

What Everybody Ought To Know... The Right and Wrong About Running, Health and Fitness



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INTRODUCTION

I'll admit it: I'm addicted. To the outdoors that is. Running, cycling, snow skiing, canoeing, hiking or just out enjoying nature; I can't seem to get enough of it. Maybe you are the same. There are sound reasons for this addiction; being involved in outdoor activities increases our overall well-being, happiness, and it "grounds" us. People who spend all day in an office, and then immediately come home to sit in front of the TV have been shown to be prone to illness, mentally and physically, and tend to be obese. If you're not exercising daily or doing some form of activity on a regular basis, I have faith this eBook will give you a gentle nudge to start doing something every day. Even if it's just walking around your neighborhood block once, or one city block, I can promise you— just about every area in your life will change when you do this regularly. Your confidence will increase, and daunting tasks will not appear as daunting any longer. And eventually you'll notice that after a daily quarter-mile or half-mile walk, you will want to go even further. This will not seem like work; it will be fun and you will look forward to it.

When I first began running more than 25 years ago, it hurt. The following day, it hurt even more. I could barely run a half-mile for the first few weeks. It seemed I never could get that second wind, and I almost felt I was going to die. I thought my body just wasn't "designed" for running, and I almost gave up. Fortunately, I persisted. Then one day everything just clicked; I was able to run three miles. Later I could run much further. And I felt great after each run – having the "runner's high" not only felt good because of the endorphins that were released through exercise; I remained relaxed and stress-free hours later.

Cycling was much easier to get into, and that might be true for most people. I love to cycle just as much as running. There's something about the freedom of riding a bicycle— no match at all to driving a car or even riding a motorcycle.

Hiking is yet another passion. How great it is to go on a long hike with the dogs on the unbeaten path in the mountains, or even to go on a walk with them in the city when taking a ride out into the country isn't convenient.

If you're a novice or even an advanced runner, cyclist, skier, etc., this eBook will be a 'smart' guide for these activities, and it will help you to be safe while outdoors. If you're a traveler, this eBook will also be useful. It may seem strange to talk about traveling in an eBook created for a running belt, but many people find the Running Belt Max to be a great travel companion, and prefer it over the bulky fanny pack. Chapter 6 is a special bonus that I hope you can extract value from.

In the last chapter, chapter 7, I have included a second special bonus section about health and weight loss since this is a hot topic and it's on many people's minds. I'm not a nutritionist, naturopath or M.D. – but my Four Pillars of Keen Health has helped to elevate my health as well as to keep me slim. I see no reason why they won't work for you, too. But, please, consult a health professional before starting any fitness program or dietary change.

You will find the Running Belt Max to be a fantastic companion in just about every sport or activity you're involved in: walking, running, cycling, canoeing, kayaking, snow skiing/boarding, hiking, skateboarding, tread milling, camping and more. The ultimate utility belt for sports; *the original* Running Belt Max will make your activities and workouts much more enjoyable.

CHAPTER 1 : TIPS FOR BEGINNING AND INTERMEDIATE RUNNERS

SET A BEGINNERS GOAL

If you're just starting out running, set a goal to become out of breath for two to five minutes. This is at a level that makes it slightly difficult to talk while exercising. It might mean you can initially run (or walk/run) 100 feet, 500 feet or maybe a quarter or half-mile. If you try to push it too hard, too fast or too far early on, you might become discouraged, and the likelihood of pursuing running in the future becomes diminished. Incremental goal-setting is one of the keys to sticking with running (or anything for that matter).

START SLOWLY

You shouldn't think about speed in the beginning. You should keep a pace that gets you into the "out-of-breath" zone so that it becomes slightly difficult to talk while exercising if you have a running buddy (or you are trying to think out loud). You're not out to impress anyone or break any speed records unless/until you're running marathons or participating in triathlons. You should be able to build up to a stage where you can converse and run at the same time, but you may not be able to do this on your first few runs or even your first 20 ... but it will become second-nature after a bit of practice.

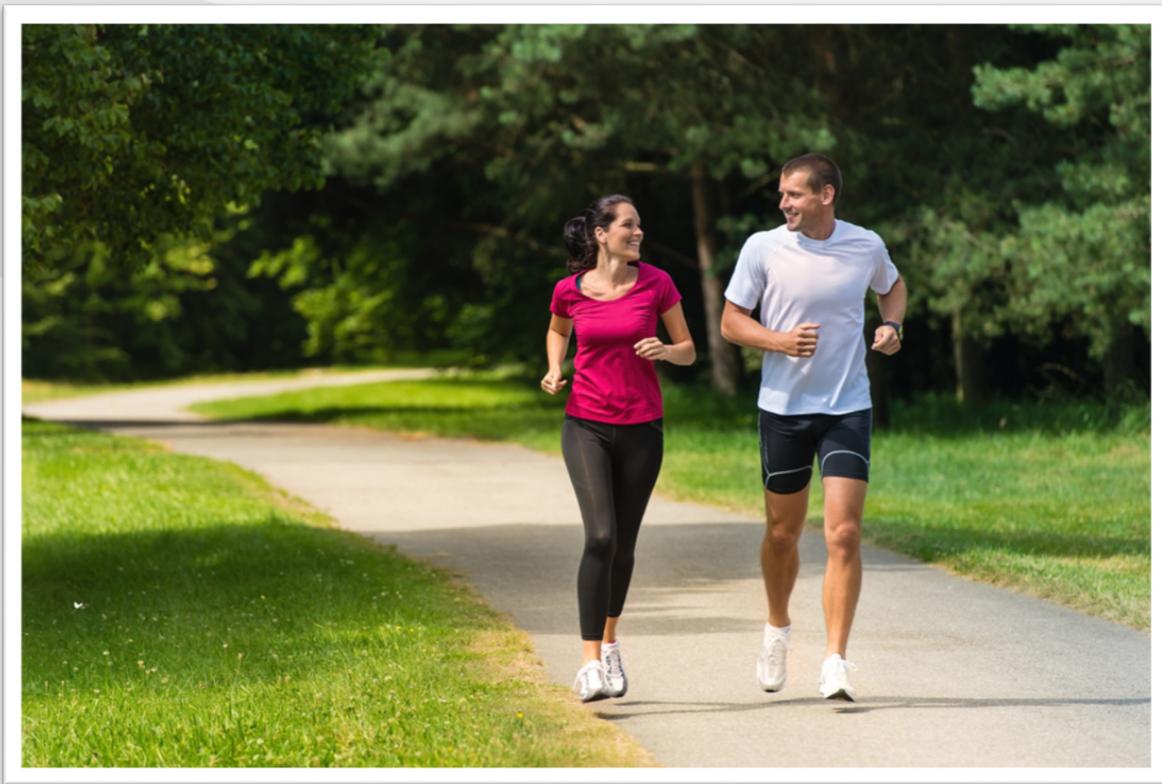
LISTEN TO YOUR FAVORITE MUSIC

This will greatly enhance your running experience if your runs begin to become dull. There's nothing like upbeat music to act as a motivator, and to give you that extra push. Also, I sometimes find it difficult to set aside time to read books. Why not download an audiobook and listen to it while you're running or doing other activities? The Running Belt Max has a water and sweat resistant zippered pouch that is big enough to hold an iPhone 6 Plus or a Samsung Galaxy Note 4, and there's an earphone jack in the front of the main pouch, designed for easy headphone listening.

How I ever got along without the Running Belt Max, I'll never know 😊 Note that if you're running in the city or where you'll encounter vehicles, it is recommended to wear just one earbud so your other ear can listen for traffic and other potential hazards.

TAKE THE PATH LESS TRAVELED

When you're up and running (pun not intended) and are able to run for a few miles, you might notice that you're becoming bored of the same old trail or road. I encourage you to take a different path or run in a different part of the city. Even if you have to hop in your vehicle to go to a new running place, it is absolutely worth going on a fresh, new adventure. I've found that even reversing course, going from clockwise to counterclockwise, or vice-versa on my favorite running trail also prohibits boredom.



BRING A BUDDY

If you have a friend or partner who also likes to run, bring him or her along. Or better yet, you could encourage a friend to start exercising, and then you'll have an exercise partner – and what better gift than to lead someone on the path to better health. If you don't have a friend who is interested in running; if you have a dog, run with it. If it's fit enough and it can keep up with you, you'll be doing something that your dog will probably love. There are two zippered pouches on the Running Belt Max that are designed for holding a number of things, and some people find these pouches great for carrying dog treats, waste bags, and many other things.

MIX UP YOUR ROUTINE

I've found running and cycling in the morning works best for me, because I don't have all day to make excuses not to exercise later – but occasionally I like to mix things up and run/cycle in the evening. Variety is truly the spice of life.

MAKE RUNNING A PART OF YOUR DAILY OR SEMI-DAILY ROUTINE

Put it on your weekly calendar, and treat it as a non-cancelable appointment. I've found running every other day works best, and the days that I don't run; I'm either going on a walk, a hike, or I'm on my bicycle. Experts say it is important to do some type of activity every day for optimum health and for elevated and enhanced moods. After 25 years of being in the exercise zone I can fully endorse their findings.



USE FITNESS APPS

For Android and iOS, I recommend the Runtastic Running & Fitness app. It can track your distance, speed, elevation, and even has a visual map that shows where you've jogged, walked, hiked or cycled. The integrated calendar, stop watch and fitness diary you'll also likely find useful. There are many more features, so I encourage you to download and try this free app for yourself. Nike+ Running is also a good, free app for runners and it's available for Android and iOS as well.

MEASURE, MEASURE AND MEASURE AGAIN

Keep track of the distance of your runs and other activities, and try to improve on your performance over time. Runtastic and other apps can make it easy to do this.

REWARD YOURSELF

This may sound counterintuitive, but sometimes rewarding yourself with a beer, a glass of wine, or piece of chocolate after a long ride, run, or hike; could be a good motivator to help you continue with your fitness program.

PARTICIPATE IN ORGANIZED RUNS

Getting involved in 5k, 10k and other "fun runs" is a great motivator to train. Many of these events are for charity, so not only are you becoming healthier, you're also helping out a charitable event. As an added bonus, I've met many new friends on these types of organized runs and cycle events, because we're all sharing a common goal.

SET (MORE) GOALS

Sign up for what may seem like an unachievable goal such as a 10k or half-marathon several months down the road. After you've paid the registration fee, you'll be much more motivated to stick with your training and show up on race day. I'll never forget my first 10k, the Peachtree Road Race in Atlanta, Georgia, and how motivated I was to train to run the 6-mile course in downtown Atlanta on hilly roads (in July!). I felt incredible after finishing the race because I achieved a goal that seemed difficult a few months prior.

STEP BACK

If you've tried running for a few months and you just don't seem to enjoy it, maybe running isn't for you. There are a host of other exercise activities to become involved in. There's of course cycling, hiking, brisk-walking, casual walking and there are a number of cardio apparatuses (for releasing those fantastic endorphins and for overall health) at your local gym. The point is: start moving. When you keep moving, you are less likely to become obese – and you certainly don't have to be an extreme sportsperson to stay fit and look great.

CHAPTER 2 : DAVE'S "HIGH-5" STRETCHING ROUTINE FOR RUNNERS

Stretching is a necessary part any running and fitness routine. Not only does it warm up the muscles to help prevent workout related injuries, it also increases flexibility. When I'm about to go on my semi-daily jog, I do dynamic stretches for five minutes beforehand, and static stretches for seven to eight minutes after. A dynamic stretch is 'in-motion' stretching, and it loosens up the muscles before running. Static stretching is just as it sounds: non-movement stretching. This type of post-workout stretch is just as important as the pre-workout stretch because it lowers the heart rate and prevents muscle soreness.

This stretching plan works very well — stay loose and limber with this simple routine.

BEFORE YOUR RUN

These two dynamic stretches loosen up your inner and outer thighs; your calves, hips, hamstrings, inner thighs and quadriceps.

1. Leg swings: Hold onto to something sturdy like a heavy chair or other furniture, and stand on your left leg and swing the right leg back and forth. Do this 20 times. Next, swing the same leg from side to side like a pendulum for 20 times. Each swing should build until your leg is close to its full range of motion. After a total of 40 swings with the right leg, do this same 20/20 swings with your left leg.

2. Walking lunges: Take a large step forward with your right leg, and bend your knee until your thigh is parallel to the floor, and your knee is aligned with your ankle. Push upward, and draw your left foot even with your right and step forward with the left. Keep in mind these are walking lunges, and not static lunges. Focus on proper and clean form and be as fluid as possible. Do a total of 20 of these lunges, 10 per leg.

AFTER YOUR RUN

These post-run, static stretches maintain good range of motion and proper flexibility.

3. Kneeling hip and hamstring stretch: From a kneeling position, plant the right foot on the ground in front of you, so the leg is at a 90-degree angle. Make sure the knee and ankle are aligned with each other. While keeping your back straight, press forward into your right hip while keeping your left knee pressed into the ground, stretching your left hip and right hamstring. Do this for one to two minutes and then proceed with the left leg.

4. Standing quad stretch: Stand with your legs together. Bend your right leg, bringing your heel upwards towards your glutes, and grasp your right foot with your right hand. Press your shoe downwards into your hand, so that your leg does the stretching, not the other way around. This should be done for a minimum of one-minute and then do the same with the left leg.

5. Wall calf stretch: Stand and face a wall with your hands on the wall directly in front of you. Place the ball of your right foot up against the wall, while your heel is touching the floor. Gradually lean into the wall until you feel a stretch in your calf while keeping your leg straight. Hold this for one minute. Rinse and repeat with the opposite calf.

CHAPTER 3 : SAFETY TIPS FOR RUNNING AND CYCLING

STAY MINDFULLY ALERT

If you take just one thing from this eBook, that would be to always remain in “Code Yellow” while jogging, walking, cycling, hiking, etc. Code Yellow, also known as situational awareness, is being aware of your surroundings at all times. It’s not about being paranoid; it’s simply being casually alert and mindful, so you don’t have to be reactive to any dangerous situation that might occur. It’s very easy to think about your to-do list for the day, or what lies ahead at work or some other distraction, whilst exercising. This is the state of Code Green and it can be potentially hazardous because you perceive there to be no dangers nearby. This invites a potentially bad situation. Code Green should only happen while you’re comfortable at home or some other safe place – Code Yellow should occur as soon as you step out of your house to go running or exercising.

RUN AGAINST TRAFFIC

Facing traffic as you run not only provides drivers a clear view of what’s ahead of them, but also gives you a visual of oncoming vehicles in case you need to avoid them. Avoid running at rush hour times if at all possible. If you find headlights blinding, wear a cap or visor (white, bright yellow or safety orange is best). If you’re running with your dog, keep it on the side of you that is away from the road.

BIKE WITH THE FLOW OF TRAFFIC

I cringe when I see people bike against the flow of traffic, yet I still see this often. Statistics show that bike accidents occur much more frequently when riding against traffic, rather than riding with the flow of traffic.

WEAR A WHITE, DAYGLOW YELLOW OR SAFETY ORANGE HELMET AND CLOTHING WHILE CYCLING

Again, stats show these are the best colors to wear for safety. Research shows dayglow yellow is the most visible color, followed by blaze/safety orange and then white. Personally I prefer white because it is the most expansive color, and it reflects heat the best. Medium to dark grey clothing can make you invisible as it's usually the same color as the road, so avoid this color so you don't turn into the invisible man or woman.

KEEP YOUR ID WITH YOU AND AN EMERGENCY CONTACT

If there's ever an accident, first responders will need to identify you and be able to contact your loved ones. The Running Belt Max is designed to comfortably carry things like ID's, phones, money and other items.

KEEP YOUR CELL PHONE WITH YOU

If you're in a pinch and have your phone with you during moments of danger, you can signal for help with the bSafe app. One button turns your phone into a siren, alerts authorities, records video, and informs your contacts of your GPS location. Free for Android and iOS.



WEAR REFLECTIVE GEAR

If you're running or biking during low light, wearing reflective gear is a smart idea. At the very least, wear white or another bright color.

PEPPER SPRAY

If it's legal in your state or country, you may want to consider carrying pepper spray. It's inexpensive insurance to protect against attackers and aggressive animals. The Running Belt Max is a good place to secure pepper spray, by attaching it to the strap or securing it inside one of the pouches.

CHAPTER 4 : THE 50 BEST BIKE-FRIENDLY CITIES IN THE U.S.

Cities that invest in bike infrastructure are on the right track. In fact, it's more than being on the right track; it's a fantastic investment. There's a lot of research that shows the social, economic, environmental, and health benefits of urban cycling. A Denmark study showed that for every kilometer cycled, society enjoys a net profit of 23 cents. And here's something shocking: for every kilometer driven by car, society suffers a net *loss* of 16 cents. If you're contemplating cycling more or using your bike to go to work, this might be reason enough.

WHAT MAKES A CITY BIKE-FRIENDLY?

They have features like bike lanes and boulevards, bike racks, and plenty of cafes and other places to stop and take a break. These cities also tend to have organized bike rides on a regular basis, and this is usually a great way to meet new friends. "Bike Culture" is a growing phenomenon, and more and more cities are becoming friendly for cyclers.

THE 50 MOST BIKE-FRIENDLY CITIES IN AMERICA ACCORDING TO BICYCLING.COM ARE:

1. Minneapolis, Minnesota



Minnesota's "Nice Ride" bike share program

2. Portland, Oregon
3. Boulder, Colorado
4. Seattle, Washington
5. Eugene, Oregon
6. San Francisco, California
7. Madison, Wisconsin
8. New York, New York
9. Tucson, Arizona
10. Chicago, Illinois

11. Austin, Texas
12. Denver, Colorado
13. Washington, D.C.
14. Ann Arbor, Michigan
15. Phoenix/Tempe, Arizona
16. Gainesville, Florida
17. Albuquerque, New Mexico
18. Colorado Springs, Colorado
19. Salem, Oregon
20. Scottsdale, Arizona
21. Louisville, Kentucky
22. Chattanooga, Tennessee



Cycling in Chattanooga, Tennessee

23. Long Beach, California
24. Cary, North Carolina

25. Milwaukee, Wisconsin
26. Boston, Massachusetts
27. Philadelphia, Pennsylvania
28. Pittsburgh, Pennsylvania
29. Charleston, South Carolina
30. Arlington, Virginia
31. Sioux Falls, South Dakota
32. Boise, Idaho
33. Kansas City, Missouri
34. Columbus, Ohio
35. Tulsa, Oklahoma
36. Grand Rapids, Michigan
37. Billings, Montana
38. St. Louis, Missouri
39. Cleveland, Ohio
40. Greensboro, North Carolina
41. Lexington-Fayette, Kentucky
42. Omaha, Nebraska
43. Salt Lake City, Utah
44. Miami, Florida
45. Indianapolis, Indiana
46. Fargo, North Dakota
47. Anchorage, Alaska
48. Baltimore, Maryland
49. Little Rock, Arkansas
50. Rochester, New York

CHAPTER 5 : EDIBLE SUN SCREEN EVERY ATHLETE SHOULD KNOW ABOUT

Over the last 10 years or so, there has been some heated controversy about sunscreen. Some doctors are now saying the chemicals in nearly all sunscreens are toxic, and can do more harm than good. Of course, many other doctors say you must wear sunscreen while outdoors to protect yourself from skin cancer. Whatever you decide to do, wear sunscreen or not; there is one sun protection method you should know about. It isn't talked about much in the mainstream media, but that doesn't mean this subject is any less important.

This "edible" sunscreen is probably already in your fridge. Recent studies show that eating tomatoes, carrots, papaya, watermelon, grapefruit, red peppers, red (purple) cabbage, and other reddish fruits and vegetables will offer some protection against sunburns and skin damage. The antioxidant lycopene found in these foods have been proven to act as a natural, internal sunscreen.

A 12-week study in the UK tested 23 women who normally burn from the sun very easily. Before the research, all were exposed to a UV lamp, and all of them showed signs of moderate sunburn after just 20 minutes of exposure.

After the UV test, 12 of them were asked to eat 55 grams of tomato paste every day for 12 weeks. This gave them a daily dose of 16 mg of lycopene. The other 11 did not make any changes to their diet. After the 12-week period, all of the women were exposed to the same UV radiation lamp for 20 minutes once again.

The ones who ate the tomato paste experienced an incredible 30% reduction in sunburn. The ones who didn't eat tomatoes showed no signs of change in their skin reddening, and were just as sun-sensitive as before.

These fruits and vegetables have many positive health benefits besides acting as a sunscreen, such as anti-aging properties, and they may even reduce the risk of getting some cancers. Whether you decide to use sunscreen or not, there is one thing that is not controversial to one's health, and that is eating lots of antioxidant-rich fruits and vegetables.

*** SPECIAL BONUS #1 ***

CHAPTER 6: 6 SAFE TRAVEL TIPS YOU CAN'T AFFORD TO IGNORE

This chapter is included because many people find the Running Belt Max to be a great companion for traveling and for leisure...

They say that travel broadens the mind and for the most part, they're absolutely right, whoever the ominous "they" may actually be. Traveling to parts unknown is an exhilarating and enjoyable experience that opens your eyes to parts of the world you never knew existed. You get to see other countries, other traditions, and other customs that you never knew about, all the while having a fantastic time in the process. Like all things in life however, it's absolutely vital that you take care when traveling abroad, or anywhere you're not familiar with for that matter. Not only for financial reasons, but for safety reasons as well. Being abroad for example, surrounded by places and people you aren't familiar with, can be a pretty daunting experience. To help ensure that you not only keep your personal belongings safe, but also, more importantly, you and your travel companions safe. Here we'll be taking a look at six basic safe travel tips that you simply cannot afford to ignore.

KEEP CAMERAS AND EXPENSIVE EQUIPMENT AWAY

Although whilst on holiday/vacation, you will obviously want to take plenty of videos and photographs to help document your trip; you should still resist the urge to carry expensive cameras and other similar equipment around with you in plain view. There are a few reasons for this. The first is that, pretty much anywhere you go, there could very well be thieves who could instantly be drawn to your equipment and would subsequently try to rob you. The second reason is that carrying expensive items in your arms, or even around your neck, puts them at much more of a risk of being damaged, dropped, or falling from cliffs or into the sea for example.

If you have a bag, keep them in there, and when you want to take a photograph, or take some video, simply unzip the bag, take the image/media, and zip your belongings away again.

DON'T CARRY ALL YOUR SPENDING MONEY AT ONCE

Rather than using the card machines abroad, most people tend to save their money before they leave, and then get it exchanged for foreign currency, which they then use as spending money for their trip. There's nothing wrong with this, although you must make sure that you never carry all of your spending money around with you at once. Each day, give yourself a budget, take that amount in cash, and leave the rest somewhere secure such as in a safe. The reason for this is that suppose that you do decide to carry around all of your spending money in your wallet, but were then to either have your wallet stolen, or simply lose it, you will then have lost all of your money for your trip. On the flipside however, if you only have a small amount and lose your wallet, whilst being annoying, at least back at your hotel or villa, you will still have the rest of your money.

TRAVEL INSURANCE

Many people believe travel insurance to be a scam, in reality travel insurance is incredibly beneficial and could quite literally make or break any holiday or trip abroad. Travel insurance will help to cover your belongings/spending money, it can cover hospital/medical bills, and it can generally get you out of a number of other potentially nasty scrapes in the process. Before you make any trips abroad to foreign countries, it's strongly recommended that you find yourself the best travel insurance provider that you possibly can. Even if you don't need it, and hopefully you won't, it's worth it just for the peace-of-mind if nothing else.

CHOOSE THE RIGHT ACCESSORIES

Nowadays, whilst traveling out and about, more and more people are purchasing specially designed belts, which are designed not only to look stylish, but to also serve a very real purpose in the process. The Running Belt Max for example, is absolutely ideal because not only is it comfortable, it also has a number of secure pockets and compartments, so that you can keep your money, your phone, and your other valuables safe whilst out and about. It can be tucked under a shirt or jacket, so this is an added safety feature opposed to a bulky fanny pack. There's even a port for your headphones so you can listen to music via your iPhone, Samsung Galaxy, etc., or MP3 or MP4 device, as you wear it. Basically, think of the Running Belt Max as the ultimate fanny pack but waterproof, and with the added bonus of actually looking stylish, being comfortable, and serving a number of purposes in the process.

BE ALERT

Remember, as a tourist, to thieves and pickpockets, you're an incredibly easy target, as you are so vulnerable and out of your comfort zone. If you have expensive items on your person, don't wave them around for people to see, and don't display them for potential thieves. Always be alert for any possible signs of trouble, and if you do feel as if there may be, get out of there as soon as possible. Remember: Code Yellow applies especially while traveling. Look at your surroundings, look at the people, and keep a lookout for other tourists. If an area is quieter, or if it looks more rundown and intimidating, this could possibly be a sign that you're in a bad area, so you may wish to return to where you previously came from.

PASSPORT SAFETY

Before you even think about heading abroad, one of the first things you should do is scan a copy of your passport and then email it to yourself right away. On top of that, using the camera on your phone, you should also take a photo of it as well. The main reason for this is that, say you do need your passport for ID purposes, rather than having to physically carry around your passport with you, you can instead use the scan/photo as proof instead.

Carrying your passport around with you is very risky as you could lose it or have it stolen, which will then be very expensive and very frustrating, and will essentially ruin your entire trip. Your passport should instead stay securely hidden or locked away back at your hotel. A good idea is to laminate your passport photocopy so it doesn't become ruined from moisture. Finally, this little trick might be worth its weight in gold: write on a piece of paper "If found, please return to (your name) immediately. Call and email me at (your phone number *and* email address). Reward!", and staple it to one of your passport pages. If someone finds it, they'll know who and how to contact you. Offering a reward of at least \$100 will be money well spent.

*** SPECIAL BONUS #2 ***

CHAPTER 7: FOUR PILLARS OF KEEN HEALTH: HOW TO HAVE A SLIM PHYSIQUE AND BEAMING HEALTH AT ANY AGE

I think (hope) you will find much value in this final chapter. If you're into outdoor activities and exercising; the food, health and taking care of yourself go hand-in-hand, which is what this chapter is about. I think the key to becoming healthy is doing small changes, at least initially, not extreme ones. My "Four Pillars of Keen Health" are small adjustments that anyone can incorporate into their routine with very little cost.

This goes the same for an exercise program; small steps lead to giant leaps. You've probably heard more times than you care to count that an exercise routine should be a minimum of 20 to 30 minutes or it's not worth doing. I don't believe this to be true. The 20/30-minute goal might be something to attain later, but for beginners or for people with time constraints, a 10-minute *daily* walk or trot on the treadmill works wonders.

So here are the Four Pillars of Keen Health. These are the four basic things that I practice every day, and I hope you will add these four habits into your lifestyle, because it takes a little more than just exercise to have good health and a slimmer body. You'll also want to avoid harmful foods that might cause you to gain weight. Consult your nutritionist or healthcare professional for information on what foods to sidestep from your diet. Some excellent sources can be found on the internet on what foods to abstain from your diet.

1. Drink Lemon Water The way you start your day is vitally important. I'm not talking about having a big, hearty breakfast with an omelette, bacon, toast, jam, and with a bit of fruit on the side. I'm suggesting something very simple and inexpensive, yet it's one of the secrets to having good health.

What is this secret? It's so simple, but very few people in Western cultures do this: Start the day out with a large glass of warm water with freshly-squeezed lemon or lime juice.

Warm water with lemon or lime juice boosts your immune system; it's high in Vitamin C and potassium, and Vitamin C is great for fighting colds and potassium stimulates brain and nerve function and helps control your blood pressure. Lemons also balance pH as they are an incredibly alkaline food, even though this seems counter-intuitive. They are acidic on their own, but inside our bodies they turn alkaline. An alkaline body is one of the keys to good health. Nearly 100% of people diagnosed with cancer have a low alkaline body and an unbalanced pH. The daily routine of drinking citrusy water in the morning also aids in weight loss. It also has been shown that people who maintain a more alkaline diet lose weight faster. And I've noticed when I start the day off right; it's easy to make good food choices for the remainder of the day.

A glass of lemon/lime juice in the morning also aids in digestion because the warm water serves to stimulate the gastrointestinal tract. Lemons and limes are also high in minerals and vitamins that help to loosen toxins in the digestive tract. This also promotes healthy skin – lemon water purges toxins from the blood which helps keep skin clear.

This seemingly magical elixir will hydrate the lymph system. It starts your day on a hydrated note, which helps prevent dehydration and adrenal fatigue. When your body is dehydrated, or deeply dehydrated (adrenal fatigue) it can't perform all of its proper functions, which leads to toxic build-up, stress, constipation, weight-gain, and on and on. Studies show that 75% of people are in a dehydrated or partially dehydrated state; day in, day out. This could spawn a long list of health problems. So why not start the day off with a large glass of water? You don't necessarily have to give up the morning coffee, just drink warm citrus water as soon as you awaken, and you can still enjoy your coffee a bit later. But don't be surprised at all if you find yourself drinking less coffee over time.

2. Juicing Another cornerstone to having good health is to drink fresh vegetable juice at least one time per day. My health greatly improved after I went out and bought a juicer, and began making and drinking a big glass of vegetable juice – a combination of beetroot, carrot, kale, ginger and tomato juice every day. Does this concoction taste good? Not really.

But it's a small sacrifice to having good health as a result – and every meal one ingests doesn't have to be 100% palatable. I figure that if I can drink a glass of pungent juice in 10 minutes, I still have the other waking 15 hours, 50 minutes to eat or drink something that is delicious.

There are many fresh juice recipes online that show how to make delicious vegetable concoctions if good taste is important. But keep in mind buying boxed or canned juice from the grocery store is nothing like making your own fresh juice, because of the added chemicals, sugars, salts, and the all-important enzymes are non-existent in commercial juice. I'll admit that cleaning the juicer isn't the most fun thing you can do with your time (you'll get used to it), but you don't have to juice every day; you can make enough juice to last you for two or three days and store the remainder in an air-tight container in the fridge.

Some interesting things worth noting about beets / beetroot: double-blind, placebo-controlled and randomized studies, over and over; reveal that beets are an incredible performance-enhancer. People who consume two cups of beetroot juice before their race finished their running and bicycle events faster, averaging 16% faster than their normal pace. This powerful vegetable enhances energy production while reducing oxygen cost because it relaxes the blood vessels and causes them to dilate, which increases blood-flow to the heart, lungs and muscles.

Also, it can make you stronger – athletes who eat or drink beetroot daily notice an increase in performance in their strength training. It makes sense. When more blood flows to the muscles, and you're using less oxygen during workouts; this enables weightlifters to do more reps and experience bigger gains. There are many more nutritional benefits in consuming beetroot that are too great to ignore. To make beetroot even more powerful, eat or juice greens along with it such as kale or spinach for a super-food concoction. (Source: nutritionfacts.org)

Remember that the American Cancer Society recommends nine servings of fruits and vegetables every day, preferably raw, and about the only “real world” way to do this for most people is to juice.

3. Visualize When I was a teenager, I was so skinny; I had to drink high-calorie weight-gain shakes daily so I wouldn't look like a hand rail. Now that I'm middle-aged, my metabolism has done an about-face and has slowed down a lot compared to my early years. One of the secrets I've learned to staying thin and to speed up a slumbering metabolism (besides drinking warm citrus water and fresh vegetable juice) is to visualize how you want to look while you're exercising. For instance, if you want to lose your gut or if your Gluteus Maximus is maxed out, visualize yourself to look the way you want to look. Imagine that you've already achieved your goal on what you want your appearance to be, while exercising.

Conscious visualization is a powerful tool to help you achieve anything you want, but it's even more powerful to visualize your goals while you are doing a physical activity. Albert Einstein was on to something regarding visualization and imagination: "Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand." To further speed your progress, doing a closed-eyes, 10-minute meditation/visualization session every day will help you to achieve your weight and fitness goals.

4. Sleep I hear often people telling me, "I never get enough sleep." There's usually a very simple solution to that: go to bed an hour earlier than you normally do. Lack of sleep can make us gain weight, reduce our resistance to disease, and it causes us to be less alert as well as less productive for work or other tasks. The National Highway Traffic Safety Administration reported that being drowsy due to lack of sleep contributed to the highest number of fatal run-off-the-road crashes due to the driver's performance—even more than alcohol. More than two-thirds of us don't sleep enough, and it's interesting that more than two-thirds of American adults are obese or borderline obese. Lack of sufficient sleep increases one's Alzheimer's risk, and it's linked to high blood pressure, increased inflammation, and depression. Athletes who get adequate sleep perform much better than ones who sleep less than six or seven hours per night.

Daily exercise can contribute to having better sleep, and what we eat or don't eat plays a role. For example, don't consume any caffeine less than six to eight hours before bedtime. I have found wearing comfortable ear plugs has helped me to sleep a lot better, particularly while staying in hotels which can be noisy. Running a fan for the neutral white noise helps as well, but I have found earplugs to be an even better solution for deeper sleep.

If there is a lot on my mind while approaching bedtime, writing thoughts out via a pen and pad helps to unwind the mind and reduce anxiety. Another way to unwind is to breathe deeply while in bed: breath in for four seconds, hold the breath for four seconds, and exhale for four seconds. After just a minute you should become a little more relaxed.

CONCLUSION

I hope you've found some good information about running, cycling, and how to be safe while traveling and while outdoors in this eBook. Also, I hope you'll incorporate the Four Pillars into your routine for increased health and fitness levels.

I want to give you a humongous **THANK YOU** for ordering my running belt. Your business means a lot to me. I sincerely hope you'll get much enjoyment out of it.

One last thing: Please consider giving me a product review on Amazon after giving your Running Belt Max a "test drive". Amazon reviews are the lifeblood of my business. If you have any issues with your Running Belt Max, please tell me about it first before leaving a review so I can try to make things right. Or, if you have any suggestions about future products I would love to hear them. I answer all emails personally. My email is: dave@runningbeltmax.com. Please note that if I do not respond to your email within 48 hours, please send it again because it likely means I did not receive it.

To MAXimizing your health, fitness and safety,

Dave Chandler