



# pilatesplus++

Healthy Fitness For Life Newsletter



pilatesplus++ 3Rs!

reduce, reconnect, renew

## How to eat healthier EVERY DAY

By Erica Wallace, of Erica's Kitchen



Erica's Kitchen

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It's September—time to welcome the harvest season and celebrate its colorful bounty. Eating locally and only what's in season ensures that you will be eating the freshest, most nutrient-rich foods, because the time between the farm and the market is usually within 24 hours. Look for these harvest time "superfoods" at your local markets right now. Below is a short list of my favorites (see below for my Website). If you ad any of these to your daily diet, whether training for a triathlon or not, you'll soon see a healthier you.

**SUPERFOODS:**Garlic, Beet greens and roots, Red Bell Peppers, Apples, Raspberries

To learn more about these superfoods go to my Website  
[eatlocalmatters.com](http://eatlocalmatters.com)

## Triathlon Mom of Six (bikes, runs, swims)!

6 marathons, 3 Half Ironman Triathlons,  
Numerous Olympic distance triathlons



## Why I compete in triathlons

(a mom to 6 children, one husband, four dogs)

It seems that I've been an athlete my entire life. I first started running in high school just to stay in shape for other sports. Then, after grad school I went to San Diego and EVERYONE seemed to be training for some kind of race. So, I entered my first Tri (triathlon—a three part competition) and was hooked. Tri training allowed me to mix up my workouts and each discipline gave me a full body workout. But the main reason I compete in triathlons is because it gives me an individual goal to work towards and a way to challenge myself. Training helps me to clear my head and put my thoughts in order. It gives me a welcome break from the chaos of everyday life. Scheduling races also keeps me motivated and meeting a variety of people at the races is always fun. I highly recommend trying it. Most importantly: HAVE FUN, BE SAFE.

Sue Cavatara /Personal Trainer /MA in exercise physiology/ BA in physical education

## TOP TEN Dos and Don'ts of competing in a triathlon

### Dos

- Find friends to workout with
- Follow a reputable trainer's training plan for you
- Ride with a buddy for safety
- Run facing traffic
- Practice transitions between sports
- Swim in Long Island Sound (only with a buddy)
- Practice the sport you're weakest in the most
- Practice drinking from a cup while running
- Buy some fun Tri gear (fancy bike shorts/shirt)
- Buy a good fitting helmet (required for all races)

### Don'ts

- Say "I should exercise." (instead plan for a race)
- Worry about buying expensive gear.
- Wear new clothes on the race day.
- Worry about finishing last.
- Think you are not "built" for a Tri (every age can)
- Think you do not have the time. (plan for a sprint)
- Wear ear buds with music on the bike (you will not hear the cars behind you)
- Worry about what other triathletes are thinking about you.
- Think that cars always see runners and cyclists on the road. (always be alert)
- Put your helmet on backwards

## Triathlete Quick Links

Learn about: Triathletes, Training and Competing in Triathlons

[Beginnertriathlete.com](http://Beginnertriathlete.com)  
[Triathletemag.com](http://Triathletemag.com)

