

WEEK 7

SCAR

SPRING INTO HEALTH AND WELLNESS



SCAR'S COUCH TO 5K PLAN WEEKS 5-8

WEEK	MON	TUE	WED	THU	FRI	SAT
<u>5</u>	run 2.5 minutes/ walk 2.5 minutes for 20 minutes	CROSS TRAINING	run 2.5 minutes/ walk 2.5 minutes for 20 minutes	CROSS TRAINING	run 2.5 minutes/ walk 2.5 minutes for 20 minutes	CROSS TRAINING
<u>6</u>	run 3 minutes/ walk 2 minutes for 20 minutes	CROSS TRAINING	run 3 minutes/ walk 2 minutes for 20 minutes	CROSS TRAINING	run 3 minutes/ walk 2 minutes for 20 minutes	CROSS TRAINING
<u>7</u>	run 5 minutes/ walk 3 minutes 3X	CROSS TRAINING	run 5 minutes/ walk 3 minutes 3X	CROSS TRAINING	run 5 minutes/ walk 3 minutes 3X	CROSS TRAINING
<u>8</u>	run 6 minutes/ walk 3 minutes 3X	CROSS TRAINING	run 6 minutes/ walk 3 minutes 3X	CROSS TRAINING	run 6 minutes/ walk 3 minutes 3X	CROSS TRAINING

The Strategy

- Start by committing yourself and sign up for SCAR's Superhero Run for Scholarships!
- Follow the calendar. Cross off or put a sticker on each day that you complete.
- Cross Training days are to build strength and can be a combo of weight training, body weight, barre or Pilates. Start with 15 minutes and work your way up to 30.
- Sundays are Active Rest days. Take some time to stretch, do yoga, take a leisurely stroll, play with the kids or do some yard work. The point is to move, but keep it at a low intensity.
- Fuel yourself everyday! Prioritize a balance of protein, carbohydrates and healthy fat.

****NOTICE***

PLEASE CONSULT YOUR PHYSICIAN BEFORE STARING THIS OR ANY NEW EXERCISE PROGRAM

MORE ARTICLES ON WELLNESS:

Finding Your Perfect Running Shoe- 2
Food Prep Recipe - 3

COUCH to 5K

Commit today and change your health!

Make the choice to change your health. Sign up for the SCAR 5K: Super Hero Run for Scholarships on our website scarnj.com

Great! Now you're signed up, just stay consistent.

All you have to do is follow the calendar and you'll be more than ready come race day. As an added bonus we are giving you insight on strength training, nutrition and more.

Remember, everybody has a different starting point. If you have never run before, or have been sedentary for a while you might need to just walk fast for the run intervals.

Finding Your Perfect Running Shoe: A Guide to Comfort and Performance

Choosing the right running shoe can make or break your experience on the track, trail, or pavement. The perfect pair isn't just about style—it's about support, fit, and performance.

Finding the right running shoe is an investment in your health and comfort. By understanding your needs and trying out different options, you'll be well on your way to a smooth and enjoyable run. Happy running!



- **Understand Your Foot Type**

Different feet require different support. Knowing whether you have a neutral arch, high arch, or flat feet will help determine the level of cushioning and stability you need. Many shoe brands offer models designed specifically for different foot types.

- **Know Your Running Style**

Are you a sprinter, long-distance runner, or trail explorer? Road runners need lightweight shoes with good shock absorption, while trail runners benefit from sturdy soles with excellent grip. If you switch between surfaces, consider a hybrid option.

- **Get the Right Fit**

A running shoe should fit snugly but allow enough room for slight movement. Try on shoes in the evening when your feet are slightly swollen, and wear the socks you plan to run in. Leave about a thumb's width of space between your longest toe and the front of the shoe.

- **Consider Cushioning and Stability**

If you need extra shock absorption, look for well-cushioned models, especially if you're running on hard surfaces. Stability shoes help prevent excessive foot movement and are great for runners who overpronate (roll their feet inward too much).

- **Test Them Out**

Don't just rely on looks—give them a test run! Walk or jog around the store to check how they feel. A comfortable shoe from the start is likely to be a good fit for your runs.

- **Replace Regularly**

Even the perfect running shoe has an expiration date. Running shoes should be replaced every 300-500 miles, depending on wear and tear. If you start experiencing discomfort, it might be time for a new pair.

Simple Bites

High Protein Buffalo Chicken Pizzas

Who says you can't eat wings and be healthy??? These personal pizzas will satisfy your late night wing cravings while amping up your protein game.

Makes 4

**Nutrition content will vary depending on ingredients used, but this will give you approximately 40 grams of protein. Be sure to adjust ingredients to suit your personal preferences, food allergies and sensitivities.*



- **4 Personal Size Flatbreads**
- **1 Lb. Shredded or Cubed Rotisserie Chicken**
- **¼ - ½ Hot Sauce (depending on how spicy you are!)**
- **½ Cup Plain Greek Yogurt**
- **½ tsp garlic powder**
- **½ tsp onion powder**
- **1-2 Tbs Ranch Seasoning**
- **1 Cup Mozzarella Cheese**
- **Light Ranch or Blue Cheese Dressing thinned out slightly with a little water**
- **Celery and Carrot Sticks**

Preheat oven to 400.

Place Flatbreads On a sheet pan.

Mix chicken, hot sauce, yogurt, garlic powder, onion powder and ranch seasoning in a bowl and divide evenly between flatbreads.

Divide cheese between flatbreads and sprinkle over chicken mixture.

Bake for 10-15 minutes or until cheese is melted, bubbly and lightly browned. Drizzle with a little of the ranch or blue cheese dressing and serve with veggie sticks.



When you are fueling for fitness, quick and balanced options are the key to success!