

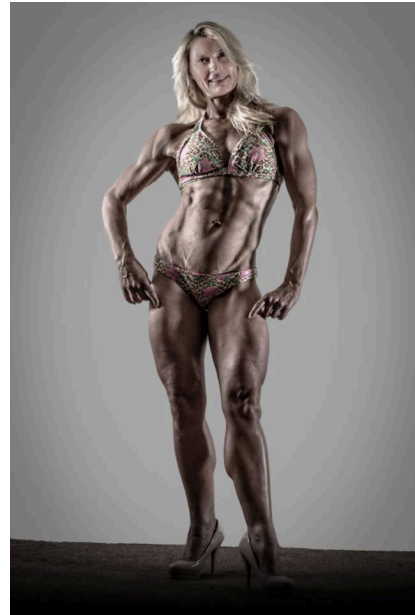
September's Challenge - Hydration

Alaska Strength & Muscle – HUGS Radio Co-host M.B. Redington, MAT

You will need -

1. A water bottle (pick a realistic size you will have success with!) and a time frame to drink the contents!
2. Dedicate that time, DAILY, for water consumption AND mileage/minute goal
3. Make plans ONCE a week to join forces with a friend, family member or co-worker and HAVE FUN while collecting your miles.

Hello September ... the 9th month! I vividly remember January 1st - how I felt after 6 weeks of holiday break. It was the first 100-mile challenge of the year. I was leery of the goal length, bloated (relative to me) and had not run consistently for about 2 years due to injuries.... therefore, well out of running shape both mentally and physically. Luckily though, I had a plan and a buddy to execute some miles with. On Friday we reminisced about how far we'd come and how proud it made us feel! Here's your mileage challenge this month - pick a level of activity the minutes, 1/2 or full challenge and schedule AT LEAST ONE walk/run/bike/swim (however you like to shake your tail feathers) with a BUDDY!



Also – if you continue to suffer from chronic pain schedule I encourage you to research professional health. I recently began Physical Therapy and I am simply amazed at the results.

Just 6 weeks ago I saw my doctor for leg numbness and muscle tightness. To be honest, it had been present for years. My evaluation revealed several points of muscle imbalance, so we got to work right away with Redcord and Trigger Point Dry Needle Therapy. I can honestly say that I have never received such aggressive and individualized care nor have I ever been able to achieve these results, let alone in 6 weeks, in spite of my best previous attempts. The attention to detail during sessions is second to none and I look forward to what the next 6 weeks of therapy will do. Whether you are a competitive athlete or a person in search of maximizing your overall health, I highly recommend Northern Edge Physical Therapy.



I am a wife, mother, teacher and professional natural Bodybuilder currently ranked 3rd at Fitness America World Championships. I am actively involved with the Alaska running and fitness community. I began running in 2005 and have completed 5ks, a full marathon and all distances in between. I write monthly fitness challenges hosted on the website link below. In addition to monthly articles and daily FB inspirations, I can be reached with questions the third Monday of every month on HUGS radio. The HUGS team is here to help you break through and live your best life-- body, mind and spirit.

Melanie Redington

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