

Alaska Strength & Muscle June Challenge "Exercising Hydration"



You will need – a cup/water bottle and clean water - marbles/stones/counters/pennies
Pick a 30-minute time slot after dinner that you would normally be watching TV or Social Networking. Set your water intake goal at 64 ounces (that's 8 glasses) Set a glass jar next to your sink or water source and have 8 pennies ready each day - Drop a penny for each glass drank - repeat each day

On day 10 - count your chip and celebrate with a new water bottle or other treat under \$10

On day 20 repeat - this time multiply 200 calories (a low ball figure) times the amount of water you have drank and congratulate yourself for all those calories you could have drank but did not!

Strength Challenge

Round 1

Plank 30 seconds - 3 push-ups

Plank 30 seconds - 5 push-ups

Plank 30 seconds - 8 push-ups

Plank 30 seconds - 12 push-ups
Plank 30 seconds - 15 push-ups

Round 2

Plank 30 seconds - 15 push-ups
Plank 30 seconds - 12 push-ups
Plank 30 seconds - 8 push-ups
Plank 30 seconds - 5 push-ups
Plank 30 seconds - 3 push-ups

Do this 3-5 times a week

Pick a time, could be first thing in the morning, during a commercial break, lunch break etc. - Stick to it all month



"Exercising Hydration" By MB Redington, MAT

Hydration - the [incorporation](#) of [water molecules](#) into a [complex](#) with those of another [compound](#) - [water physically hydrates us but what satiates your spirit](#) - [Who shapes your actions?](#)

Hydrate - To take up, [consume](#) or become linked to water. To become linked, to acknowledge links, that is focus of this article.

It has been almost 8 years since my mom passed away after a life-long battle with diabetes and the same amount of time that I quit smoking and began to focus on a healthier lifestyle.

8 years is a long time and I can honestly say I am a different person - I think a better person, as my mom would expect. Healthy change was slow and steady and really came from the inside out. Change starts with intention and is carried out through action. Change was necessary for me to accept and process my mom's death. Shortly after mom's passing I found a book that she had been keeping for my son Jacob. I can't verbalize how profound that book is to me. As a parent with almost 17 years in the trenches I have a very different

understanding of my parents now. I understand the sacrifice and unconditional love required to keep a family healthy and together. As a kid I just took all that for granted. My brother and I were the world to our parents ... they made family life seem easy. They are the reason I am a good parent.

Parents have dreams too. My mom never talked about how unfair diabetes was. She never talked about all the things she could not do but in her journal she wrote that one of her best memories was being in Elementary School and winning a footrace - before diabetes altered her life. Her story touched a me deeply and gave me a new appreciation for all the figure skating lessons, gymnastics and cheerleading practices, camps and competitions that mom made sure I could attend. That access to sports throughout my childhood has provided me structure, balance and a stress release for life.

My renewed interest in re-joining competitive sports as an adult is in large part because of my mom. I think it brought her great joy to support my athletics, to give me a platform she would never have. That's just part of what parents do.

I have spent 8 years re-defining my relationship with mom. Instead of daily emails and phone chats now I talk to her while I run - She is the horizon - where my eyes focus when I need her. She is the mountain against the skyline where I share my deepest secrets and ask for advice and serenity. She is the last 10 minutes on the treadmill when I want to quit early but don't. She is why I lift hard and heavy without thought to being 'ladylike'. She is why I sacrifice for my family - She is why I am determined to be a great role model through my actions to my own husband and son.

She is ME!

