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Fitness Tips

Running For A Lifetime

(NAPSA)—Here's news that may bring you to your feet: A study in the Journal of the American College of Cardiology found that as little as five to 10 minutes of low-intensity running a day can extend your life by several years, compared with not running at all. Running is one of the best forms of cardiovascular exercise, with numerous physiological and psychological benefits.



With low-impact fitness machines, you can walk, jog or run without the stressful impact.

The Issue
Over time, running can take a toll on your body. The repetitive stress and impact of running can lead to joint pain and soft tissue damage, which occurs in the form of microtears within a muscle, ligament or tendon that results in scar tissue, making that area painful to use. Overuse injuries, such as runner's knee, shin splints and plantar fasciitis, account for approximately 50 to 75 percent of all running injuries, due to constant repetition of the same movement. These injuries can hinder or shorten your running regimen.

Running Smarter
The good news is that you can prolong your running longevity. Here are three ways to run for a lifetime:

1. Build a strong base.
The easiest way to injure yourself is to push yourself too hard or increase your mileage too quickly. It's important to listen to your body to avoid overtraining. First, focus on maintaining a consistent exercise routine. When training for a race, give yourself time to prepare, use walking breaks and slowly increase your mileage each week. Gradually adding mileage allows your body to adapt and can help prevent muscle and joint aches.

2. Perfect your form.
Learning and maintaining proper running form is key to efficient running and avoiding injuries. For example, experts suggest running at a cadence of 180 steps per minute when outside or on a treadmill. Also, avoid overstriding—on every step, ensure your foot lands under your knee, not in front of it, especially when running downhill.

Another way to practice proper form is by training on the Octane Fitness Zero Runner. This zero-impact running machine replicates natural running but eliminates the stressful, repetitive impact that can compromise form, cause fatigue and lead to injuries. The free SmartLink app connects to the Zero Runner and traces your stride so you can monitor form and ensure consistency. Additionally, avoid running when you're fatigued because your form will typically deteriorate. Running with an improper form can significantly increase your risk of injury.

3. Cross-train to strengthen muscles and increase endurance.
While running benefits your health in many ways, incorporating other workouts can lead to better overall performance and fitness. Ways to increase endurance without adding stressful impact include swimming, cycling or using

the elliptical. In fact, the ElliptiGO 8C elliptical bike combines the best of running, cycling and an elliptical for a fun and effective way to exercise outdoors. The bike offers a unique, low-impact exercise that emulates running and is easy on the joints. Doing strength training, core work, and balance and flexibility exercises are other techniques for maintaining optimal fitness and reducing the risk of running-related injuries.

Another way to reduce stress to the body is by running on soft surfaces, such as grass or trails, which can engage different muscles and ultimately limit injuries. "One of the most important facets of running is to take care of yourself and be proactive about preventing injuries," advises Rick Muhr, Octane Fitness Commercial Zero Runner Endurance Coach and 32-time marathon finisher. "Avoiding repetitive stress and making small changes to your running routine can help maximize the longevity of your running life."

Learn More
For further information about the Octane Fitness Zero Runner, go to www.octanefitness.com/home/products/zero-runner. Octane Fitness, a Nautilus, Inc. brand, has reinvented low-impact training by offering stand-out innovations that deliver more effective, efficient and rewarding workouts. For more on the ElliptiGO 8C elliptical bike, visit http://shop.elliptigo.com/ElliptiGO-8C_3. ElliptiGO created the world's first elliptical bicycle to deliver a fun, comfortable and effective workout experience that inspires people, improves their lives and revolutionizes fitness.

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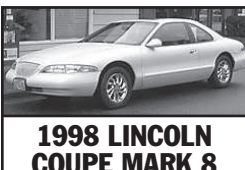
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REQUEST FOR COMMENT
The City of Florence has received an application to close Quince Street between 8th and Harbor Streets and 6th Street between the west entrance to the Florence Events Center and Quince Street, for the "Relay for Life Event" to be held from Saturday, July 22, 2017 to Sunday, July 23, 2017; as applied for by the American Cancer Society. The Council will take public comment at its meeting beginning at **5:30 pm on April 3, 2017** in the Council Chambers at City Hall, 250 Highway 101.

The City Council will consider whether the application meets the criteria outlined in Florence City Code 7-5-1-1. If you wish to submit comments by writing prior to the Council's meeting on May 2nd, you may submit them to City Recorder, 250 Highway, Florence, OR 97439, or by fax to 541-997-6814, or via email to kelli.weese@ci.florence.or.us.
Publication Date: March 25 & 29, 2017

Vehicle & Boat Promotional advertising section 850 will continue to run your ad until sold providing you call the Siuslaw News 541-997-3441 Before the end of the Month. (No Commercial Vehicles)

Protecting Your Finances

Don't Be A Victim Of Tax Fraud

(NAPSA)—If you get a call from the "IRS" threatening you with lawsuits or jail unless you pay up immediately, don't worry. It's a scam.

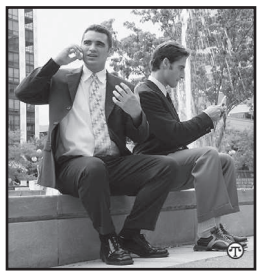
IRS impersonation and tax scams by phone, e-mail, snail mail and text are ongoing. Criminals use increasingly creative ploys to trick taxpayers but you can protect yourself and your money.

What To Watch For
First, you should know that the IRS doesn't initiate contact with taxpayers by e-mail, text message or social media channels to request personal or financial information. This includes requests for PIN numbers, passwords or similar access information for credit cards, banks or other financial accounts.

Here are five more things the scammers often do but the IRS will not do. Any one of these five things is a telltale sign of a scam.

The IRS will never:

- Call to demand immediate payment, nor will the agency call about taxes owed without first having



Beware of scammers pretending to be from the IRS and demanding money.

mailed you a bill

- Demand that you pay taxes without giving you the opportunity to question or appeal the amount it says you owe
- Require you to use a specific payment method for your taxes, such as a prepaid debit card
- Ask for credit or debit card numbers over the phone
- Threaten to bring in police or other law-enforcement groups to have you arrested for not paying.

Where To Get Help
If you get a phone call from someone claiming to be from the IRS and asking for money, report it to the Federal Trade Commission at www.FTC.gov.

You'll be a lot less likely to worry that in fact there was an error on your tax return if you get help from a licensed professional tax preparer.

For example, enrolled agents (EAs) are America's tax experts. They are the only federally licensed tax practitioners who both specialize in taxation and have unlimited rights to represent taxpayers before the Internal Revenue Service. These tax specialists have earned the privilege of representing taxpayers before the IRS by either passing a stringent and comprehensive three-part examination covering individual tax returns, business tax returns, and representation, practice and procedure—or through relevant experience as a former IRS employee. All candidates are subjected to a rigorous background check conducted by the IRS.

Find An Enrolled Agent
To locate an EA nearby, go to the "Find a Tax Expert" directory at www.ecat.org.

Graphic Search Good Luck

Saturday's Graphic
Aries, The Ram
3/21-4/19

Here is how it works...
We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds. Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.

Gift Certificates must be picked up within 2 weeks of winning
Deadline for today's paper: Monday by 3:00 PM

MICHAEL DODSON found the National Puppy Day Graphic on Page 8B (Coldwell Banker Coast Real Estate – Bottom right corner of Florence Homes App) He won a gift certificate to Siuslaw Riverside.

Wednesday's Graphic

Need a Contractor? Looking for a Professional? The following businesses are ready and waiting for YOUR Call!! Wednesday and Saturday in the Siuslaw News

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