

helen to the rescue

Take Your Body *Seriously*

By **Helen Pufahl**, Resident Contributor

I continue to be surprised by how many people come to me for fitness help that know more about their car than their own bodies. This analogy of comparing your body to your car however is great. If you treat your body right, give it the right fuel, and keep it running strong, it'll last longer.

This is all wonderful, but where do you start?? Easy....
Walk this way.

Walking is sometimes overlooked as a form of exercise.

Did you know walking will burn calories, improve respiratory functions, and elevate your mood through the release of endorphins? You can burn around 100 calories per mile if you're moving at a brisk pace.

Ok, I know you're thinking, do I have to walk to Queens to gain these health benefits?

We are lucky to live in such a lovely community, with so many safe streets to move through.



One of my favorite walks is down Bay Avenue. I like to start at the intersection of Bay Avenue and Harbor Crest Court, (just North of the old school turned condo) and walk north on Bay Avenue to Harborview Drive. This 1-mile walk has some challenging hills but is a great path.

How do I know if I'm moving fast enough? Easy, you should be able to talk while moving and not be able to finish singing the star-spangled banner.

I run and walk these streets daily, so I will be listening!

What's my motivation?

With over 35 years in the fitness/wellness industry, I am still working out this motivation thing! Should I put on a

big smile and imagine a donut on a string just out of reach? Make a game and see how many geese I can spot along the way, or do I just put on my favorite fitness outfit and head out the door? Here are a few thoughts I have:

Set realistic goals and be consistent.

Walk your dog, with your friend, spouse or kids

I believe that we get the best results from consistency, and in order to be consistent we need to enjoy the journey.

Exercise, the poor man's plastic surgery.

Yours in Fitness,
Helen

EXERCISE YOUR RIGHT TO MOVE IT *and* LOSE IT!

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Helen Pufahl MS, NASM-CPT
Helen's love of fitness began at an early age. She practiced dance, gymnastics as well as track and field. She's an Exercise Physiologist with 35 over years' experience. She is also a certified personal trainer, corrective exercise specialist, nutrition consultant and Senior fitness specialist.

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