



Greetings from 2 Good Health!

Greetings from Charles and Sheril.

Here we are once again, in Autumn, the season most known for change. Leaves are changing color and the air is getting crisp.

Change can be a little disconcerting for some, but here at 2 Good Health, we have learned to embrace change and have been taking on a bit of change ourselves. You'll be updated on most of what we've been up to through this e-Newsletter.

First, we have invited our first guest writer to present you with the Feature Article. Thank you to Ryan Kyranakis for writing "From Couch to 5K" below. We know you all will enjoy this informative article.

Next, you will learn about Sheril's new blog, [Your Future Figure: Weight Loss Solutions & Resources for Today's Woman](#). If you haven't done so

From Couch to 5K

By Ryan Kyranakis

It is a beautiful, crisp fall morning and runners are anxiously awaiting the start to their local 5K road race. You stand close to the start line, doing some last minute stretches, when you begin to think of how you actually got to the start of your first 5K.

It wasn't long ago that you "could not" run a half mile without feeling like you were about to pass out and now you are attempting to run over 3 miles just 10 weeks after deciding to begin a running program.

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already, you've got to check it out.

Finally, on occasion, 2 Good Health has the pleasure of teaming up with other local business. Read on to get details on our involvement in a Family Fitness Day to be hosted by Jungle Jumpers in Winder.

Autumn is the season of change. We hope that you can embrace it and even thrive in it. It is a great time for walks and runs (as you will see in Ryan's article). Get out and enjoy the change.

Best Wishes,

Charles and Sheril

Most, however, begin the process [of running] all wrong.



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2GH Radio Show



Every Saturday at 10:30 am on WIMO Radio 1300 AM

The 2 Good Health Radio Show is a FREE resource for you to get dependable, up-to-date information about health, fitness, and nutrition. We share tips and information that you can immediately use to improve your overall health and quality of life. Tune in every Saturday at 10:30am on WIMO Radio 1300 AM or online at www.WIMORadio.com.

We invite you to call in to the show with your Questions or Comments at **(678) 963-5482**

Also check out previous 2 Good Health shows on [YouTube](#).



2GH Current Events

2 Good Health is always out and about in the community. Come on by and visit with us on these days:

Sat., Nov. 21, 10:30am – 2pm, 770-307-5867
Family Fitness Day at Jungle Jumpers in Winder
 Come Out with your Family to enjoy:
Family Games, Clown Fun, Healthy Snacks, and of course, **Jumping**. 2 Good Health will be there airing our radio show LIVE from 10:30 – 11:00, then we will be providing Fit Testing & Health Resource until 1:00 pm.

Tue., Nov. 24, 12:15 – 1pm
 Athens-Clarke County Library, 706-613-3650
 Free Bag Lunch Seminar
 Topic: *Essential Nutrients for a Healthy Life*

Your Future Figure

Weight Loss Solutions & Resources for Today's Woman

If you are a woman who has struggled with weight management or just want to maintain a healthier weight, then Sheril has created a blog **just for you**.

The blog is called [Your Future Figure: Weight Loss Solutions and Resources for Today's Woman](#).

This site is special to Sheril because it was formed out of a lifetime of her own weight management experiences. Visit the site to learn Sheril's personal feelings on why she created this site ([About](#) page), learn of her personal weight loss and weight management struggles, and search blog categories like [Body Image](#), [Exercise](#), [Healthy Eating](#), [Motivation](#), [Tips & Tricks](#), and more.

Post your comments and register for your [Free Weight Loss Success Secrets Report](#) after finding out how Sheril found her Future Figure.

Friends of 2GH



Here are some friends of 2GH that we would like to introduce to you. When the opportunity arises, we hope that you will consider patronizing/supporting their business/organization. We like them; we hope you do too.

Jungle Jumpers, Winder, GA, 770-307-JUMP
 192 Pickle Simon Rd. (near the airfield)
 Robyn and Tammy own and operate Jungle Jumpers. It is an indoor inflatable playground for kids of all ages. They host birthday parties, Mommy & Me groups and more. Check them out.
www.junglejumpers.net

Runners Fit has MOVED! Make sure you stop by to see Ryan at his new location--7419 Spout Springs Rd., #103, Flowery Branch, GA 30542 (Duncan Corners Shopping Ctr.) www.runnersfit.com

5K

(continued from Page 1)

There are plenty of reasons why people never attempt to run a 5K. Many people have tried to train for a 5K only to find that it hurts too much and takes too much time out of their busy day. Most, however, begin the process all wrong. They put on their old running shoes and try to run for a mile or two or until they just can not go anymore. This method just leads to frustration, disappointment, and possibly injury. Starting a proper running program, with the proper equipment, that slowly increases your fitness level, will not only reduce your risk of injury but will also increase your motivation.

The newest and most popular beginner running program is called the Couch to 5K plan (C25K). This plan is designed for someone, with no running background, to get off the couch and be able to run a 5K in 10 weeks. I have modified the main plan to one that I find a little more user friendly. This method works for all ages and ability levels. The basic plan is to have three 20 to 30 minute sessions each week for 10 weeks. All sessions will begin with a 5 minute warm up walk before the actual training beginnings. Here is a weekly breakdown of the C25K:

Week 1 – alternate 60 seconds running with 90 seconds walking (8 sets)

Week 2 – alternate 90 seconds running with 90 seconds walking (7 sets)

Week 3 – alternate 90 seconds running/ 90 seconds walking then 3 minutes running/ 3 minutes walking (2 sets)

Week 4 – alternate 5 minutes running with 3 minutes of walking (3 sets)

Week 5 – alternate 7 minutes of running with 3 minutes of walking (2 sets)

Week 6 – alternate 8 minutes running with 3 minutes of walking (2 sets)

Week 7 – alternate 10 minutes running with 3 minutes of walking (2 sets)

This plan is designed for someone...to get off the couch and be able to run a 5K in 10 weeks.



Week 8 – Run 2.5 miles

Week 9 – Run 2.75 miles

Week 10 – 5K Race Week!

The best way to begin this plan is to find a 5K road race that interests you and work back 10 weeks on the calendar. It is always easier to stick to the plan when a goal is in front of you. It is also much easier and more fun to run with a group. As always, see your doctor before beginning any exercise routine. Also, check with your local running store or club for group runs in your area. It won't be long until you will be at the starting line of your local 5K thinking about how you got there as well.



Ryan Kyranakis,
Owner of Runner's Fit

Runner's Fit is a specialty running, walking, and fitness store in Braselton, GA.

www.runnersfit.com