



Presented by Walworth County

## 10 Gear Essentials For Rookie Runners

You've signed up for your first race and have a training plan in hand. But beyond running shoes, you don't have the first clue as to what gear you might—or might not—need.

A simple pair of shoes will help you get to the finish line. A few other essentials will help you train right. Check out these tips from Active.com to help you move beyond the rookie status with tips on where to place your ID, how to pick the right running shoe, and what attire works best.

**1. Lace Up With the Right Running Shoe.** A proper running shoe can prevent injuries and help you run efficiently. Finding the right-fitting running shoe can also be a bit tricky. Go to your local running store and ask an expert to take a look at your running stride. This will help narrow down the best type for your foot.

**2. ID Solutions.** Do you run with an ID or leave it at home? If you run outside, it's important to take your ID with you in case of an emergency. If your shorts or pants don't have a zip pocket, a sport belt is a good solution. You can place some cash, keys, or phone in this mini pouch. Slip it around your waist and hit the ground running.

**3. In Case of an Emergency: Road ID.** Runners, walkers, or any outdoorsy person should always have the Road ID. In the event of an accident, if you can't speak for yourself, your Road ID will. It's not just a piece of gear—it's a lifesaver. Put all the information you'll need on

this ID including allergies and an emergency contact.

**4. The Runner by Clean Bottle.** Quench your thirst while listening to your favorite tunes. The Runner by Clean Bottle lets you carry your smartphone, gels, ID, money, and keys. It's a great solution if you want to run with water and listen to music. Plus the bottle is easy to hold and simple to clean.

**5. Armpocket: Music Solutions.** Whether you have an iPhone or Android, Armpocket has the right case for you. Place your phone in the armband, slip it around your bicep, plug in your headphones, and enjoy your run. The Armpocket also stores cash, key, or ID in the pouch. This is a good solution for runners who don't mind something around their arms. Select the right model and color for your personality.

**6. Stay On Top of Your Heart Rate.** If you want to track your heart rate and make sure you're in the appropriate training zone, a good heart rate monitor will do the trick. You can get a basic model or find one that offers GPS and milage tracking.

**7. Night Gear.** If you have to run in the dark, make sure drivers or cyclists can see you. Shine a light on your run routes with some GoMotion Gear including lightvests and waistpacks. Each item comes with a 100-lumen LED, reflective trim, and chafe guard straps.

**8. Make Your Feet Happy: Socks.** A good pair of socks can be the difference between healthy and blister-laden feet. Choose a sock that will allow your feet to breathe, reduce friction, and stays put. The Broods Running Infiti Double Tab Mesh sock hugs your feet for a slip-free run, has adequate ventilation, and padded protection against blisters in prone and toe area.

**9. Get in the "Zone" With the Right Headphones.** To perform your best while listening to music, a good set of earbuds is a must. Headphones come in so many shapes, sizes, wires, no wires, etc. And prices can range from \$15 to \$300 or more. It can be a big task to find the right pair for you.

**10. Anitblister Secrets.** Blisters are annoying and painful. Friction, usually due to poor shoe fit or socks, causes blisters and can put a damper on your training. To help prevent these little nuisances, it's important to find the right shoe and wear a good sock.

For the complete article, along with links to suggested running gear, visit: <http://www.active.com/gear/Articles/Active-Gear-Scout-10-Essentials-for-Rookie-Runners.htm>

### REGISTRATION NOW OPEN



Registration is now open for the 5<sup>th</sup> annual Get Fit 5k sponsored by the Employee Wellness Council! Proceeds go to support Wellness Council Activities. Also, this year a portion of the proceeds will go to benefit the Walworth County Back-To-School Supply Drive.

Register online at Active.com, or complete the paper registration form and return with payment to Seth Rehbaum in Employee Benefits.

Registration forms can be found on the Employee Wellness Council's webpage

Provided by:



# Reboot Your Workout

It's very common to fall out of a fitness routine, especially at this time of year. Everyone has their excuses: holiday schedule changes, bad winter weather, injury or illness, failed New Year's resolution, etc.

Regardless of the reason, you need to get back in the habit. Now is a perfect time to recommit to achieving and maintaining a prime fitness level. But before you start to pick up where you left off, be mindful of the following things:

1. **Start slow.** Do not try to make up for lost time. Depending on the length of time since your last workout and the reason for stopping, you might not want to resume working out at the same level you were at when you stopped. Rather, decrease your exertion by 20 to 30 percent and gradually build your way back up.
2. **Choose an activity you like.** Enjoying your workouts is a must. If you find cardio preferable to weight lifting, focus on that. The goal during the first month is to get moving, whichever way you choose.
3. **Recruit a buddy.** Grab a friend to join you. Adding a partner to your workouts can boost your commitment and give you someone to discuss fitness with, and the two of you can keep each other motivated.
4. **Track every workout.** Charting your workouts is a great way to watch yourself steadily improve and to stay motivated. Small fitness milestones give you a series of short-term goals to reach as you work towards your overall goals.

# Spring Clean Your Finances



If you haven't already, spring is a great time to get a handle on your debt, especially if you have holiday bills due. Revisit your accounts to find out exactly how much you owe and what the interest rate is per account. It may be possible to refinance or consolidate debt at a lower interest rate than what you're currently paying. Once you've done that, set up a new monthly budget for the year, taking into account debt and insurance payments, savings deposits, and living and entertainment expenses.

Other steps you can take to reorganize your finances include throwing away non-essential account statements from the last year, gathering your tax information, checking your credit report, updating dependent and beneficiary information and getting new quotes for insurance policies if you think it's possible to obtain the same quality of coverage for less.



# Slow Cooker Beef Stew

Whether you're celebrating St. Patrick's Day or just trying to stay warm during an extra-chilly winter, this savory, healthy stew will stick to your ribs without emptying your wallet. Preparing it in a slow cooker will allow you to enjoy your day without having to worry about dinner. Bon appétit!

- 2 pounds beef stew meat, cut into 1-inch cubes
- ¼ cup all-purpose flour
- 2 cups beef broth
- 1 garlic clove, minced
- 3 carrots, chopped
- 3 potatoes, chopped
- 3 tbsp. vegetable oil
- 1 celery stalk, chopped
- Herbs (bay leaf, basil, oregano) to taste
- Salt and pepper to taste

Brown meat in a skillet over medium-high heat for about 1 minute per side. Place meat in slow cooker. Mix flour, salt and pepper in a medium bowl and pour over meat. Stir until meat is coated with flour mixture. Add remaining ingredients and stir to mix. Cover and cook on low for 8 to 10 hours or on high for 4 to 6 hours. Stir stew thoroughly and discard bay leaf before serving.

Yield: 6 servings. Each serving provides 240 calories, 6g of fat, 2.5g saturated fat, 70mg of cholesterol, 290mg of sodium, 3g of sugar and 2g of fiber.

Source: USDA

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