

October's Challenge – Finish Strong!

Alaska Strength & Muscle – HUGS Radio Contributor M.B. Redington, MAT

Three Tips to close the year down with purposeful gusto!

September in Wasilla, Alaska was fantastic! Fall colors and bundles of sunshine



continue to provide ample outdoor opportunities coupled with all the visual reminders of the quickly changing seasons. And although every year it is difficult to say goodbye to summer, once the chill hits, the dress boots come out, the campfires warm up, the lights twinkle on, and of course the holiday fanfare easily distracts me from the joys of summer. So with that said, I am ready for the holiday season. How about you?

Juggling the holidays and keeping health as a priority can be tricky. Here are Three Tips to help you close the year down with purposeful gusto!

1. Sit down with your calendar and look at October – December. You likely already know the dates of many upcoming events, obligations etc. Now is the perfect time to build in some “health appointments” (exercise times) long ahead of the holiday rush. As events come up you will be able to schedule them around your exercise routine, keeping your health as a focus and staying balanced. I also recommend choosing some fun activities like a new gym class or even swim or dance lessons. This is another way to stay motivated and celebrate health instead of dreading your workout. For me I switch to an indoor climate-controlled track instead of running outside. My goal is to maintain 5-6 mile runs as a comfortable distance so I can run with gusto in Hawaii over the holidays!
2. Schedule a wellness check up. Again, before the holidays become a whirlwind, make sure to get annual check-ups finalized. Knowledge is power, and 3 months is still a long time left in the year to address any overall health concerns or injury. A healthy immune system and an active lifestyle are two great ways to face cold and flu season with gusto. And why not question and explore avenues to address chronic pain, too? I continue to work diligently in partnership with Northern Edge Physical Therapy to address muscle imbalances and I have been amazed at my body’s ability to heal chronic pain present from years of build up when provided effective treatment.

3. Finish Strong! Take a trip back to New Year 2014 – what were your health goals? Ask yourself not how you have done – but how you will finish the year! October is super exciting for me just for that reason. Two years ago I changed the fitness portions of challenges monthly, but this year I have kept the same 3-tiered challenges in place all year. This may seem a bit boring but it's definitely consistent. So October marks 1,000 miles! That's almost an Iditarod! The kicker is that being pain free allows me to experience the full joy that running gives me once I am conditioned.



What I mostly hope you glean from October's Challenge is that planning and intention continue to be the backbone of personal wellness, that professional health care can make a huge impact on how we feel and move and finally that no matter what happened yesterday, last week or last month is not as important as the opportunity to take today and approach it with GUSTO! After all, we are worth it.

FINISH STRONG!

Reach for the stars – take charge of your life (no one else will), and enjoy the month. Follow me on FB (<https://www.facebook.com/mel.joeredington>) for daily inspiration and the August 100-mile challenge.

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