

Wellness: November Challenge—Turkey Trot

By Anne Praino



Thanksgiving morning...known for the smell of turkey roasting in the oven, large family gatherings, football and the 5K Turkey Trot. Yep, that's right. For years now, runners and walkers of all ages and sizes come together as a community and "trot" on that last Thursday in November. It's a beautiful tradition. For many though, that run is about taking proactive measures to counter the massive amounts of calories he or she intends to consume later that day.

It's an interesting approach and one that sparked this month's wellness initiative.

In truth, November sets off a 2-month binge chock full of festive drinks, good food, and celebrations. Thanksgiving is only one of those occasions, so we have decided that what may really do us some good is trotting all month-long starting day one of November. Running or walking by itself promotes a healthy heart, but this same activity in colder weather boosts the benefit by making the heart work a little bit harder thereby promoting good blood distribution and regulation in the body. (*7 Excellent Health Benefits of Running in Cold Weather*)

During quarantine, walking or running outdoors became a trend—again. Suddenly all the gyms were closed, and we were forced to either create home gyms or exercise where it was deemed safe--outside. We got used to walking outdoors for the past nine months so why stop now? According to Dr. John Jakicic, PH. D assistant professor in the weight control and diabetes research center at Brown University School of Medicine "switching to a different activity for cold weather in the winter can make your weight loss even more of a struggle." A new regime is often difficult to coordinate in our hectic schedules and may not be as enjoyable or comfortable of a workout, thus our incentive to maintain it can deteriorate quickly. (*Robertson, 2011*)

Walking or running outdoors is also a good way to ease emotional and mental anxiety. It can have a positive impact on stress and release dopamine and endorphins in the brain, which produce feelings of euphoria. Significant amounts of time indoors can put you "in your head." We are all sitting in our offices or some of us are still working from home sitting in front of our computers for hours at a time. While streaming videos and gyms can offer viable options to work the body, being outdoors can also stimulate the mind. (*LeFave, 2020*)

For November, we've created a Tycor Turkey Trot Challenge — and we hope you will join us! (Details are located in PDF in the blog). As always, just do your best. Make the effort. You can run, walk, or trot—just try to make it happen most days. Throw on your sweatshirt or your jacket, get some air, get some cardio and get in gear.... the holidays are here!

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Sources

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- Robertson, S. (2011, November). *Cold Weather Ways To Burn Fat Fast!* Retrieved from prevention.com: <https://www.prevention.com/fitness/fitness-tips/a20431906/cold-weather-and-winter-walking/>

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