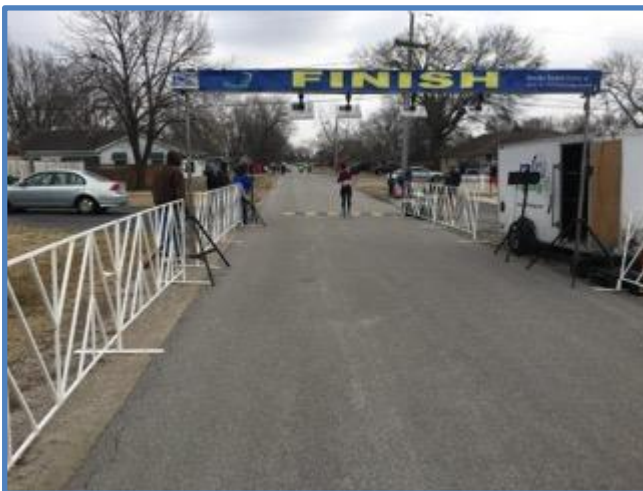
Manhattan Irish Fest March 2, 2019

For race results and photos go to:

<https://www.itsyourrace.com/results.aspx?id=7190>



This picture titled "Three Smiler"



First Female and Male Runners

The 14 Best Ways to Burn Fat Fast



Whether you're looking to improve your overall health or simply slim down for summer, burning off excess fat can be quite challenging. In addition to diet and exercise, numerous other factors can influence weight and fat loss. Luckily, there are plenty of simple steps you can take to increase fat burning, quickly and easily.

Here are 14 of the best ways to burn fat quickly and promote weight loss.

1. Start Strength Training

Strength training is a type of exercise that requires you to contract your muscles against resistance. It builds muscle mass and increases strength.

Most commonly, strength training involves lifting weights to gain muscle over time.

Research has found strength training to have multiple health benefits, especially when it comes to burning fat.

In one study, strength training reduced visceral fat in 78 people with metabolic syndrome. Visceral fat is a type of dangerous fat that surrounds the organs in the belly.

Another study showed that 12 weeks of strength training paired with aerobic exercise was more effective at reducing body fat and belly fat than aerobic exercise alone.

Resistance training may also help preserve fat-free mass, which can increase the number of calories your body burns at rest.

According to one review, 10 weeks of resistance training could help increase calories burned at rest by 7% and may reduce fat weight by 4 pounds (1.8 kg).

Doing body-weight exercises, lifting weights or using gym equipment are a few easy ways to get started with strength training.

Summary Strength training has been shown to increase resting energy expenditure and reduce belly fat, especially when combined with aerobic exercise.

2. Follow a High-Protein Diet

Including more protein-rich foods in your diet is an effective way to reduce your appetite and burn more fat.

In fact, multiple studies have found that eating more high-quality protein is associated with a lower risk of belly fat.

One study also showed that a high-protein diet can help preserve muscle mass and metabolism during weight loss.

Upping your protein intake may also increase feelings of fullness, decrease appetite and reduce calorie intake to aid in weight loss.

Try incorporating a few servings of high-protein foods into your diet each day to help amp up fat burning.

Some examples of protein-rich foods include meat, seafood, eggs, legumes and dairy products.

Summary Eating more protein may be associated with a lower risk of belly fat. Increasing your protein intake can decrease appetite, lower calorie intake and preserve muscle mass.

3. Squeeze in More Sleep

Going to bed a bit earlier or setting your alarm clock a little later can help boost fat burning and prevent weight gain.

Several studies have found an association between getting enough sleep and weight loss.

One study of 68,183 women showed that those who slept five or fewer hours per night over a period of 16 years were more likely to gain weight than those who slept for longer than seven hours per night.

Another study showed that better sleep quality and getting at least seven hours of sleep per night increased the likelihood of successful weight loss by 33% in 245 women enrolled in a six-month weight loss program.

Other research shows that a lack of sleep may contribute to alterations in hunger hormones, increased appetite and a higher risk of obesity.

Although everyone needs a different amount of sleep, most studies have found that getting at least seven hours of sleep per night is associated with the most benefits when it comes to body weight.

Stick to a regular sleep schedule, limit your intake of caffeine and minimize your use of electronic devices before bed to help support a healthy sleep cycle.

Summary Getting enough sleep may be associated with decreased appetite and hunger, as well as a lower risk of weight gain.

4. Add Vinegar to Your Diet

Vinegar is well known for its health-promoting properties.

In addition to its potential effects on heart health and blood sugar control, increasing your intake of vinegar may help bump up fat burning, according to some research.

One study found that consuming 1–2 tablespoons (15–30 ml) of vinegar daily reduced people's body weight, belly fat and average waist circumference over a 12-week period.

Consuming vinegar has also been shown to enhance feelings of fullness and reduce appetite.

Another small study of 11 people showed that adding vinegar to the diet reduced daily calorie intake by up to 275 calories.

It's easy to incorporate vinegar into your diet. For example, many people dilute apple cider vinegar with water and drink it as a beverage a few times per day with meals.

However, if drinking vinegar straight doesn't sound appealing, you can also use it to make dressings, sauces and marinades.

Summary Vinegar may help increase feelings of fullness, decrease calorie intake and lower body fat.

5. Eat More Healthy Fats

Although it may seem counterintuitive, increasing your intake of healthy fats may actually help prevent weight gain and help you maintain feelings of fullness.

Fat takes a while to digest and can help slow the emptying of the stomach, which can reduce appetite and hunger.

One study found that following a Mediterranean diet rich in healthy fats from olive oil and nuts was associated with a lower risk of weight gain compared to a low-fat diet.

Another small study found that when people on a weight loss diet took two tablespoons (30 ml) of coconut oil daily, they lost more belly fat than those who were given soybean oil.

Meanwhile, unhealthy types of fat like trans fats have been shown to increase body fat, waist circumference and belly fat in human and animal studies.

Olive oil, coconut oil, avocados, nuts and seeds are just a few examples of healthy types of fat that may have beneficial effects on fat burning.

However, keep in mind that healthy fat is still high in calories, so moderate how much you consume. Instead of eating more fat overall, try swapping the unhealthy fats in your diet for these healthy fat varieties.

Summary Fat is digested slowly, so eating it can help reduce appetite. A higher intake of healthy fats is associated with a lower risk of weight gain and decreased belly fat.

6. Drink Healthier Beverages

Swapping out sugar-sweetened drinks for some healthier selections is one of the easiest ways to increase fat burning.

For example, sugar-sweetened beverages like soda and juice are packed with calories and offer little nutritional value.

Alcohol is also high in calories and has the added effect of lowering your inhibitions, making you more likely to overeat.

Studies have found that consuming both sugar-sweetened beverages and alcohol is associated with a higher risk of belly fat.

Limiting your intake of these beverages can help reduce your calorie intake and keep your waistline in check.

Instead, opt for calorie-free beverages like water or green tea.

In one small, 12-week study, drinking 17 ounces (500 ml) of water before meals increased weight loss by 4.4 pounds (2 kg), compared to a control group.

Green tea is another great option. It contains caffeine and is rich in antioxidants, both of which may help increase fat burning and enhance metabolism.

For instance, one study in 12 adults showed that green tea extract increased fat burning by 12% compared to a placebo.

Trading in even just one or two servings of high-calorie beverages for a glass of water or a cup of green tea is a simple way to promote fat burning.

Summary Sugar-sweetened beverages and alcoholic drinks may be associated with a higher risk of belly fat. Green tea and water have been shown to increase weight loss and fat burning.

7. Fill up on Fiber

Soluble fiber absorbs water and moves through the digestive tract slowly, helping you feel fuller for longer.

According to some studies, increasing your intake of high-fiber foods may protect against weight gain and fat accumulation.

One study of 1,114 adults found that for each 10-gram increase in soluble fiber intake per day, participants lost 3.7% of their belly fat over a five-year period, even without any other changes in diet or exercise.

Another review also found that increasing fiber intake promoted feelings of fullness and decreased hunger. In fact, an increase of 14 grams of fiber per day was associated with a 10% decrease in calorie intake.

Not only that, but it was also linked to nearly 4.4 pounds (2 kg) of weight loss over a four-month period.

Fruits, vegetables, legumes, whole grains, nuts and seeds are a few examples of high-fiber foods that can boost fat burning and weight loss.

Summary A higher intake of fiber may be associated with fat loss, decreased calorie intake and greater weight loss.

8. Cut Down on Refined Carbs

Decreasing your intake of refined carbohydrates may help you lose extra fat.

During processing, refined grains are stripped of their bran and germ, resulting in a final product that's low in fiber and nutrients.

Refined carbs also tend to have a higher glycemic index, which can cause spikes and crashes in blood sugar levels, resulting in increased hunger.

Studies show that a diet high in refined carbs may be associated with increased belly fat.

Conversely, a diet high in whole grains has been associated with a lower body mass index and body weight, plus a smaller waist circumference.

One study in 2,834 people also showed that those with higher intakes of refined grains tended to have a higher amount of disease-promoting belly fat, while those who ate more whole grains tended to have a lower amount.

For the best results, reduce your intake of refined carbs from pastries, processed foods, pastas, white breads and breakfast cereals. Replace them with whole grains such as whole wheat, quinoa, buckwheat, barley and oats.

Summary Refined carbs are low in fiber and nutrients. They may increase hunger and cause spikes and crashes in blood sugar levels. Consuming refined carbs has also been associated with increased belly fat.

9. Increase Your Cardio

Cardio, also known as aerobic exercise, is one of the most common forms of exercise and is defined as any type of exercise that specifically trains the heart and lungs.

Adding cardio to your routine may be one of the most effective ways to enhance fat burning.

For example, one review of 16 studies found that the more aerobic exercise people got, the more belly fat they lost.

Other studies have found that aerobic exercise can increase muscle mass and decrease belly fat, waist circumference and body fat.

Most research recommends between 150–300 minutes of moderate to vigorous exercise weekly, or roughly 20–40 minutes of cardio each day.

Running, walking, cycling and swimming are just a few examples of some cardio exercises that can help burn fat and kick-start weight loss.

Summary Studies show that the more aerobic exercise people get, the more belly fat they tend to lose. Cardio may also help reduce waist circumference, lower body fat and increase muscle mass.

10. Drink Coffee

Caffeine is a primary ingredient in just about every fat-burning supplement, and for good reason.

The caffeine found in coffee acts as a central nervous system stimulant, increases metabolism and boosts the breakdown of fatty acids.

In fact, studies show that caffeine intake can temporarily increase energy expenditure and enhance metabolism by 3–11%.

One large study with over 58,000 people found that increased caffeine intake was associated with less weight gain over a 12-year period.

Another study found that higher caffeine intake was linked to a higher rate of success with weight loss maintenance among 2,623 people.

To maximize the health benefits of coffee, skip the cream and sugar. Instead, enjoy it black or with a small amount of milk to prevent the extra calories from stacking up.

Summary Coffee contains caffeine, which can increase the breakdown of fat and raise metabolism. Studies show that higher caffeine intake may be associated with greater weight loss.

11. Try High-Intensity Interval Training (HIIT)

High-intensity interval training, also known as HIIT, is a form of exercise that pairs quick bursts of activity with short recovery periods to keep your heart rate elevated.

Studies show that HIIT can be incredibly effective at ramping up fat burning and promoting weight loss.

One study found that young men performing HIIT for 20 minutes three times weekly lost an average of 4.4 pounds (2 kg) of body fat over a 12-week period, even with no other changes to their diet or lifestyle.

They also experienced a 17% reduction in belly fat as well as a significant decrease in waist circumference.

HIIT may also help you burn more calories in a shorter amount of time than other forms of cardio.

According to one study, performing HIIT helped people burn up to 30% more calories than other types of exercise, such as cycling or jogging, in the same amount of time.

For an easy way to get started with HIIT, try alternating between walking and jogging or sprinting for 30 seconds at a time.

You can also cycle between exercises like burpees, push-ups or squats with a short rest period in between.

Summary HIIT can help increase fat burning and burn more calories in a shorter amount of time than other forms of exercise.

12. Add Probiotics to Your Diet

Probiotics are a type of beneficial bacteria found in your digestive tract that have been shown to improve many aspects of health.

In fact, the bacteria in your gut have been shown to play a role in everything from immunity to mental health.

Increasing your intake of probiotics through either food or supplements may also help rev up fat burning and keep your weight under control.

One review of 15 studies showed that people who took probiotics experienced significantly larger reductions in body weight, fat percentage and body mass index compared to those who took a placebo.

Another small study showed that taking probiotic supplements helped people following a high-fat, high-calorie diet prevent fat and weight gain.

Certain strains of probiotics in the genus *Lactobacillus* may be especially effective at aiding weight and fat loss.

One study in 28 people showed that eating yogurt containing either *Lactobacillus fermentum* or *Lactobacillus amylovorus* bacteria reduced body fat by 3–4%.

Taking supplements is a quick and easy way to get in a concentrated dose of probiotics every day.

Alternatively, you can try adding some probiotic-rich foods to your diet, such as kefir, tempeh, natto, kombucha, kimchi and sauerkraut.

Summary Taking probiotic supplements or increasing your intake of probiotics through food sources may help reduce body weight and fat percentage.

13. Increase Your Iron Intake

Iron is an important mineral that has many vital functions in the body.

As with other nutrients such as iodine, a deficiency in iron may impact the health of your thyroid gland. This small gland in your neck secretes hormones that regulate your metabolism.

Multiple studies have found that low levels of iron in the body may be associated with impaired thyroid function and a disruption in the production of thyroid hormones.

Common symptoms of hypothyroidism, or decreased thyroid function, include weakness, fatigue, shortness of breath and weight gain.

Similarly, a deficiency in iron can cause symptoms like fatigue, dizziness, headaches and shortness of breath.

Treating iron deficiency can allow your metabolism to work more efficiently and can fight off fatigue to help increase your activity level.

One study even found that when 21 women were treated for iron deficiency, they experienced reductions in body weight, waist circumference and body mass index.

Unfortunately, many people don't get enough iron in their diets.

Women, infants, children, vegans and vegetarians are all at a higher risk of iron deficiency.

Be sure to incorporate plenty of iron-rich foods in your diet to help meet your iron needs and maintain your metabolism and energy levels.

You can find iron in meat, poultry, seafood, fortified grains and cereals, leafy green vegetables, dried fruits and beans.

Summary A deficiency in iron may be associated with impaired thyroid function and can cause symptoms like fatigue and shortness of breath. One study found that treating iron deficiency aided in weight loss.

14. Give Intermittent Fasting a Shot

Intermittent fasting is a diet pattern that involves cycling between periods of eating and fasting.

Research shows that intermittent fasting may help enhance both weight loss and fat loss.

One review looked at the effects of intermittent fasting, including alternate-day fasting — a method that involves alternating between days of fasting and eating normally.

They found that alternate-day fasting over a period of 3–12 weeks reduced body weight by up to 7% and decreased body fat by up to 12 pounds (5.5 kg).

Another small study showed that eating only during an eight-hour window each day helped decrease fat mass and maintain muscle mass when combined with resistance training.

There are several different types of intermittent fasting, including some where you eat only on certain days of the week and others where eating is restricted to specific hours of the day.

Popular types of intermittent fasting include Eat Stop Eat, the Warrior Diet, the 16/8 method and the 5:2 diet.

Find a variation that fits in with your schedule and lifestyle and don't be afraid to experiment to find what works best for you.

Summary Intermittent fasting has been shown to reduce body weight and body fat and may help preserve muscle mass when combined with resistance training.

The Bottom Line

There are plenty of options available to help you shed excess fat and improve your health.

Incorporating some healthy habits into your routine and switching up your diet can make a big difference. Even minor changes to your lifestyle can have powerful effects on fat burning.

Be sure to pair these simple tips with a nutritious, well-rounded diet and active lifestyle to simultaneously boost fat breakdown and improve your overall health.

Worth The Wait (Be Inspired!)

(by Rick Reilly)

WHY Do they come? Why do they hang around to watch the slowest high school cross-country runner in America? Why do they want to see a kid finish the 3.1 miles in 51 minutes when the winner did it in 16?

Why do they cry? Why do they nearly break their wrists applauding a junior who falls flat on his face almost every race? Why do they hug a teenager who could be beaten by any other kid running backward?

Why do they do it? Why do all of his teammates go back out on the course and run the last 10 minutes of every race with him? Why do other teams do it too? And the girls' teams? Why run all the way back out there to pace a kid running like a tortoise with bunions?

Why?

Because Ben Comen never quits.

See, Ben has a heart just slightly larger than the Chicago Hyatt. He also has cerebral palsy. The disease doesn't mess with his intellect—he gets A's and B's—but it seizes his muscles and contorts his body and gives him the balance of a Times Square drunk. Yet there he is, competing for the Hanna High cross-country team in Anderson, S.C., dragging that wracked body over rocks and fallen branches and ditches. And people ask, Why?

“Because I feel like I've been put here to set an example,” says Ben, 16. “Anybody can find something they can do—and do **it** well. I like to show people that you can either stop trying or you can pick yourself up and keep going. It's just more fun to keep going.”

It must be, because faced with what Ben faces, most of us would quit.

Imagine what it feels like for Ben to watch his perfectly healthy twin, Alex, or his younger brother, Chris, run like rabbits for Hanna High, while Ben runs like a man whacking through an Amazon thicket. Imagine never beating anybody to the finish line. Imagine dragging along that stubborn left side, pulling that unbending tire iron of a leg around to the front and pogo-sticking off it to get back to his right.

Worse, he lifts his feet so little that he trips on anything—a Twinkie-sized rock, a licorice-thick branch, the cracks between linoleum tiles. But he won't let anybody help him up. It messes up my flow,' he says. He's not embarrassed, just mad.

Worst, he falls hard. His brain can't send signals fast enough for his arms to cushion his fall, so he often smacks his head or his face or his shoulder. Sometimes his mom, Joan, can't watch.

“I've been coaching cross-country for 31 years,” says Hanna's Chuck Parker, “and I've never met anyone with the drive that Ben has. I don't think there's an inch of that kid I haven't had to bandage up?”



But never before Ben finishes the race. Like Rocky Marciano, Ben finishes bloody and bruised, but never beaten. Oh, he always loses—Ben barely finishes ahead of the sunset, forget other runners. But he hasn't quit once. Through rain, wind or welt, he always crosses the finish line.

Lord, it's sonic sight when he gets there: Ben clunking his way home, shepherded by all those kids, while the cheerleaders screech and parents try to holler encouragement, only to find nothing coming out of their voice boxes.

The other day Ben was coming in with his huge army, Ben's Friends, his face stoplight red and tortured, that laborious gait eating up the earth inch by inch, when he fell not 10 yards from the line. There was a gasp from the parents and a second of silence from the kids. But then Ben went through the 15-second process of getting his bloody knees under him, his balance back and his forward motion going again—and he finished. From the roar you'd have thought he just won Boston.

"Words can't describe that moment," says his mom. "I saw grown men just stand there and cry."

Ben can get to you that way. This is a kid who builds wheelchair ramps for Easter Seals, spends nights helping at an assisted-living home, mans a drill for Habitat for Humanity, devotes hours to holding the hand of a disabled neighbor, Miss Jessie, and plans to run a marathon and become a doctor. Boy, the youth of today, huh?

Oh, one aside: Hanna High is also the home of a mentally challenged man known as Radio, who has been the football team's assistant for more than 30 years. Radio gained national attention in a 1996 SPORTS ILLUSTRATED story by Gary

Smith and is the hero of a major movie that opens nationwide on Oct. 24.

Feel like you could use a little dose of humanity? Get yourself to Hanna. And while you're there, go out and join Ben's Friends.

You'll be amazed what a little jog can do for your heart.

Finishing Lines

- The race is not to the swift but to those who keep on running!
- Run with patience the particular race set before you! (Applies to LIFE as well as running)

"The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart."

~ Helen Keller (1880-1968)

A Parting Thought: Have you ever been on that long run along life's path and felt you couldn't go on another step? Suddenly your heart is touched by the thought or presence of a much loved companion and a new spring erupts in your step.....I can do this!



BEAUTIFUL KIAWAN!