



“Make it Happen”



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Getting Back to the Business

By Deana

The purpose of this NEW newsletter is to provide you with specialized information from DsFit2Run that will allow you a healthy life style.

Starting in 2014 you will receive emails with links directing you to the website to read different articles and discussion topics. I would appreciate your participation to allow for an increase in 2014 and an increase in membership. If you have articles, topics or ideas please send them to dsfit2run@gmail.com and they will be included in a future newsletter. This Newsletter will be an avenue for our thoughts, aspirations, achievements, struggles, healthy recipes, exercise tips as well marathon information.

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INDY 5K / Half Marathon

By Deana

“You can transform your life and health in just five months.” If that statement makes you want to read on, consider yourself hooked.

A 5K or Half Marathon is competing against your mind and distractions, so it’s important that the first one or two walking days you establish an accountability partner and get hooked on your health. When you are hooked it will create an expectation, the expectation is to justify the use of healthy eating and exercise, or you will feel manipulated.

We need to headline our accomplishments with the

5K participants

Jackie Johnson
Teresa Johnson
Tashra McCreary
Karen Seals

Half Marathon Participants

Jeanette Booker
Mellonee Mayfield
Deana Patterson
Paulette Stark

Beyond the dedication and essential characteristics, this is highly relevant, inspiring and should peak others curiosity to have some adventurous quality for completing an exercise goal.

10 tips to help you eat more fruits

**Nutrition
Education
Series**

Focus on fruits

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

1 Keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 Think about taste

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe.

3 Think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



4 Don't forget the fiber

Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.



5 Be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.

6 Include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



7 Try fruit at lunch

At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

8 Experiment with fruit at dinner, too

At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

9 Snack on fruits

Dried fruits make great snacks. They are easy to carry and store well.

10 Keep Fruit Safe

Rinse fruits before preparing or eating them. Under clean running water, rub fruits briskly to remove dirt and surface microorganism. After rinsing dry with a clean towel.



United States
Department of Agriculture
Center for Nutrition Policy and Promotion



DG TipSheet No. 3

June 2011
USDA is an equal opportunity
provider and employer.



5K Results:

Teresa 44:08
Tashra 44:08
Karen 44:36
Jackie 45:47

Half Marathon

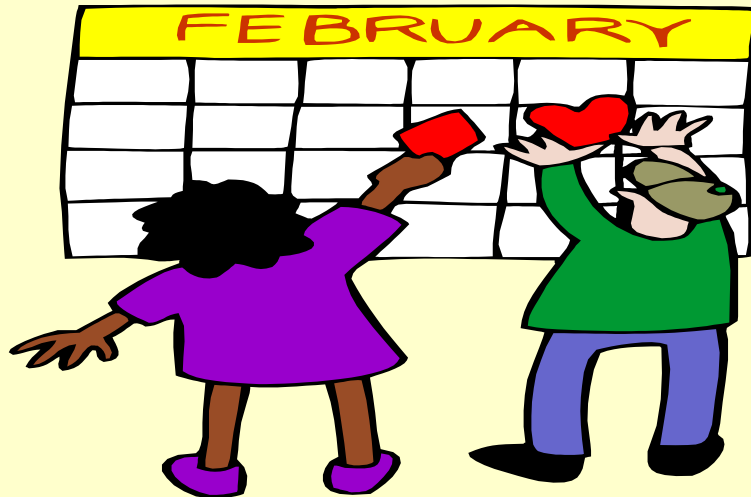
Mellonee 2:59
Jeanette 2:59
Deana 3:03
Paulette 3:04



END OF THE YEAR GATHERING and 2014 EXPECTATIONS

MARCH 29, 2014 @ 1:00PM - 4:00PM

Please MARK your calendar, ATTENDA and BRING A FRIEND



BREWERS MINI MARATHON & 10K (6.2 MILES) - 9/20/2014 - MILWAUKEE

***THOSE THAT ARE INTERESTED WE WILL PARTICIPATE IN THE HOT
CHOCOLATE 15K & 5k***

1ST ANNUAL GARY INDIANA 5KHOT CHOCOLATE 15K / 5K



DSFIT2RUN found out about the 1st ANNUAL GARY INDIANA 5K & HALF MAARATHON. This was a last minute and there were 2 of us that participated. This turned out to be a good race with fair weather and great experience to see the participation and support for GARY INDIANA.



The 5K results

Jackie: 44:10

Deana 42:10



The HOT CHOCOLATE

Nanette

Paulette – Not pictured

Tammye

The course is the most beautiful 5k in Northwest Indiana that finishes with the marathon and half marathon. Starting next to the beach on Lake Michigan, the race is run through the beach front neighborhood in Miller, through several duneland areas, and in the gorgeous fall foliage.

DSFIT2RUN

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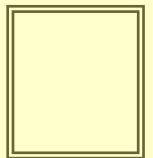
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Make it Happen!!

We're on the Web!

Visit us at:
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