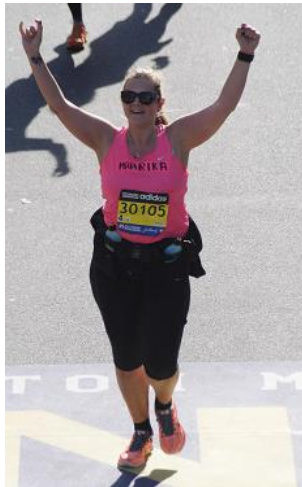


### Boston Strong – 2014 Marathon Magic

Tri Fit Manulife/John Hancock Wellness Consultant Maarika Arget set a goal to run the Boston Marathon. Never having run a full marathon, Maarika thought that the post-bombing 2014 event would be a special one. Upon acceptance to the Manulife/John Hancock team, Maarika had 5 months to train and fundraise \$1,500 for [Pathways to Education](#). Her commitment became very real! Maarika followed the employee training program, used the Nike Plus app to stay motivated and shared her journey with family and friends on social media to stay accountable. Maarika built up her running gradually. She replaced her shoes, had a gait analysis and created a training nutrition plan. On race day, April 21, 2014, Maarika’s goal was just to finish and she met that goal with a time of 5:32:21! Maarika says the Boston Marathon was a magical experience: “I met amazing runners from around the world and there wasn’t a mile where people weren’t cheering us on!” Maarika felt honoured to take part in this historic race and see the resilience of the Boston Strong community.



Maarika Arget's triumphant finish!

#### Maarika’s Motivating Tips for reaching your fitness goals:

**Commit** – When you register and promise to fundraise, the commitment is very real. Take your training seriously!

**Take the time for Self-Care** – Make time for rest, stretching and massages. Listen to your body and incorporate behaviours that will keep you healthy while you train.

**Mind over Matter** – Stay positive during training and the event. If you believe that you can do it, your body will agree and keep going when you want to quit.

**Never say Never** – Maarika never thought she wanted to run a marathon, but not only did she do it once, she will be racing again in 2015!

#### Want to get involved?

There are a variety of training programs to get you race-ready. Look for run programs at your fitness centre or in the community. If you’re interested in travel and fundraising, [Team in Training](#) is a great way to connect with other like-minded walkers and runners and see the world!

Follow Maarika’s journey to the 2015 Boston Marathon on Twitter @Maarika\_TriFit

### Tri Fit Cooks

#### Shake it (and dress it) like you mean it!

Turn a so-so salad into a something scrumptious and super healthy! Store-bought salad dressings are convenient but come with a long list of unhealthy oils, sugars and preservatives. So, shake it up yourself! Grab a jar with a tight fitting lid and follow these three simple steps for a basic salad dressing:

1. Take 2 parts oil (a good olive oil or try flax oil) and add 1 part vinegar or lemon juice.
2. Add a pinch of sea salt and a crack of black pepper.
3. Tighten the lid and give it a shake! Pour over salad greens.

#### Now here’s the fun part!

Adding a few extra ingredients and flavours can really jazz up your greens and tickle your taste buds!

- Try flavoured vinegars, like Balsamic, Raspberry or Champagne.
- Add a dollop of mustard to help emulsify the O & V and a little honey or fruity chutney to add a sweet spike.
- Add a minced clove of garlic or grated ginger for a spicy bite.
- Replace half the oil with plain yogurt for a creamy variation.

Possibilities are endless! For an easy variation try this month’s featured recipe for a simple *vinaigrette*...just a fancy word for salad dressing!

## An Active Start to the New Year

January is a great time to get active but if you are new to a fitness class, yoga studio or gym you can feel like a fish out of water. Joining a new group or hiring a trainer can be intimidating so it's important to determine if the choice is the right one for you.



**Ask questions:** Ask about hours, payment plans, how long they've been in business, classes and instructors.

Reluctance to provide this info should raise a red flag.

**Ask about credentials:** Instructors should be experienced, accredited by a professional organization and have CPR/First Aid certification.

**Request a trial period:** Before you commit, ask for a trial week, class or training session to see if it's right for you.

Once you've decided on a location you are ready to begin your fitness journey.

**Disclose pre-existing injuries or conditions before starting:** Let the instructor or trainer know if you have an injury or are pregnant so the proper exercises can be prescribed.

**Talk to instructors to determine appropriate classes:** While class exercise modifications are offered, some classes may be too difficult. Find out which program suits your fitness level.

**Request an assessment and equipment orientation:** Good clubs offer free assessments and equipment orientations to help members get started. If they charge extra, find another gym.

**If you don't love it, leave it and keep looking:** With the multitude of gyms, classes and instructors out there don't settle for less!

**Finally, don't let barriers stop you:** Those with arthritis, joint pain or old injuries may find a fitness solution in swimming, tai chi or chair yoga. Talk to your health care provider and find the best activity path for you.

## Upcoming Events

### JANUARY IS ALZHEIMER DISEASE AWARENESS MONTH

Did you know that you can lower your risk of getting Alzheimer's disease by almost 40% with the following 4 tips?

1. Move frequently
2. Challenge your brain
3. Eat right
4. Get social

Find out more about brain health at

<http://www.alzheimer.ca/en/About-dementia/About-the-brain/Brain-health>

### WINNING AT LOSING

Our annual weight loss challenge is just around the corner! With a new year comes a new you! January is the perfect time to start leading a healthier lifestyle. This 10 week program gives you the tools to challenge yourself to lose weight and improve your fitness and develop lifelong healthy habits. Contact your Tri Fit Consultant for details.

### RECIPE OF THE MONTH

#### Apple Cider Vinaigrette

- 1 clove garlic, peeled
- 1/3 cup apple cider vinegar
- 2/3 cup olive oil
- 2 tsp Dijon or grainy mustard
- 2 tsp honey or maple syrup
- ¼ tsp salt and pepper

Place smashed, peeled garlic and remaining ingredients in a medium jar with a tight fitting lid. Shake vigorously until the vinaigrette is blended. Allow to sit for at least 30 minutes or until ready to use. Drizzle a small amount over salad (keeping garlic in jar) and toss to combine. Vinaigrette will keep in the refrigerator for 2 weeks. Makes 1 cup.

Kateandthekitchen.com