

The 30 Pound Club

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November 7, 2010 – Grand Rapids, MI

Walking Update

What a difference a week makes. Last week I was a snobby runner who thought walking, while good for a person, wasn't really all that taxing. I apologize to any walker I have shared the road with--you now have my respect. Let me explain.

I decided to actually get a million steps in the remainder of 2010 like I wrote about last Monday by combining some additional walking with my running. I got almost 16,000 steps on Monday and by Tuesday, my legs were a mess. I can honestly say that other than some calf tightness 22 years ago when I started running, my legs were never really sore from running. Walking? My quads were sore, my shins were on fire, my heel felt bruised, and somehow I managed to irritate one of my groin muscles. Those are the adductor muscles for those of you who know the muscles names. I was too sore to run, so I had to walk on those very sore legs Tuesday and Wednesday. By Thursday, they were still sore but I ran anyway. What a joy that was because for the first time in four days, my legs didn't hurt when I moved.

What was the problem? The major issue is the mechanical differences between walking and running. When I run, I hit the mid-to-fore foot. My heels never really touch the ground. Walking is heel-toe and puts pressure on the heels. The heel strike also acts as a brake even though you don't stop. That irritates the tibialis anterior muscle on the front of the lower leg--what we know as shin splints.

What can be done about it? Give it time, and most things will heal on their own. The heel can be helped with better padding and the soreness with more stretching until the body adapts. So all you walkers, I salute you. For those of you who haven't started, now you know how to deal with some of the issues that will inevitably arise.

300-Calorie Meals

Vacations are great, and Paula and I had a wonderful time in South Carolina with our son and his wife last month. Vacations are even greater if you have someone to do your work while you're gone, but like many of you who are also in business for yourself, we don't have that. I've been behind on writing and that includes answering emails. Be patient--I'll answer every one. I also owe you some more 300-calorie meals, so here are five I've used to keep the small meals on target. Send me some of your faves, and I'll share them in an upcoming Message.

- An omelet with one egg yolk and three egg whites, two tablespoons bacon crumbles, and one cup (or more) of cooked mushrooms, sweet peppers, onions, etc.
- 1 cup of cooked pasta with one-third cup marinara sauce and one tablespoon Parmesan cheese; here again you could add mushrooms, sweet peppers, onions, etc.
- An 8 to 10 ounce baked or microwaved potato with two tablespoons nacho cheese sauce and 1 cup chopped broccoli
- A large serving of Wendy's chili with hot sauce
- 1 McDonalds Ranch or BBQ Snack Wrap with grilled chicken

One and Done.

What are you prepared to do today?™

Dr. Chet

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