







WOW WHAT'S UP

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NEW YEAR, NEW YOU? Yes, you carry within you a deep well of perseverance and resilience from which change is possible. Yes, it's tempting to believe the new you will be in the mirror the morning after buying the latest gadget for sale on the shopping channel. From vibrating belts to ab rollers, fitness fads have existed for decades, if not centuries, offering false promise.

This constant search for fitness gimmicks intrigues me when the simple act of putting on training shoes, opening the front door, and power walking can delight and challenge each time. Newness is inherent in the outdoor environment. Every day it is a new temperature and wind, landscape and sky. Routes can take you over hill or flat ground, through urban, suburban, or trail. Still, as a coach, I know how important it is to be inventive and imaginative when it comes to our fitness. And I know how important it is to work hard - at least a few times a week. This is the secret everyone knows but to which few commit. This is the part people think they can avoid by purchasing the latest gadget. At WoW, we know you can draw on the inner well. We have been your witness time and again. We look forward to seeing the results of your commitment in 2011.



WOW WHAT'S UP

UPDATE

Classes. This is the week to begin training for your 2011 goals. Hamilton, Burlington, Oakville, and Toronto classes are posted under the WoW Store on the website and there is a weekly schedule of classes on the [Training Schedules](#) page of the website.

WoW Workshops. If our weekly classes are not accessible to you, don't let that deter you from having us design a workshop for your group. We can design workshops and walking programs for any organization - corporate, health care, schools, and even walking clubs. Personal coaching is also available. [Contact us](#) for more information.

Clothes. Limited offer for your apres-walk wardrobe. Made of 100% cotton, this stylish New Balance v-neck, hooded t-shirt is emblazoned with WALK YOUR BUTT OFF across the lower back. It will remind you (and others!) of how hard you worked. For a mere \$50 + HST, your butt never looked better.

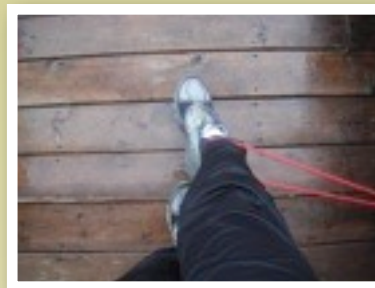
Your favourite [WoW Training jackets](#) are still in stock. These were specially designed and manufactured in Canada for WoW Power Walkers. We took extra care to make sure they enhanced our body profile! And we made them of only the best material.

Overworking your IT band as a stabilizer can cause much grief to your knee. Commit to this strength and stretch combo to keep problems related to a highly strung IT band at bay.

We recommend strength exercises using resistance bands all the time at WoW Power Walking. They are versatile, offer good resistance challenge, and are highly portable.

Exercise 1.

(Photos at right) Anchor one end of a band to a fixed object. Place one foot in a loop at the other end and stand with your body sideways to the fixed object. (You can keep a hand on the fixed object for balance - or not.) Keeping the banded foot straight ahead or inverted toward your body's midline, cross it in front of your body (your leg will also



cross.) Repeat this action 10-12 times to fatigue on each leg for 2 sets. Note: if your leg does not fatigue, use a band with greater resistance or shorten your existing band. **Exercise 2.** This stretch can be done before you crawl under the covers for the night. Lie across your

bed. Slide your body down such that your hip is at the edge of the bed and you have one leg stacked on top of the other. Wrap the bottom foot around the top so that the weight of the bottom leg will pull the top leg down toward the ground. This stretches the tensor fasciae latae muscle and Iliotibial (IT) band of the top leg. Hold for 30 seconds to a minute.

Repeat on the opposite side. It should be noted that this stretch is best done when your muscles are warm - hence the recommendation to do it at the end of the day. *Note: always check your bands for signs of possible breakage!*

COMMUNICATE

We love to hear from WoW Power Walkers past, present, and

future. Join WoW founder and editor of WoW What's Up, Lee Scott, on [Facebook](#) and [Twitter](#).

It's fun. And there is just too little fun in the world.





Races: Actions do speak louder than words. Recently, it has been noticed that many race organizers, while professing to welcome walkers, and possibly even offer walk divisions, do not act in a manner to support these statements. So, at WoW we are happy to report on the race organizations that have confirmed, or proven by example, that walkers are welcome with walk divisions and that these walk divisions do not allow participants who run any portion of the race to be posted on the results: [Chilly Half Marathon](#) (March 6), [Around the Bay Road Race](#) (March 27) [Mississauga Half Marathon](#) (May 15).

Walks: As motivation to stick with training for the many people registered for the Chilly Half, the Around the Bay Road Race, and Big Sur, we are organizing a group walk with routes for two distances to meet at the Burlington Tourist Information Office (conveniently located beside Pane Fresco) on Sunday February 6. We'll have two start times: 7am for 26k, 8am for 16k. To be sure we do not overwhelm Pane Fresco, please [RSVP](#) on this event letting us know what distance you plan to walk (feel free to choose your own distance).

Words to walk and live by:

If you deny yourself commitment, what can you do with your life? - *Harvey Fierstein, American actor and playwright, 1952-*.

VIEW FROM THE BACK. by Janet Cawley. "Yep," Gwen said, looking down at me. "You need it." Sprawled on the icy cement, the air smacked out of my lungs, I heaved, "Need what?" My friend and neighbour hauled me to my unsteady feet and replied, "Anti-gravity medication."

Over recent years, I have acquired a reputation in my neighbourhood as I struggle with my predisposition (pun intended) for outdoor flops. Last January there was the crowning Misstep of the Cracked Elbow. I like naming my falls. Not only does it provide an excellent description of my tumbles, but I like to think that coming up with these classifications maintains my mental acuity, for surely I have suffered numerous concussions.

My other pre-holiday fall - to which I jauntily refer as The Clementine Roll - occurred after trotting off through the snow to buy those glorious citrus delights at the corner fruit market. I love bundling up in layers, strapping on my warm Olympic mittens and pulling my balaclava over my head. I walked briskly with my constant companion, The Dog, at my side. Okay, perhaps I was dragging him a bit. Unlike me, he appreciates neither the minus 20 degree temperatures, nor being crammed into two winter coats. "Jeez, Smudge," I chided him, "It could be worse. I could have put on your boots." I arrived at Tacia's store and picked the crate full of the juiciest looking fruit. Balancing the box in the crook of my compromised left arm (see above Misstep of the Cracked Elbow), we headed home. Soon I had to add a doggie-do bag to the balancing act.

As I walked pangs of pain meant several adjustments to the balancing of clementines, dog poop, and leash. It was a precarious situation and it came to a fatal halt as Smudge stopped abruptly, shrieking. I slid to a stop and managed to avert a trip over him. Dang. Salt. I should have put his boots on. Awkwardly balancing my purchase on the left, I stripped off my mitts. I transferred them, the dog bag and the leash to my left hand and leaned over to cup Smudge's stinging paws with my right. Down I went, dropping my mittens, the leash, landing on the dog and doing a face plant into an incredibly foul-smelling, squishy something. Clementines rolled onto the road and into the gutter.

"What number is this?" I heard a voice call out. In the corner of my vision, I saw an upright person crossing the street. "Oh, hi Rita!" From my supine position I tried to sound chipper and unaffected. "How many falls so far?" she asked as she helped me gather myself and the fruit. I collected the leash, the poop and the mitts.

"It depends. Are we talking all of 2010, or just since it recently snowed?" She chuckled, "Hand over the crate." Then, Rita walked me home to ensure I didn't rack up another upset.

You can see, I possess an unenviable wealth of knowledge around falls and I am well-equipped to offer advice. When you're out walking in the snow and ice, please wear those grippers. But a word of caution: don't wear them inside on tile floors. You can guess what happens and kind neighbours may not find you for days.

WoW Power Walking coaches are pleased to wear New Balance shoes and apparel.

