



Fit For Sisters

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Columnist

Exercising in the fall

Fall.

The weather is cool in the morning and pleasantly warm in the afternoon. The dirt on the trails has seen some moisture, and the mountains have donned their white cloaks. The leaves are brilliant colors of red, orange, and yellow. It's a beautiful time to get some outdoor exercise; here are some tips to get the most out of fall activity.

Brace for the chill with light layers:

A layering system is essential for fall. Lightweight layers breathe better than thick and dense fabrics, they move more freely, and they are easily

removable when the sun warms up. Stick to something that is light-to-mid-weight for an under-layer. An insulated vest is an irreplaceable piece of gear. A lightweight vest with moderate insulation will be perfect when setting out to the trail or road when the temps still hover in the 30s. Over the top of it all a wind-breaker will cut the chill and allow the body to hold onto some warmth and perhaps offer water resistance if the skies open.

Warm up adequately:

A longer warm-up is required for activity in cool conditions. The body performs better when connective tissue and joints have an opportunity to move and increase blood flow. In the fall, cool temperatures make increasing your blood flow and body heat more important; you cannot bounce out the door like in the hot summer months. If the option is available, warm-up with warm layers over the workout clothes. Another option is to perform the warm-up in a warm place, such as at home or in the gym, then go outside.

Jumping jacks, body-weight squats, and stationary lunges would be a good circuit one can do in the warmth of home before

getting out on a run. Often the shock of the cold tightens muscles and causes undesirable form. This can lead to injury risk and slower, more dreadful periods beginning an exercise session.

Fall is synonymous for cold and flu symptoms. Don't be a victim; follow some key nutritional strategies and immunity can be improved.

Hydrate:

Something that's overlooked this time of year is proper hydration during exercise. Often someone doesn't recognize thirst because of the cool weather. Hydration needs to be considered because every breath you make is discharging water vapor (which is why in the cold breath is visible). Multiplied by hundreds of breaths, breathing adds up to a large fluid loss. Aim to get 16 oz. per hour of moderate exercise.

Boost the immune system:

Fall is synonymous for

cold and flu symptoms. Don't be a victim; follow some key nutritional strategies and immunity can be improved. Warm soups, stews, and curries provide a great base for packing in immune boosting nutrients. A curry powder contains a variety of ingredients, which improve immune function: turmeric, ginger, and cumin. These are also anti-inflammatory. Garlic is also supportive for a healthy immune system. Even broths, because of their collagen, are suspected to have an immune strengthening ability.

Try to stay motivated:

If outdoor activities are less desirable because of the cold temps, look for cross-training opportunities. Doing something different provides a way for the body to remain dynamic, without developing overuse injury or overdeveloping one area. Running is great for cyclists, and swimming great for runners. For anyone, focusing on building strength with weight training will also benefit. Whatever the activity; be engaged, take the new activity as a fun way to shake things up, and let go of performance-minded pursuits. Likely, the new activity will make you feel like a beginner again.

Teen dead after police pursuit ends in shooting

GRANDE RONDE (AP) — Authorities in western Oregon say a 17-year-old boy suspected in an armed carjacking died when police attempted to take him into custody Saturday morning.

Oregon State Police in a news release say shots were fired but didn't elaborate. No officers were injured in what police called an officer-involved shooting.

Officials say they received a report at about 4 a.m. Saturday of an armed carjacker who stole a black 2015 Toyota Corolla from a grocery store parking lot in Salem.

Officials say Polk County deputies spotted the vehicle and a pursuit ensued that ended in Grande Ronde, about 30 miles west of the reported carjacking.

Authorities say police attempted to take the juvenile from Silverton into custody, but shots were fired and the juvenile died at the scene.

Investigators say they recovered a weapon.

Raise a Paw for Furry Friends!

Pet Photos with Santa

Saturday, Dec. 2, 11am to 2 pm



Furry Friends Foundation, 501(c)(3), needs your support to feed Sisters-area pets this holiday! The pet-food is distributed in conjunction with the Sisters Kiwanis and Sisters-Camp Sherman

Mark your calendar for the annual Pet Photos with Santa, Saturday, December 2, from 11 a.m. to 2 p.m. at Kathy Deggendorfer's (& friends) Holiday Open House, Sisters Art Works, 204 W. Adams.

RFPD's Spirit of Giving programs to help Sisters-area families. Please mail your check to Furry Friends Foundation, P.O. Box 1175, Sisters, OR 97759 or make your tax deductible donation online at www.FurryFriendsFoundation.org

