

Most runners want to lose fat and maintain a lean body physique. What and how you eat is a big factor in getting and staying there. Here are 5 tips to keep you on track.

# 5 EATING TIPS TO BE A LEAN MEAN RACING MACHINE

# 1



## Listen to Your Hunger Cues

Your body's request for certain kinds of food is an indication of what it needs. When you are craving something sweet, that is a simple cue from your body that it needs a meal. When you are craving salt, it is as simple as just needing salt. Listen to your cravings and learn what your body needs.



## Pump Up the Volume

Even if you are trying to lose weight, eating steadily throughout the day keeps you lean because it keeps your metabolism high. Eat until you are full/satisfied. Rule of thumb: if you are getting hungry in less than 3 hours, you are not eating enough. If you can go 6 hours plus, you are eating too much. Don't skip meals and don't skimp on meals.



# 2

## Frontloading Early and Often

It is important to eat your food throughout the day to keep in sync with your daily activity and running workouts. The American eating routine, skipping breakfast and eating snacks for lunch, leaves us starving by 3:00 or 4:00 PM. We then eat from 4:00 PM to bedtime. We are sick and fat thanks to this practice. Keep your breakfasts and lunches big and you have all day to use that energy. You should be hungry (and eating) every 3-4 hours. Make like a bulldozer: frontload your food.

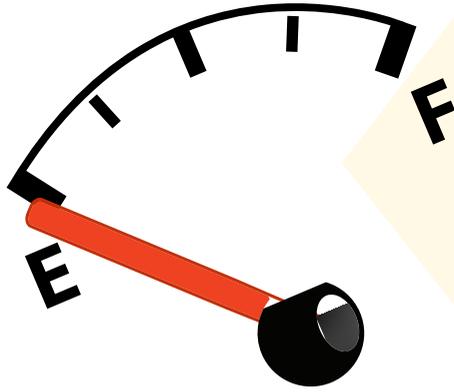


# 4



## Eat Real Food

We eat a lot of food that isn't really food. Your body doesn't know what to do with all those additives and fillers and it usually just stores it as fat. Can you always avoid these kinds of food? Probably not, but fix your own meals as much as you can. Set an achievable goal to make a small improvement and you'll see a big difference over time.



## Go to Bed Empty

An important tip to staying lean (or losing weight) is to go to bed empty. When you have used your food on activity all day you can go to sleep on E. Your body can use its fat stores to make it through the night. It also gives your digestive system a much needed rest.

# 5



## About the Author: Ruth Sawkins

Ruth is a proud alumna of Missouri Southern State University where she earned a degree in Health Promotion/Wellness with a minor in Management. She has served the community promoting health as Program Director of the YMCA in Carthage and Joplin and as Webb City Youth Soccer League Director. As an American College of Sports Medicine certified personal trainer, she helps others improve their overall health and reach fitness goals. She is passionate about introducing people to endurance sports: cycling, running, triathlons, adventure racing and mountain biking. Her company produces many regional races including the Joplin Memorial Marathon, in its fifth year in 2016.

## Joplin Memorial Marathon - Run, Remember, Rebuild

Joplin Memorial Marathon was created to honor the 161 people who lost their lives in the May 22nd, 2011 tornado in Joplin, MO. The celebration weekend includes a marathon, half-marathon, 5k, kid's run, and walk of silence. Previously known as the Joplin Memorial Half, 2016 brings the inaugural marathon to expand the event. Joplin Memorial Marathon is a USATF certified course, which serves as a Boston Marathon qualifier.

May 2016 marks the 5 year anniversary and will find the Joplin community joined by thousands of regional and national participants to celebrate continual healing. This first class event inspires hope, brings a community together and continues to fund rebuilding efforts.

Joplin Memorial Marathon is the flagship event of parent organization Active Lifestyle Events (ALE), produced by Rufus Racing, LLC and backed by Title Sponsor, *Freeman Health System*, and Presenting Sponsor, *American Family Insurance*. ALE is committed to improving the quality of life for residents of the Four State Area by funding and hosting healthy programs and events. For more information about donations made visit [www.joplinmemorialmarathon.com/media](http://www.joplinmemorialmarathon.com/media).

#RunRememberRebuildJoplin #ActiveJoplin #KickToTheFinishJoplin

