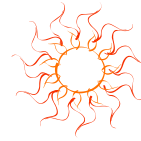


**moxy**  
FITNESS



SEPTEMBER  
NEWSLETTER  
2011



**Moxy Endurance Boot Camp 2011**  
**September 6th– October 15th**

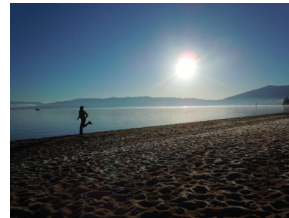


- \$250
- 6 weeks: Mon-Sat @ 6:00 a.m.
- 3 Run days: Interval, Tempo and long, steady distance (LSD)
  - 3 weekly strength workouts
  - Weekly drills to help improve stride and speed
- Train for a half marathon/10K, or just improve your running and cardio fitness

Enjoy the changing of seasons with some early morning trail runs and stay fit for the fall!!!

**WHY DO YOU RUN?**

BECAUSE YOU ARE WONDERING IF YOUR CHILDREN WILL RUN TOO. BECAUSE IT'S RAINING. BECAUSE YOU CAN AND OTHERS CAN'T. BECAUSE IT'S FASTER THAN WALKING. BECAUSE THAT SHAKY LEG THING IS ALL ABOUT NERVOUS ENERGY. BECAUSE YOU CAN'T FLY. BECAUSE YOUR PERSONAL BEST IS JUST THAT, YOURS. BECAUSE THE PAIN OF A BLISTER IS NOTHING COMPARED TO THE PAIN OF STOPPING. BECAUSE YOU LIKE THE RESISTANCE THE WIND GIVES YOU.... BECAUSE YOU ARE A MOXY GIRL.... *JUST BECAUSE!*



**Half Marathon**  
**Weekly LSD Run:**

**\*Pre Camp Run—6 miles**

- Week 1 - 8 miles
- Week 2 - 10 miles
- Week 3 - 6 miles
- Week 4 - 13 miles  
**(Kokanee)**
- Week 5 - 6 miles
- Week 6 - 13 miles **(TBA)**

**Gear List:**

**Good Running Shoes**

**Head Lamp**  
(Yes! It will be dark!)

**Water System**  
(CamelBak or Water Bottle)

**Yoga Mat**  
(Optional, but recommended)

**A Watch!**  
(Optional, but recommended)



★ **Fall Strength Session** ★  
**Sept 7th—Oct 14th**

We will be offering a *strength only* session for those not interested in building endurance for fall or for anyone with a limited schedule.

**\$145 – 6 weeks**  
**M,W,F @ 6:00 am**

“But especially she loved to run in the dim light of the autumn mornings, listening to the subdued and sleepy murmurs of the forest, reading signs and sounds as one may read a book, and seeking for the mysterious something that called -- called, waking or sleeping, at all times, for her to come.”

**10K Weekly**  
**LSD Run:**

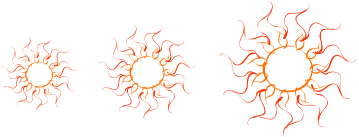
- Week 1 - 4 miles
- Week 2 - 5 miles
- Week 3 - 5 miles
- Week 4 - 6 miles  
**(Kokanee)**
- Week 5 - 4 miles
- Week 6 - 6 miles **(TBA)**



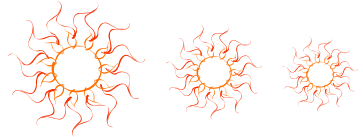
FIND OUT WHAT'S INSIDE....**OUTSIDE.** GET OUT. GET MOXY.

www.moxyfitness.com





# Moxy Girl



Meet Moxy Girl **Kristi Schumaker!!!** Kristi joined Moxy about four years ago and has been unstoppable ever since!!! She seems to get faster, stronger and leaner with each session! Her commitment to fitness, friendship and adventure is like none other... a very admirable quality. We look forward to many more adventures with this girl!

**How long have you been a Moxy Girl?** I have been a Moxy girl since 2007 with a small break to have a child. **Favorite Moxy Cardio day?** My favorite Moxy cardio day is Sawmill. It always feels like such an accomplishment to make it to the top, and I secretly love the awful grade workouts (We knew those glares were really signs of enjoyment!! 😊) **Nickname?** I think my most popular nickname these days is Mommy! **One thing you just can't live without?** The one thing I can't live without is my family and also a great powder day! **Sunrise or sunset?** If I can catch both the sunrise and sunset in the same day, I know it's been a good day! **I'm Happiest when...?** I'm happiest when I'm making memories with my family and friends! **Hidden talent?** My hidden talent is that I can wiggle my ears, how lame! **One of my favorite mem-**

**ories is...?** Some of my favorite memories are the days my two girls were born, the day I married Skye! **If you had an extra hour each day, how would you spend it?** If I had an extra hour each day I would make my fun times last longer **The best word to describe yourself?** The best words to describe me is "up for anything" (VERY TRUE!) **I love being a Moxy Girl because...?** I love being a Moxy girl because it has made me enjoy myself more and the adventures with friends are always awesome! 😊



## Honey: The sweet stuff boosts your running and health!

Do you add a little honey to your tea or spread a tablespoon on toast? Good move. While honey contains a few more calories per teaspoon than sugar, the former has a number of healthy advantages over the latter. When buying honey, remember that light and amber-colored varieties are mild tasting, while darker ones have a bolder, richer flavor. Each

also has a slightly different antioxidant profile. Here's why runners should enjoy the sweet stuff:

**FUEL PERFORMANCE:** A study on cyclists found consuming 60 calories of honey (one tablespoon) with water every half hour works as well as an energy gel in improving sprinting efforts at the end of a long workout. **CONTROL BLOOD SUGAR:** Studies show that using honey over regular table sugar can help steady blood-sugar levels- great news for those with pre-diabetes or insulin resistance. **BOOST ANTIOXIDANT LEVELS:** Compared to other sweeteners, honey has higher levels of antioxidants. In one study, subjects who drank tea with buckwheat honey showed a seven percent increase in antioxidant levels compared to subjects who had tea with sugar. **CURB CHOLESTEROL:** Using honey instead of sugar for two weeks can lower your "bad cholesterol" and reduce levels of C-reactive protein, a measure of inflammation in vessels. **IMPROVE G.I. HEALTH:** Honey contains oligosaccharides, a type of sugar that fuels the growth of immune-boosting bacteria in the gut, promoting a healthy intestinal tract.

## Honey infused ideas

### Baked energy bars:

Mix 3 Tbsp honey, 2 Tbsp canola oil, 2 eggs, walnuts, orange zest and 2 cups granola. Bake 15 minutes at 375F.

### Fruit Smoothie:

Blend together 1/2 cup blueberries, 1 ripe peach, 1 cup yogurt, 1 tbsp buckwheat honey, 1/2 tsp vanilla, and ice.

### Salad Dressing:

Whisk 2 tbsp olive oil, 1/4 cup honey, 1/3 cup red-wine vinegar, 2 tbsp minced scallions, and salt and pepper.

### Grilled Vegetables:

Place zucchini, peppers, and onions on hot grill. Brush with 2 Tbsp honey, 1/4 cup white wine, and 1 tsp garlic.