



2009 Pro.Active for Life 5K Educational Series

Thurs., March 19: Ready to Run: What You Need to Know

5:15 p.m. at the KY Coffeetree Café, 235 W Broadway D Brown, PT, Terry Foody, RN, & Patrick Jeffreys, B.A.

Put together an on-again-off-again runner, a coach and a competitive (i.e. *fast*) athlete and what do you get? A class that will teach you what to do to get started, how to get better and faster, and some racing tips to get you rolling on a running and/or walking program.

Wed., March 25: Core Strengthening for the Runner

5:30 p.m. at Capital Fitness Gym, 193 Versailles Road Joe Pantoja, ACE Certified Personal Trainer

Running is about more than just the legs! In this session, you'll learn runner specific exercises you can do at the gym or in your home, the difference between cardiovascular vs. strength training and some stretches.

Thurs., April 9: Food For Fuel: Healthy Eating for Weight Control & Optimal Performance

5:15 p.m. at KY Coffeetree Café, Debbie Bell, RD, LD, CDE & Casey Potts, R.D.

This class will cover the scientific principles of a healthy diet for everyday living and optimal energy levels, balancing weight and activity, and what to eat before and after exercise that will help you with your athletic performance. Get your questions about the latest food fads and, dare we say, diet of the week, answered tonight!

Thurs., April 23: Injury Prevention & Treatment

5:15 pm. KY Coffeetree Café, Brent Mefford, MPT & Arthur Nitz, PhD, PT, BCS, OCS

This class will cover all you need to know about common running injuries and their prevention & treatment, proper stretching and the difference between a "not to worry" versus the "it's time to get this looked at" pain/injury. We will also cover the physiological changes that occur in your musculoskeletal and cardiovascular systems during training, injury and healing so you have a better understanding and appreciation for the human body.

Thurs., May 7: Sticking with the Program: Motivational Tips

5:15pm, KY Coffeetree Café, Zack Hall, Robin Lawhorn & Charley Carlson, Phd, ABPP

People run for different reasons, but one thing they all seem to have in common is that at times it's tough to get out the door. These seasoned runners will share with you what keeps them going and help you develop a positive attitude toward exercise and its role in your journey to healthy living.

Sunday, May 17: Yoga For Runners

3:30 pm, Fit Time, 102 Brighton Park Blvd Tara Linney, ACE Certified Personal Trainer, Yoga Fit Instructor

Experiencing back or knee pain? Sore feet? Runners experience pounding, tightening, and shortening of their muscles, especially if they don't regularly stretch. There are specific yoga stretches that will help you run long and hard for years to come. In fact, running and yoga make a good marriage of strength and flexibility. In this class, you will learn yoga postures to work into the warm-up and cool-down portions of your workout.

Mentoring Runs: 5:30 p.m. on Fridays, 8:30 a.m. on Saturdays (beginning April 17th)

Every Friday at 5:30 p.m. and Saturday morning at 8:30 beginning April 17 through June 6th, meet in front of Cool Comfort Body & Sole (223 W. Broadway) for a group run with one of our running mentors. We'll answer your questions, give you some tips, or just go for a good run/walk.



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