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MICHAEL KIRBY • GOLD COUNTRY NEWS SERVICE

Jill Thompson of Lincoln works out on an elliptical machine at Gold's Gym during her lunch hour. "I like to try to get in here five days a week."

Shopping for some fitness?

Tips on picking the best gym for your workout needs and goals

BY STEPHANIE DUMM

GOLD COUNTRY NEWS SERVICE

The start of a new year is a time when many people decide to start a fitness regimen, which for many includes joining a gym.

With a variety of gyms available in the area, it is important to find one that meets your needs and wants.

To Joe Wenson, owner of Gold's Gym in Lincoln, gym location is key.

"It should be something that's convenient for them, that's the first thing," Wenson said. "It has to be a location that's convenient so they can make the commitment."

With a good location, Wenson said people are less likely to come up with reasons not to exercise.

Location and amenities can overshadow the price, according to Wenson.

If choosing a gym in a less convenient location because of a cheaper price, Wenson said to consider the fact that you may pay more money in gas to travel

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A SAMPLING OF WHAT'S INSIDE

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Finding proper footwear is the first step in proper fitness.

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ON THE COVER

Samara van der Linden teaches Zumba classes at the Auburn Racquet and Fitness Club.

PHOTO BY BEN FURTADO • GOLD COUNTRY NEWS SERVICE

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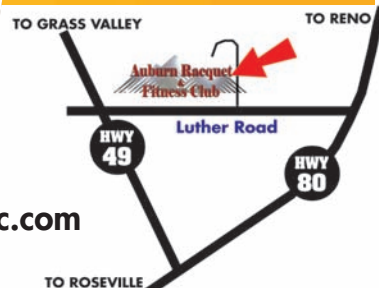
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Samara van der Linden leads a Zumba class at the Auburn Racquet and Fitness Club. Van der Linden said Zumba appeals to everyone because it incorporates fitness and fun through dance.

BEN FURTADO • GOLD COUNTRY NEWS SERVICE

Zumba spicing up area workouts

Classes incorporate Latin-inspired dance, aerobics

BY BRIDGET JONES
GOLD COUNTRY NEWS SERVICE

Zumba is a fitness craze taking the foothills by storm.

"Zumba is a Latin-inspired aerobic dance class," said Samara van der Linden, who teaches Zumba classes three times a week at the Auburn Racquet and Fitness Club. "It's mostly Latin music, but we also incorporate Arabic and Indian."

Van der Linden said the class incorporates dances such as Salsa, Cumbia, Samba, Reggaeton, Hip Hop, Indian dance and Arabic dance.

"(It works) everything. It's a very high aerobic one-hour workout. You know you are working your core, because you are trying to keep your abs in tight."

Samara van der Linden, who teaches Zumba at Auburn Racquet Club

Zumba also includes aerobic moves such as lunges and squats.

"We kind of mix it all up," van der Linden said.

Although Zumba is not a brand new kind of fitness, it's just starting to hit its peak of popularity in the local area, van der Linden said.

"It's been around for the last eight to 10 years, but it's really hit hard I'd say in the last one-and-a-half to two

years, especially in this area," she said.

Van der Linden, who has been teaching Zumba since April, said the class is a great workout, and none of the body is left out.

"(It works) everything," she said. "It's a very high aerobic one-hour workout. You know you are working your core, because you are trying to keep your abs in tight."

Although Zumba demands

a lot from the body, anyone can join at his or her own level, van der Linden said.

"You can make it low impact," van der Linden said. "You can modify. It's just basically a fun alternative to treadmill or bicycle. You are really just going to have fun, like a party atmosphere, like a fiesta."

Linda Dixon, president of Total Fitness on Palm Avenue, said Zumba classes are offered five times a week at the gym, and she is thinking of adding more.

Dixon said the women in the Total Fitness Zumba classes have created

• SEE ZUMBA PAGE 34



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BEN FURTADO • GOLD COUNTRY NEWS SERVICE

Led by chocolate lab Chloe, Jaclyn Berube, Austin Cairns, Marianne Berube and Paul Berube of Auburn check out the trails leading to Hidden Falls.

Recreation right in your backyard

Region's trails offer many fitness opportunities

BY GUS THOMSON
GOLD COUNTRY NEWS SERVICE

The Auburn area is crisscrossed with trails and the longer people live, run, ride and recreate for healthy living in the foothills the more they learn just how blessed they are.

Randal Fee, as a lifelong resident of the area and Placer High School cross-country team coach, has a handful of favorites he's discovered over years of running canyons that

are literally just a step away from the school's urban setting.

Fee said one of his favorite routes starts at the school and then travels to Overlook Park on Pacific Avenue for a dip into the American River canyon along a trail used by Tevis Cup riders that meanders behind the Robie Point residential area and then drops down onto the Western States Trail.

The trail travels across scenic No Hands Bridge — sharing space with the odd equestrian but off-limits on this

stretch to cyclists.

Fee said the run can be an out and back from No Hands Bridge or can continue on across Highway 49 and the American River to the historic Stagecoach Trail. The trail travels uphill along a stagecoach route that now attracts cyclists, runners and walkers.

The trailhead is at Foresthill Avenue and Russell Road and runners use Auburn roads to return to the high school. The loop is about 7 miles.

Another Fee favorite is the Old Quarry Trail — a little flatter and perhaps even more

scenic, with jaw-dropping views along the Middle Fork American River and a wide, flat trail that was once a railroad bed leading to a limestone quarry.

The trail continues past the quarry and — depending on the day and the condition of the runner — can be stretched from 8 to 11 miles round-trip, Fee said.

Olmstead Trail, which starts at the fire station parking lot at Cool, is another great running experience, with a loop that can be as much as 10

• **SEE TRAIL** PAGE 34



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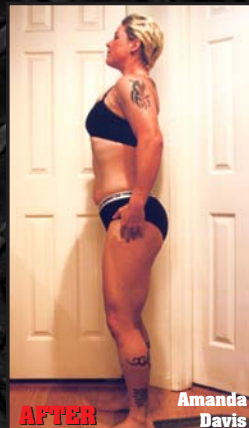
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BEN FURTADO • GOLD COUNTRY NEWS SERVICE

Ken Corcoran of Lincoln tries on a Bell bicycle helmet at Victory Velo in Downtown Auburn. Dan Tebbs, co-owner of the bicycle shop, said bicycle helmets should be replaced after about five years of normal use. "Any helmet that's been in an accident should be replaced immediately," he said.

Investing in health won't cost much

Area retailers offer affordable fitness gear

BY MARTHA GARCIA
GOLD COUNTRY NEWS SERVICE

Investing in fitness will pay dividends in your quality of life, including how you look and feel.

But you don't have to go to the expense of joining a gym or buying pricey equipment to get in shape.

A good way to get started is to take a survey of equipment

"Almost anybody of any shape or size can ride a bike and get benefit out of it. It's good for the joints, it's good for blood flow. It exercises your heart and your lungs."

Dan Tebbs, co-owner of Victory Velo in Auburn

you already have. And if that includes a bicycle, Dan Tebbs, co-owner of Victory Velo in Auburn, said you've already got one of the best exercise options.

"Almost anybody of any shape or size can ride a bike

and get benefit out of it," Tebbs said. He calls cycling "good, all-around fitness."

"It's good for the joints, it's good for blood flow. It exercises your heart and your lungs," Tebbs said.

Cycling, he said, is all about

freedom, the feeling that "goes back to when you first rode a bike as a child."

However, Tebbs advises that adults not cycle without wearing a helmet. Cyclists 18 and under are required by state law to wear one.

"The No. 1 cause of a serious bike accident is a head injury — a bike helmet will prevent injury to the head in most cases," he said.

Victory Velo has helmets starting from \$35, and

• SEE INVEST PAGE 14

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Dennis worked with a variety of wellness practitioners and made significant changes to his health. "I have lost 55 lbs, lowered my cholesterol by 37 points and have more energy than I have ever had, even as a child. RH&WC gave me the tools to improve my lifestyle and quality of life. I encourage others to take the first step."

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INVEST: Disc golf, walking are both low-cost, gym-free options

continued from 12

helmets come in different designs for different applications. Tebbs said cyclists want to be sure a helmet is properly fitted, so that it stays on in case of an accident.

"Most bike shops should be able to professionally fit you for a helmet," he said.

A great idea for getting in shape is disc golf, according to Tate Abdon, of Black Bear Outdoors in Loomis.

"Your worst day playing disc golf is better than your best day at work," Abdon said.

Disc golf, he said, is an opportunity to breathe fresh air and get exercise in an outdoor setting.

It's an easy game to learn that can be played individually or in groups.

Courses are located at

"Walking ... is a great opportunity for cardiovascular activity. By walking and getting your heartbeat up to a certain point, it allows your body to metabolize better."

Steve March, Placer School for Adults instructor

Regional Park in Auburn, Springview Johnson Park in Rocklin, H. Clarke Powers Elementary School in Loomis and at Penryn Elementary School.

Getting into the sport is economical, too, as the game can be played with any Frisbee-type disc.

At Black Bear Outdoors, golf discs run from \$8 to \$20.

If you prefer working out indoors, there's also the back-to-basics approach of getting fit using low-tech, and inex-

pensive, aids.

These include jump rope (\$5 to \$10 at Big 5 Sporting Goods), dumbbell weights (from \$3 for 2-pounders to \$10 for the 10-pound size at Kmart), or fitness balls (\$9 at Target).

Walking — and for those who can, running — are basic exercises that Steve and Nancy March promote through a weekly fitness class they teach at the Placer School for Adults in Auburn.

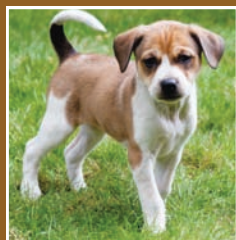
"Walking ... is a great

opportunity for cardiovascular activity," Steve March said. "By walking and getting your heartbeat up to a certain point, it allows your body to metabolize better."

Nancy March said increased metabolism is good for weight control.

"It makes your heart more efficient so that even when you're not exercising you're burning calories at a higher rate," she said.

Whatever your choice of exercise, don't forget that the opposite of being sedentary is movement, and the more movement you can squeeze into your day, the healthier you'll be. Even moderate activities — such as chores or gardening — can make a difference in keeping you physically fit.



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ANNE STOKES • SPECIAL TO GOLD COUNTRY NEWS SERVICE

"Demo Ron" serves Sunrise Natural Foods customer Martin Friedman a sample of gluten-free pasta with a special seasoning.

Gluten-free diet options growing

BY SENA CHRISTIAN

GOLD COUNTRY NEWS SERVICE

That moment after you've been diagnosed with celiac disease might be a little depressing.

Now, you have to transition to a gluten-free diet. Because no cure exists for this disease, you must abstain from gluten — a protein found in grains such as wheat, barely and rye — for the rest of your life, or risk serious harm to your health.

That means no more conventionally made bread, pas-

ta or pizza.

Don't despair. Allison Gillespie, a manager at Sunrise Natural Foods with locations in Roseville and Auburn, has one thing she wants customers with celiac disease or a wheat allergy to know.

"Options are out there," she said.

Customers can even find gluten-free beer. See, it's not all bad.

But it can be if you're not careful to avoid gluten at all costs. People on this diet must learn how to pick and

prepare appropriate dishes and prevent cross contamination from food, knives, cutting boards or other products, such as toothpaste or lip balm, with gluten.

For people with a gluten sensitivity, celiac disease or dermatitis herpetiformis — a related skin condition — gluten in the bodies' immune system triggers a response that damages the small intestine's lining. Over a long period, this inhibits the body's ability to properly absorb nutrients, potentially leading

to life-threatening nutritional deficiencies and intestinal lymphoma.

A 2009 study by Dr. Joseph Murray from the Mayo Clinic found that about one in every hundred people in the United States suffers from celiac disease. The disease is four times more common today than in the 1950s. But as diagnoses increase, so does awareness.

"A lot of people feel sick, so they eliminate certain foods from their diet and figure out that, (for instance), whenever

• SEE GLUTEN PAGE 18



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GLUTEN: Items aplenty available

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they eat cereal they get sick," Gillespie said. "They do a process of elimination."

Sunrise Natural Foods carries hundreds of gluten-free products in several dozen categories, such as baking flour, desserts, cereals, pasta, chips, cinnamon rolls and more.

On a January morning, "Demo Ron" offered samples of gluten-free foods, including pasta with a special seasoning, bread sticks and cookies, to customers.

"Earlier, I had a whole line of women who eat gluten-free," Demo Ron said.

In the three years Gillespie has worked for Sunrise Natural Foods, the selection of gluten-free products has greatly expanded, she said, and the quality of food has improved. She recommended cookies from National Food Works in Davis.

"They're the best cookies you'll ever eat in your life," she said.

And, they're only 35 calories. But, generally speaking, going gluten-free doesn't mean automatic weight loss, as substitutes can be higher in fat and calories. People with celiac disease must also make sure to get enough vitamins and nutrients — and to always read the label.

"A lot of people don't know that it has to say 'gluten-free' to be gluten-free, otherwise something could be hidden in it," Gillespie said.

Whole Foods Market in Roseville also has an extensive selection of gluten-free products, including desserts, flours, cake mixes, sauces, snacks and more. The company has its own bread line called the Gluten-Free Bakehouse, where all the products are made in a dedicated gluten-free facility.

"Awareness rates of wheat-free and gluten-free allergens as well as celiac disease diagnosis rates have gone up," said Jennifer Marples, a spokeswoman for Whole Foods. "Additionally, consumers are making choices to eat wheat-free and gluten-free as personal lifestyle choices, enjoying the variety, both in flavor and nutritional attributes that gluten-free grains can offer."

Both Whole Foods Market and Sunrise Natural Foods agree: Going gluten-free doesn't have to mean the end of tasty, staple foods.

"It's evolving," Gillespie said. "It's so much easier now than just a couple of years ago to find gluten-free products. On pretty much every aisle, you can find something."

GLUTEN-FREE GUIDE

THOSE WITH CELIAC DISEASE SHOULD KEEP SOME THINGS IN MIND WHEN MAKING THEIR GROCERY LIST

Always avoid:

- Barley
- Bulgur
- Durham
- Farina
- Graham flour
- Kamut
- Matzo meal
- Rye
- Semolina
- Spelt (a form of wheat)
- Triticale
- Wheat

Avoid unless labeled "gluten free":

- Beers
- Breads
- Candies
- Cakes and pies
- Cereals
- Cookies
- Crackers
- Croutons
- Gravies
- Imitation meats or seafood
- Oats
- Pastas
- Processed luncheon meats
- Salad dressings
- Sauces
- Self-basting poultry
- Soups

Allowed foods:

- Amaranth
- Arrowroot
- Buckwheat
- Corn
- Cornmeal
- Gluten-free flours
- Hominy grits



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- Polenta
- Pure corn tortillas
- Quinoa
- Rice
- Tapioca
- Fresh meats, fish and poultry (not breaded, batter-coated or marinated)
- Fruits
- Most dairy products
- Potatoes
- Rice
- Vegetables
- Wine and distilled liquors, ciders and spirits

Source: Mayo Clinic

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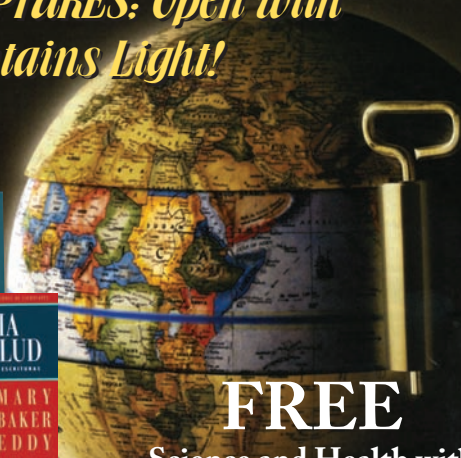
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Chef cooking up healthy options

Cancer diagnosis inspires
Sovy Medved to develop
more nutritious recipes

BY LIEN HOANG

GOLD COUNTRY NEWS SERVICE

In a suburb known for its wealth and high-profile residents, Sovy Medved has no qualms about calling her eatery a hole in the wall.

Pullman Kitchen & Catering almost is a hole in the wall. It sits inside the Quarry Ponds shopping center, 5550 Douglas Blvd., Granite Bay, without access to the parking lot. Its 400 square feet are jammed behind other businesses, past which one must walk to reach the hallway leading to Pullman.

Medved took over this summer, amending the name with her title – Chef de Cuisine – rather than completely changing it.

“I don’t want to rock the boat,” she says.

The attitude belies an unassuming personality born of modest but learned roots.

Medved grew up in Cambodia, where her brother’s government connections helped her land a student visa to the United States in 1974. As the world began to learn about the horrors of Pol Pot and the worst genocide since the Holocaust, Medved’s visa became that of a refugee and she settled here permanently.

She never again saw her mother, who died of starvation amid the killing fields. That’s part of the reason Medved has a soft spot for the elderly. To them and to children, she regularly hands out brownies and cookies from her restaurant.

She has a particular love for military servicepeople. A few years ago she approached a



ANNE STOKES • SPECIAL TO GOLD COUNTRY NEWS SERVICE

Chef Sovy Medved adds the finishing touches to wild caught salmon with vegetables.

Folsom veterans hall hoping to rent out its industrial kitchen for her catering jobs. The members did her one better: They let her use it free, and she repaid them with occasional meals. Medved now participates in the activities of local veterans groups

and welcomes those down on their luck to Pullman for a prepared meal.

“I will be there for them because they were there for me,” she says.

Pullman is Medved’s latest workplace of roughly 10 in the area, since she moved up

from the Bay Area in 2004.

Three months into working at Eskaton – the job that brought her here – Medved received a diagnosis of breast cancer, which she fought for a year, successfully.

The struggle got her

• SEE CHEF PAGE 22

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Clockwise from top: Sadie Betito, PMHNP, Catherine Henry, CMT, Debbie Kennedy, Reception/Administrative Support, Heather Smith, Administrative Staff, Cyndi Moore, Director of Healthcare Administration, (not pictured; John T. Bakos, MD, PhD Medical Director, Diane Janssen, FNP).

CHEF: Cuisine for Fitness offers healthful take-home entrees

continued from 20

thinking about a healthful lifestyle, and after developing more nutritious recipes, she introduced Cuisine for Fitness. Through the program, patrons sign up for prepared meals that are low in fat, sodium and cholesterol and that they can take home.

It's one of the personal touches Medved has brought to Pullman. Now in her 50s, Medved wanted the restaurant for four years, but former Quarry Ponds developer Lisa Powers didn't approach her with an offer until this summer. That was in the middle of an ugly imbroglio to keep the center from foreclosure, when Powers courted entrepreneurs to hike up occupancy to 77 percent from 51 percent.

Her arrival so impressed Hal Kinney that after he ate at Pullman in late November, he wrote to Food Network's "Diners, Drive-ins and Dives" to feature the restaurant.

"(Host Guy Fieri) puts a lot of people on the map, and that's what I was trying to do for them," he says, calling Pullman's deliciously inexpensive offerings "unusual."

Pullman's menu offers standard American food, from a

BBQ pulled pork sandwich (\$6.95) to grilled ribeye steak (\$14.95). But some of the more popular items – a breakfast burrito with chorizo (\$6.95) or Thai red curry with chicken (\$9.95) – reflect the international touches Medved wants to bring.

The daily specials and soups are a prime stage for such experimentation. Line cook Alex Derevyanchuk said when he tried Ukrainian borscht one day, it sold out immediately.

Next, Medved wants to introduce three kinds of carpaccio: Italian, Vietnamese and Cambodian.

Outside work, Medved likes to hike and watch reality TV. She is also on the advisory board at the Institute of Technology in Roseville, which is the alma mater of her extern chef, John Barringer.

Medved, who retained her ex-husband's surname and her Cambodian accent, never cooks for herself or eats Pullman food because she sees it daily.

Instead she eats out and is grateful.

"A bowl of rice, a bowl of soup," she says, "I think, 'Thank goodness I have this food in front of me.'"



COURTESY

Thai red curry with chicken.

SOVY MEDVED'S THAI RED CURRY WITH CHICKEN

- 1 cup light coconut milk
- 2 teaspoons red curry paste, Mae Ploy brand
- 1 teaspoons fish sauce
- 12 ounces skinless, boneless chicken breast halves, cut into thin strips
- 1/4 cup sliced Vidalia or other sweet onions
- 8 ounces asparagus, ends trimmed, cut on diagonal into 2-inch-long pieces
- 4 ounces French cut green beans
- 1/2 red bell pepper, seeded, sliced into strips

Directions:

Combine coconut milk, curry paste, fish sauce, and chicken. Bring to a boil for 5 min. Add Asparagus for 1 minute. Add onions, green beans, and bell pepper for 1 minute. Serve with cooked brown rice, brown rice pasta, or wheat bread.

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Crunch Fitness comes to town

What started in New York City makes its way out to Placer County

BY LAUREN GIBBS

GOLD COUNTRY NEWS SERVICE

At Crunch Fitness in Rocklin, you can break a sweat without breaking the bank.

The 17,000 square foot workout club has been attracting members since it first opened in October. And with month-to-month memberships of either \$9.95 or \$19.95, gym goers can get in shape for a fraction of what other gyms cost, according to Mark Polli, general manager.

"With that price, people are skeptical, but come in and say, 'Wow,'" Polli said.

Part of the "wow" factor stems from a mix of amenities — 10 personal trainers, 49 classes offered each week and four tanning beds.

The Crunch concept began in New York City in 1989 in a non-air conditioned aerobics studio where they offered innovative classes such as hip-hop aerobics to the tune of a live rapper. Popularity grew and now, more than 20 years later, there are Crunch centers located in big cities across the country, including the Sacramento area.

Debbie McIlvain, the fitness manager for Rocklin Crunch, is in charge of the personal trainers and the classes. Crunch's personal trainers have the ability to help with clients struggling to shed pounds, looking to tone their body and working with pre-existing injuries. Trainers also teach how to use the equipment, making the gym a safe environment.

"People learn to train more functionally," she said.



COURTESY

Rocklin's Crunch gym offers 17,000 square feet of space devoted to losing pounds and getting fit.

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"They're also able to reach their goals at a faster pace."

A program, called dotFIT, on Crunch's website, also assists clients with nutrition and weight loss tips, which trainers can help guide people through.

In Rocklin, it's all about the classes.

"That's been the big hit for Rocklin," Polli said.

At Crunch, you can get a glimpse into Superman's life through their BodyWeb class, where you hang from ropes

for a total body suspension workout. The BOSU Bootcamp class works your core while standing on a half-dome or stability ball. The boot camp and Zumba classes are the most popular at Rocklin Crunch, McIlvain said. The Zumba class blends Latin dance moves into a workout routine.

All classes but two — Zumba and Turbo Kick, a kickboxing dance class — are 30-minute boot camp style, Polli said. Zumba and Turbo Kick are both hour-long sweat sessions.

Despite having a smaller facility and a large welcome from the community, there have been no lines to use equipment, Polli said.

Rocklin is the first of two

locations in the Sacramento area. Polli opened the second location on Howe Avenue in Sacramento earlier this month and has plans for more.

"My goal is to put 10 clubs in this area," Polli said. "Business has been absolutely fantastic. I think people were tired of paying a lot ... tired of going to some of the older gyms. We're excited to be in Sacramento."

Enrollment fees for Crunch range from \$9.95 to \$39.95 with monthly memberships of either \$9.95 or \$19.95. The higher membership cost includes access to the dotFIT program online, free tanning, access to all Crunch franchise locations and free guest privileges.



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BEN FURTADO • GOLD COUNTRY NEWS SERVICE

Carey Williams of Auburn Running Company checks the balance of Katie Ford's feet as she shops for new running shoes.

Fitness goals include fancy footwork

Proper shoes are key gear for any type of activity

BY ANNE PAPINEAU
GOLD COUNTRY NEWS SERVICE

Whether walking a mall or joining the 100-mile Western States Endurance Run, there's one bit of shopping that will make all the difference in your comfort and success. It's not the weave of the T-shirt or even what's playing on your MP3. Shoes are supreme.

"Shoes are a huge part of

"If people run in poor shoes, they'll have to see me for plantar fasciitis, tendonitis, stress fractures. I see people of all ages on a daily basis who have these conditions. Just to heal a stress fracture takes about four weeks. You can't do anything during that time."

Dr. Amanda Matz, podiatrist

exercising. The quality of shoes plays a huge role," explained Dr. Amanda Matz, who practices podiatric medicine at Sutter Auburn Faith Hospital.

"If people run in poor shoes, they'll have to see me for plantar fasciitis, tendonitis, stress fractures," Matz said. "I see people of all ages on a daily basis who

have these conditions. Just to heal a stress fracture takes about four weeks. You can't do anything during that time."

But footwear has evolved to

• SEE SHOES PAGE 28

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Volleyball, basketball keep Lane's blood going

Olivia Lane, 17, is a Rocklin resident.

Sporting resumé: Volleyball and track, Rocklin High School; verbal commitment to play volleyball on scholarship at the University of Hawaii-Hilo.

What will you remember about playing sports in high school?

The friends I've made through sports are the most important memories to me. I've played with some of them for so long, but now we never see each other because the season's over.

Why did you decide not to

play basketball as a senior?

I wanted more time my senior year. Last year, I went straight from basketball to (club) volleyball and I wasn't coming home until 10 (p.m.).

Without basketball, how are you staying in shape?

I've got a gym membership and I go there with a friend. I'm mostly working on my arms.

When you listen to music during a workout, which artist or group is the best?

Michael Jackson's my favorite. It's got a good beat.

~Cecil Conley



CECIL CONLEY • GOLD COUNTRY NEWS SERVICE

Olivia Lane, 17, has a verbal commitment to play volleyball on scholarship at the University of Hawaii-Hilo.

SHOES: Running adds three times the impact to knees, feet, back

continued from 26

keep in step with runners of marathons and sidewalks strollers.

The staff of a first-rate footwear shop will consider a customer's type of exercise, and then observe how they move naturally to match them with the proper shoe.

"You can pick a shoe off a wall because it looks cool, but you can do yourself a disservice," said Carey Williams, a sales associate at Auburn Running Company in Downtown Auburn. "When we are running, we are applying three times more impact on our feet, knees, hips and back than when walking. That being said, there's a lot of science put into a running shoe. The shoe companies, at the higher end, place feet in different categories."

At Auburn Running Company, the staff observes the

SHOE BUYING TIPS

- Have your feet measured while you're standing.
- Always try on both shoes, and walk around the store.
- Always buy for the larger foot; feet are seldom precisely the same size.
- Don't buy shoes that need a "break-in" period; shoes should be comfortable immediately.
- Don't rely on the size of your last pair of shoes. Your feet do get larger, and lasts (shoemakers' sizing molds) also vary.
- Shop for shoes later in the day; feet tend to swell during the day, and it's best to be fitted while they are in that state.

~ Source: American Podiatric Medical Association

customer's walk and analyzes their gait. They look for how feet strike the ground, if there are any tendencies to walk on the outside of the foot, or to roll inward, if the arch is high or the feet flat.

"Hip problems, arch problems, they all start with the feet," Williams said.

Dr. Matz, herself a runner, swimmer and tennis player, does not stint on purchasing

a quality shoe.

"I would say, you could get away with a cheap shoe if you're going to a wedding," she quipped. "When you go in a store, the brand name can be the same, but the quality of the shoe will be different between a mass-market outlet and a specialty running store."

Williams said a good running shoe would serve walk-

ers, as well. Running shoes vary whether their use is for roads or trails. Trail shoes, he said, are a bit stiffer, and have a rock plate implanted in the forefoot as runners will encounter stones.

"That plate will help you take that impact," he said.

Dr. Matz said a top-quality shoe could be had for around \$80. She advises runners to keep track of their mileage and buy a new pair when they reach 500 miles.

"You'll start feeling it in your legs, knee or shin pain, and that means the shoes are on their way out," Williams said.

"I have people who start running programs in January with a cheap shoe and they're in my office around February with a problem," said Dr. Matz.

And that's no way to prep for a marathon.

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Check the Symptoms

- ✓ Plantar Fasciitis often leads to heel pain, heel spurs and/or arch pain.

LEADING CAUSES OF PLANTAR FASCIITIS:

- Over-Pronation (flat feet) which results in the arch collapsing upon weight bearing
- A foot with an unusually high arch
- A sudden increase in physical activity
- Excessive weight on the foot, usually attributed to obesity or pregnancy
- Improperly fitting footwear

- ✓ With Plantar Fasciitis, the bottom of your foot usually hurts near the inside of the foot where the heel and arch meet. The pain is often acute either first thing in the morning or after a long rest.

It takes a community to keep kids healthy

As you may have heard, children today have a lower life expectancy than their parents for the first time in recorded history.

Obesity and sedentary lifestyles are predicting serious epidemics of heart disease and diabetes when the younger generation ages.

The lifestyle practices and dietary choices of American children are far removed from the simpler, more active times that today's parents enjoyed in their youth. If you have children or can influence them, it is time to take some simple steps to make a radical change away from the path toward a predicted dismal future.

Children have a natural affinity for exercise and play. They also have a natural affinity for healthy foods. This is an evolutionary human instinct proven true by the landmark studies of Dr. Clara Davis — where children were presented with a variety of foods and allowed to eat whatever they wanted.

Over the course of several days they gravitated toward the most nutritious foods and ate the exact amount of calories and balance of nutrients they needed for peak function.



Brad Kearns
Guest column

At Skyridge Elementary School in Auburn, the pilot school for my www. Running School.org kids fitness charitable organization, I witness a community effort to create healthy, fit lifestyles for kids. We conduct regular Skyridge Olympics events where kids are timed in a long-distance race and performances tracked against the nationwide Healthy Fitness Zone standard.

Complementing this competitive event is a fun-filled endurance obstacle course, where kids complete self-paced laps tackling a variety of balance and agility challenges. Two days a week, each student begins their day with the Skyridge Morning Mile — taking a lap around the half-mile fitness trail circling school before they begin their studies. There is also a lunchtime “Trekks” jogging/walking program (where kids accumulate miles for awards), an annual Jog-A-Thon where every kid in the school runs laps and raises

Children have a natural affinity for exercise and play. They also have a natural affinity for healthy foods.

money for the Parent Teacher Children Association, an after-school cross country team to introduce interested kids to competitive running and a morning pickup soccer game where up to 60 kids race full speed across a huge field for 10 minutes before the bell rings in a fierce big-kids-versus-little-kids daily battle!

These efforts are driven by concerned parents and educators and make a huge difference. At Skyridge, 96 percent of the student body attained the Healthy Fitness Zone performance level (graded by age and sex for the distance run), a sharp contrast to the disappointing 60 percent passing rate for this modest standard for California students as a whole.

Unfortunately, there is tremendous momentum today against healthy eating and exercise habits. Mainstream food choices and advertising have made unhealthy foods ubiquitous in our culture. Read “Fast Food Nation” by Eric Schlosser to grasp just how devastat-

ing the impact of the fast food industry is on America. I ask you to place this issue high on your priority list — to become informed, focused and even militant against bad food and bad lifestyle practices for you and your kids.

If you have lifestyle elements that force inactivity (such as relying on car transportation), you must make efforts to ensure that your kids keep active on a daily basis.

Even in a small area such as a backyard or family room, kids can figure out active games that will get their hearts racing and blood pumping. Kids food choices are essentially controlled by parents until they reach their teen years, so present them with healthy options and healthy meal time habits that they can carry with them into adulthood.

Brad Kearns is a former national champion professional triathlete and noted author, speaker, and coach in health and fitness. Visit www.bradkearns.com for details.

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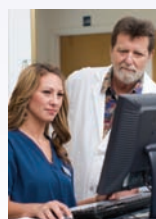
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You are what you eat, so choose wisely

Catherine Nishikawa, a registered dietician and manager of nutrition and food services for Sutter Auburn Faith Hospital, answers some nutrition-related questions.

How important is diet when evaluating a healthy lifestyle, and why?

There are many factors that go into creating a healthy lifestyle.

To be healthy one must not only have a balanced diet but get regular exercise, reduce stress, limit alcohol consumption and be tobacco free.

The quality of a person's diet is one important component of achieving and maintaining good overall health. If a diet is not balanced, important nutrients such as fiber, B vitamins or vitamin C could be lacking.

What constitutes a balanced, healthful diet? In general, what do we want to eat, and what do we want to avoid?

A balanced and healthful diet is one that incorporates a variety of foods from each of the main food groups and includes plenty of water.

In general the foods to include are; whole grains such as 100 percent whole wheat bread or brown rice, colorful fruits and vegetables, lean proteins like chicken and fish and healthy fats.

Avoid simple sugars, refined grains, trans and saturated fats.

Examples of foods to avoid are: candy, soda, margarine, pastries, whole fat dairy and pre-prepared and pre-packaged foods.

What specific foods do you suggest health-conscious individuals incorporate into their diets?

A well balanced diet contains a variety of foods from



COURTESY

Garbanzo beans are rich in protein and fiber, and are high in iron, magnesium, potassium and zinc.

"What is going to work for you for the long term to get you to a place of health and wellness."

Catherine Nishikawa

each food group.

If you are looking to make changes to your diet by adding healthier foods some to consider might be:

- Leafy greens such as kale, spinach or chard. These foods are high in folate, Vitamins A, C and K;

- Garbanzo beans which are rich in protein and fiber and high in iron, magnesium, potassium and zinc;

- Watermelon, which is high in Vitamins A, C and potassium;

- Quinoa, which is high in protein, fiber and iron also a good source of zinc and Vitamin E.

While healthy, these foods are only a few of the many available in each food group that should be included in a well balanced diet.

QUINOA WITH PECANS AND DRIED CRANBERRIES

3 1/2 cups water
1 1/2 cups quinoa
1 bunch green onions, finely sliced
1/2 cup dried cranberries, diced
1/3 cup cilantro, finely chopped
3/4 cup celery, finely diced
3/4 cup coarsely chopped pecans
1 tablespoon extra-virgin olive oil
2 tablespoons lemon juice
1 tablespoon rice wine vinegar
1/2 tablespoon sesame oil
1/4 teaspoon salt
1/8 teaspoon ground black pepper
Pinch of cayenne pepper

Bring water to a boil. Add quinoa; stir, cover, and reduce heat to a simmer. Cook until quinoa is soft and water is absorbed, about 25-30 minutes.

Add green onions, dried cranberries, cilantro and celery to a large salad bowl. Toast the pecans in a small skillet and add to the salad bowl (optional). Add the olive oil, lemon juice, vinegar, sesame oil, salt and peppers to the bowl. Stir to mix. Stir in the quinoa when it has cooked and cooled slightly. Set aside for an hour if possible to allow flavors to marry; serve at room temperature.

~Catherine Nishikawa

What food traps should people avoid? What foods try to come off as healthy but don't necessary provide the proper nutrition?

Avoid the all or nothing approach to nutrition. It is less about one specific food and whether to eat it every-day or avoid it at all costs and more about your individual goals. What is going to work for you for the long term to get you to a place of health and wellness.

What other suggestions might you offer to those interested in eating right and also enjoying what they eat?

1. Simplify. Instead of being overly concerned with measuring portions or eating specific foods because they are "healthy," even if you do not like them, think of your diet in terms of color, variety and freshness.

Focus on adding lots of different foods. A good place to start is at your local farmers market. Find foods you love and gradually replace them with the less healthy foods in your diet.

2. Start slowly and make small changes to your eating habits over time.

Trying to make your diet healthy overnight isn't realistic and changing everything at once can be overwhelming and lead to feelings of frustration.

3. Every change you make to improve your diet matters.

You don't have to be perfect and you don't have to completely eliminate foods you enjoy to have a healthy diet. The long term goal is to feel good, have more energy and reduce the risk of disease.

Every healthy food choice you make counts.

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Placer's Burnett fit both on, off the football field

Collin Burnett, 18, was the starting quarterback for the Placer High football team for the past two seasons. He helped the Hillmen reach the Sac-Joaquin Section final as a junior and led Placer



Collin Burnett

back to the playoffs as a senior. He passed for 1,050 yards and nine touchdowns as a senior. Burnett is currently training and weighing his options to play at the college level.

How much time do you dedicate to your sport?

On average, about 20 hours a week. During the season, probably 30 hours a week. I've been lifting for two hours every day and I'll start throwing after the break.

What benefits do you experience with an active lifestyle?

I'm more prepared to play. I basically just do it to get better results on the field. I'm working out now for college.

What do you love about your sport?

I grew up playing it. I enjoy doing it. At quarterback, I like being the guy everybody looks at in the huddle.

~Todd Mordhorst

ZUMBA: Opportunity to have fun while exercising appealing

continued from 8
bedazzled skirts for themselves to make the experience even more fun.

"I see a lot of ladies, and a lot of older ladies, that come in, and it's easy for them," Dixon said. "The music's good, and even for the new people it's easy to follow. They become friends ... kind of like a little community. A lot of them are starting to see good results."

Dixon said the opportunity to have fun while exercising is what seems to appeal to customers.

"There are not many other classes (like it) right now," she said. "There are really no dance classes unless you go to

a dance studio."

Zumba classes at Total Fitness were completely full right after they opened, Dixon said.

Dixon said the classes even transcend cultural and language boundaries for participants who don't speak English.

Van der Linden said her mother, father and daughter are all in her classes at the racquet club.

"It hits any generation, and it's fun for all," she said.

"It's great cardio. If you are a mom or a grandmother, or you are not some young one that goes to clubs anymore, it kind of brings that spirit back."

How to Choose a Financial Professional

As you navigate the often-complex financial world, you may want to get some help. When you interview possible financial professionals, consider asking questions such as these:

Do you have experience working with people like me? Ideally, you'd like to work with someone who has helped people in your situation, with similar income and asset levels, family situations and long-term goals.

How often will you communicate with me? You deserve regular communication on how you're doing and what changes you may need to make.

Will you be my primary contact? You'll want a financial professional to be your main contact.

What services do you offer? You'll need someone with access to the full range of investment and money-management products and services appropriate for your needs.

It's important to develop a solid relationship with a qualified financial professional — so start asking the right questions soon.

This is James S. Cave, your Edward Jones financial advisor.



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This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

TRAIL: Get a good hill workout on Auburn's Stagecoach Trail

continued from 10
miles, Fee said.

A more challenging, hilly run or hike can be achieved by parking at the Stagecoach Trail trailhead, running along the trail into the canyon to the confluence and then continuing on across the curving Old Foresthill Road car bridge. A left turn takes runners onto a trail that travels alongside the North Fork American River and under the Foresthill Bridge to Lake Clementine.

Fee said that from there runners take Clementine Road back to — and under Highway 49 — via a culvert tunnel. From there, they return along a Middle Fork American River side trail to the confluence and then up Stagecoach Trail. The distance is a rigorous 11 miles.

Fee's years of experience

have given him the wisdom to avoid the pitfalls — and occasional pratfalls — that less-experienced canyon runners might encounter. Avoid any brush along the trail because there will undoubtedly be a tick or two lurking, he said. In the summer, Fee is watching the trails for rattlers.

And during the rainy season, with trails muddy, runners should watch for exposed roots and rocks that prevent them from making sure foot plants, he said.

For runners or walkers looking for a more urban setting, the Auburn Area Recreation and Park District has recently completed construction of a new trail at Recreation Park. The 0.7-mile trail is paved and targeted for physically disabled people as well as walkers and runners.

Seeking support?

Consider joining a group, taking a class to get help, answers

Below are some Auburn-area support groups offered through Sutter Health. Call for more information.

- Breast Cancer Support Group: (530) 888-4593
- Cancer Patients & Caregivers: (530) 889-6090
- Children's Bereavement Art Group: (530) 886-6650
- Adult Grief Recovery Support Group: (530) 886-6650
- Stroke Support Group: (530) 889-6087
- Recreation and Respite Program: (916) 781-1559
- Better Breathers Club Support Group: (530) 888-4530
- Lupus Foundation Support group: (530) 889-8575

Sutter Health also offers courses and more on a variety of topics including:

- Asthma: (530) 888-4530
- Look Good...Feel Better (for cancer patients): 800-395-5665
- Free Mammogram Screening for low income women: (530) 886-6562
- Maternity Orientation and Tour: (530) 888-4500
- Ready, Set, Deliver Natu-

rally: (916) 733-7080

- CPR Course: (530) 889-6090
- Community First Aid Program: (530) 889-6090
- Hospice Volunteer Training: (530) 886-6650
- Mind, Body and Health Lecture: (916) 797-7546
- Joint Replacement Class: (530) 889-6088
- Lifeline Services: (530) 889-9488
- Smoking Cessation: (530) 888-4530
- Volunteer Opportunities at Sutter Auburn Faith Hospital: (530) 887-8785
- Sutter, in partnership with Auburn Recreation District and the Coronary Health Improvement Project, offers a community based wellness program addressing lifestyle diseases. Next sessions: Jan. 24 to Feb. 24. Information: (530) 320-1564.



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continued from 6
farther to the gym.

"If it's costing less money but it's not as convenient to get to, you'll come up with more excuses to not go work out," Wenson said.

It is also important to make sure the gym of your choice has the amenities you are looking for.

Wenson said this includes making sure the gym has the cardiovascular and weightlifting equipment to help you meet your fitness goals, as well as group classes and child care.

Ron Texeira is the owner of Anytime Fitness in Penryn, and he stressed the importance of making sure a certified personal trainer is on site.

This is because the personal trainer can help guide gym-goers on how to reach their fitness goals by providing information about the right type of exercises.

The personal trainer can also help gym members avoid injury by teaching them to use the equipment correctly.

Safety is another key element when looking for a gym.

Texeira said people should ask gyms how often their gym equipment is serviced, to ensure the equipment is safe and operable.

You should also feel safe

"My advice to anyone checking out a new club is to ask for a guest pass and try ones out in (your) area. It's best to try it out before you commit."

Lisa Marrero, general manager,
Roseville Health and Wellness Center

while coming to and from the gym, so potential members should inquire about security systems and make sure the parking lot is well-lit after dark.

Wenson said gym hours should be taken into consideration.

"The hours have to fit into your schedule," Wenson said.

That could include making sure the gym opens early in the morning so you can exercise before work.

"My advice to anyone checking out a new club is to ask for a guest pass and try out ones in (your) area," said Lisa Marrero, general manager from the Roseville Health and Wellness Center. "It's best to try it out before you commit."

A guest pass can not only help you see what the gym

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has to offer, but also ensure that the gym is clean and has well-maintained equipment, according to Marrero.

She also said it is a good idea to make sure a certified personal trainer is on staff.

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with a personal trainer because they develop your program based on your health, and I think that's very important," Marrero said. "It helps them reach their goals because the program is specific to them and it keeps them from being injured."

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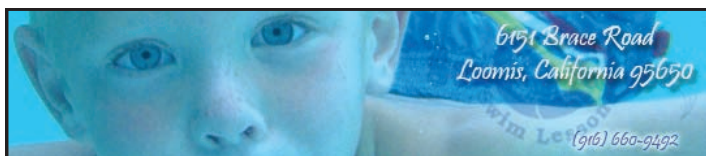
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A photograph of a middle-aged couple embracing outdoors. The man, in the foreground, is wearing glasses and a light blue button-down shirt, smiling broadly. The woman, behind him, is wearing a light green short-sleeved shirt and has her arms around his shoulders, also smiling. The background is a soft-focus green landscape.

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