



B WELL ALL YEAR LONG.

Your year-round guide
to staying fit and healthy
on the gluten-free diet

Gluten-Free
LEADING THE WAY TO A HAPPY, HEALTHY LIFE Living™

It's a GROUP THING

FIND MOTIVATION,
CAMARADERIE AND A
HEALTHIER YOU IN GROUP
FITNESS CLASSES

BY MEREDITH QUINN



Planning to diet to a healthier you in 2016?

Sports performance coach Ryan Berning suggests substituting healthy snacks such as hummus, nuts or fresh fruit in place of your usual go-to chips or sweets instead of making an extreme diet change right off the bat. "Try not to focus on the end result, just take it one day at a time," he says.

ANNA FURMAN/SHUTTERSTOCK.COM

New year, new you. We hear it every January, right around the time we promise to be better about working out. But finding motivation to go to the gym after a long day at the office or in between shuttling the kids from point A to point B? It's tough. Instead of flying solo in 2016, consider joining a group fitness class.

Your resolution to eat a healthier gluten-free diet will be boosted by consistent exercise. We're all increasingly aware that being truly healthy is about more than what we eat.

THE WHAT AND THE WHY

If you're picturing the leotards and sweatbands of the Richard Simmons era, think again. Classes at the gym have come a long way, with many options both virtual and in-person that make motivation and fitness a group effort.

It's easy to make excuses for not working out on your own, so enrolling in a class will give you a set schedule and something to look forward to. The group environment offers camaraderie, socializing and competition—or at least the imagined competition you create with lady-in-the-front-with-the-pink-sneakers. Under the guidance of an instructor you'll receive some of the benefits of a personal trainer without paying the price for one.

If you're just starting out in a new workout routine, you don't have to jump into it full force. "Start small," says Ryan Berning, a Boston-based sports performance coach.

"Instead of committing to go to the gym every day of the week, try to make it there every other day."

HOW TO FIND THE RIGHT CLASS

When it comes to picking a class, prioritize your focus—strength and conditioning or cardio. Different classes will yield different results. Standards include spinning, yoga and kickboxing, but your gym will likely offer others. Don't be put off by the cheesy names often given to these classes. Read the descriptions to see if any focus on an area of the body or workout style that interests you.

Once you've chosen a class, it's about trial and error to find one you love. Before shelling out for a package of classes or a more expensive membership, ask management if you can sample a class or two.

One of the biggest make-or-breaks can be the instructor. If you don't like his or her style of teaching, the intensity of the workout or his or her interaction with the class, think about trying out another teacher. An indication that you've found an effective teacher is whether he or she provides modifications to make a single exercise challenging for each participant's skill level. A good instructor will also correct a student's form to ensure everyone is working out safely.

HOW TO PREPARE

Before you head out the door, grab a snack. Berning, who follows a gluten-free diet, suggests homemade gluten-free granola, Greek

yogurt and a little honey. "It's a scrumptious and nutritious way to fuel up before a workout," he says. And be sure to bring a bottle of water with you.

Plan to arrive at least 10 minutes early to any class to claim your spot and set up your equipment. Make small talk with the instructor and other participants to get a feel for the workout ahead. Unless you're able to make a reservation, showing up late could mean there's no room left in the class.

HOW TO RECOVER

As your pulse returns to normal and your legs stop feeling like Jell-O, replenish the calories you just exerted. While smoothies are a quick and easy way to fill up, Berning says, "Anything with a balance of protein and carbs will do a good job of replenishing your energy stores and helping your body recover."

STICK WITH IT

You've been working hard, but you've yet to see the results you'd hoped for. Fear not. "This is the hardest part about making the effort to be a healthier you," says Berning. "At the earliest, you might start to notice results in three or four weeks, but don't give up if it takes a little longer."

Meredith Quinn is a contributing editor at Gluten-Free Living. She can be found in the front row of classes including Tabata, kettlebells and the NYC Ballet Workout.

Not all protein powders are created equal

If you head to the gym juice bar and want to replenish with an extra scoop of protein to go along with your chia seed power pomegranate, beware.

Most protein powders have a base of whey, the part of milk that separates from solids during the process of making cheese. Whey is naturally gluten free, but often, perhaps to cut costs or improve flavor, it is mixed with gluten-containing peptides.

Ask the juice barista what kind of protein powder is used and if it is 100 percent whey and, more important, if it contains glutamine peptide. Some products that claim to be 100 percent whey still contain this hydrolyzed wheat protein. And even if you're not asking for an extra scoop, make sure the powder isn't already included in any item you order. L-Glutamine is gluten free.

Some safe bets for gluten-free protein powders include:

- Designs for Health WheyCool
- Garden of Life Raw Meal
- Jarrow Formulas Brown Rice Protein Concentrate
- Life's Basics Plant Protein Mix
- Navitas Naturals Hemp Protein Powder
- NutriBiotic Rice Protein Vanilla
- Rainbow Light
- Tera's Whey

When it comes to group fitness, you've heard about Zumba and CrossFit, but here are some other sessions to get you in shape during 2016.

BARRY'S BOOTCAMP

A favorite of celebrities, this hour-long workout takes place in a nightclub-like atmosphere with a DJ pumping dance music. Challenge yourself with interval cardiovascular treadmill routines before strength training with free weights, resistance bands and more. The workout focuses on a different muscle group each day, so by Friday your whole body will feel the burn.

DAYBREAKER

Dancing in the wee hours of the morning isn't just for 20-something club goers. Start your day with this pre-dawn, all-age, all-level, completely sober rave. Parties are popping up in nightclubs and yoga studios around the world with the goal of sweating it out during a 1-hour yoga session followed by 2 hours of dancing to the tunes of top DJs. Grab some complimentary coffee and juice before emerging back into the real world.

HOOPNOTICA

Channel your inner child and hula-hoop your way to a slimmer waistline. This California-based company specializes in "hoopdance fitness." The full-body workout pays close attention to the abs and core during choreographed hula-hoop routines. If you can't make it to one of their nationwide locations, pick up the DVD and a traveling hoop to hula at home.

JILLIAN MICHAELS BODYSHRED

This high-intensity endurance workout from the trainer of *The Biggest Loser* is taking over gyms across the country. Jillian Michaels' 30-minute session is organized in a 3-2-1 interval method: 3 minutes of strength, 2 minutes of cardio and 1 minute of core work. The total body workout will get your heart pumping and your body aching—in a way that will make you proud.

ORANGETHEORY

This is an intense workout that monitors heart rate in order to stay in the target zone and increase metabolism and energy. This routine is good for all fitness levels and is broken up into three components: a treadmill workout, indoor rowing and weight training. Each time you go, expect a different combination of exercises to ensure you don't get bored.

PELOTON

If you don't want to leave the comfort of your house for a group workout, check out this virtual cycling studio. Purchase a custom spin bike and, using the touch screen near the handlebars, sign into a real-time class being live-streamed from New York City. Not only will you get an intense workout, you'll also interact with the instructor and other participants via the screen, which tracks your progress and vitals from class to class. **GF**

Be Well

HOW TO START, FINISH AND STAY STRONG IN THIS BOOMING SPORT

By
Meredith
Quinn

Bear
Brook
Trail
Marathon
2013



PHOTO BY GIANINA LINDSEY, SNAPACIDOTIC

ON THE RUN

Jane C. Hoffmann follows a gluten-, dairy- and soy-free diet. She has also completed two Boston marathons and countless half marathons, but she now favors “ultra” trail races: 30-plus miles of twists and turns along uneven, wooded paths. Think of it as the original Tough Mudder or Spartan Race.

An active member of the L Street Running Club, a premier group out of South Boston, Massachusetts, Hoffmann says that her preferred races are “a little more fatiguing on the body.”

A little?

For some, running can be torturous, grueling. For others, like Hoffmann, it’s an escape, a way of being.

The health benefits of running are many: better joint health, weight loss, a boost in brain function and increased happiness, to name a few. Spending even a short amount of time jogging at any speed will improve cardiovascular health and make you feel stronger. And when you finish, there is no better reward than the runner’s high—and bragging rights.

If you are looking for ways to make your gluten-free life healthier, getting out on the road or trail might be the answer. You may have to make a few adjustments to accommodate your diet depending on the kind of races you

run, but you’ll mostly be just like everyone else trotting along the track. And running can help burn through the calories often packed into processed gluten-free foods.

MOTIVATION

Ask runners why they do it, and you’ll get a range of answers. Some run for their own enjoyment, others are training for a race and still others crave the feeling of pushing their bodies to the limit.

No matter the motivation, the feeling of falling into a comfortable pace becomes Zen-like. “I run for my head,” Hoffmann explains. “It calms me down almost in a meditative way [and is] an amazing way to process things, life events, decisions, upcoming endeavors.”

It’s not always that easy to jump right into running or exercise in general. Physically it may be as easy as lacing up some sneakers and putting one foot in front of the other, but getting into the proper mindset can be a challenge. And running is all about the mental component—from simply getting out the door to halfway through the route when the mind says, “No, stop, I can’t,” even though the body feels fine. It’s important to set realistic goals and, if you

need to, find a friend to team up with and keep you on a schedule.

Of course no one is going to get up one day and set off to run a marathon distance without having even put in a mile. Runners should start small. A typical 12-week training program for a half marathon, for example, includes running two to three miles twice a week, cross-training two days a week and going on a long run that increases in length once a week. The other two days are for rest.

PASTA AND PERFORMANCE

Eating right, particularly before a long run or race, also affects performance, and most athletes “carb up” on pasta, bread and other carbohydrate-heavy items. But for those following a gluten-free diet, this pre-run tradition isn’t so easy.

“I had to go heavy with potatoes and rice,” says Hoffmann, who turns out to be a potato aficionado, eating them as snacks topped with peanut butter, Nutella and even coconut oil. And she doesn’t discriminate when it comes to tubers—sweet, russet, yams, they’re all her friends. While in training, Hoffmann also consumes a large amount of protein—meat, fish, powders such as Tailwind Nutrition Endurance Fuel and super starches including those from Generation UCAN, both of which are gluten free.

While on a run or a long race, it’s important to stay nourished and hydrated. As Hoffmann puts it, “Water is your big friend.”

During her 50-mile, 11-hour journeys through the woods, she brings a bag packed with gluten-free snacks, powders and gels. The latter are like no-nonsense gummy bears teeming with vitamins, protein and electrolytes that are help-

Hydration station

Along any race course, you will find aid stations with water or sports drinks like Gatorade. You should research how many stations will be along your course. Most drinks are gluten free, so you are likely to be safe, but you should check ahead of time to make sure there's nothing that contains gluten. "It's no fun to do a race and have to skip aid stations," runner Jane Hoffmann notes.

Here is how you can take advantage of an aid station without hurting your race time:

Yes, stop at an aid station if you need it. Skipping one to save a few seconds will hurt you in the end if you have to walk due to fatigue.

When you approach an aid station, grab a cup, move out of the other runners' way, come to a stop, take a big sip and then slowly trot off, finishing your cup. Trying to run and sip a full cup will just end up in a mess and creates a possible choking hazard.

If you are overheated, grab a second cup and pour it over your head.

When finished, toss your cup to the ground. The volunteers manning the aid station will take care of cleanup.

TRADITIONAL RACES

5K

The shortest of the traditional race distances, a 5K equates to 3.1 miles. This type of race stands on its own or can be incorporated into a larger marathon event. It's also a popular distance for charity fundraisers as it can be completed by those who would prefer to walk or do a run/walk combination. Beginning runners often use the 5K to get a taste of competition, and in many instances, children are also allowed to participate.

10K

Mid-level runners will be comfortable running a 10K, which is 6.2 miles. It's a nice stepping stone in the race world, but, unfortunately, formal 10Ks are a little harder to come by. Perhaps they're simply being overlooked by organizers who figure that beginning runners do a 5K and everyone else is likely on board for at least a half marathon. That said, those runners gearing up for a longer race sometimes coordinate their six-mile training run to coincide with a 10K event.

Half marathon

Those testing the racing waters to figure out if they have what it takes to do a full marathon typically start out running a half. Its 13.1 miles makes for a nice distance that certainly pushes mental and physical limits but is still manageable enough to train for. While preparing runners

WHAT'S IN THAT POWDER?

If you want to do The Color Run but are wary of what exactly is in the tie-dyed cloud floating its way toward your face and mouth, fear not. The non-toxic color is made from a gluten-free Melojel cornstarch base that is tinted with food-grade dyes.



ful for replenishing the body mid-run. Honey Stinger's gels, for instance, are honey-based, gluten-free energy chews made almost entirely of organic ingredients.

Once the run is over, it's important to put calories back into your body. "If you run really long," Hoffmann says, "your body is stripped down. And you're sick of the food [you've brought with you]. It's hard to know what your body needs most when you're in a state of exertion."

At most races, organizers host a finish-line reception, often filled with music, food and beverages. It's a nice way to unwind, catch your breath and cheer on other runners as they cross the finish line.

Typical snacks offered include naturally gluten-free items such as bananas and nuts, but otherwise, it's a smorgasbord of gluten-containing carbs. To avoid fainting at the finish line, Hoffmann packs edibles that can withstand hours in a cooler. Then she goes right for the good stuff: a hamburger. "At that point," she says, "it's all about what you think you've earned."

It's not that event organizers don't think of the gluten-free contingent. It's merely about ratio. Gluten-free runners usually make up a small portion of all the athletes in a race. But Hoffmann says that once she inquires, organizers are willing to accommodate her if they can. Gluten-free

runners should always ask about or suggest ways to get safe gluten-free food, she advises.

With longer, warmer days upon us, runners will be out in full force, and race events both big and small will begin popping up, meaning this is a great time to hit the road or trail to start running.

"There is a component with finishing a race that one has really trained hard for that just feels amazing inside and out," Hoffmann says. "And that feeling can linger for weeks."

Meredith Quinn is an associate editor at Gluten-Free Living and is training for her second half marathon.

Runs with a TWIST

Making Tracks for Celiacs

This year marks the 14th anniversary of Making Tracks for Celiacs, a traditional run/walk that takes place across the United States at different times throughout the year, though many occur in the spring. The race has raised more than \$2.5 million for the Center for Celiac Research and Treatment now at Massachusetts General Hospital, 75 percent of which goes to research and 25 percent to community organizations across the country.

Race length varies according to location, and so far, five events are planned for 2015: Baltimore, Des Moines, Rochester (New York), Syracuse and Tri-county Michigan. Participants set up their own donation pages in order to raise funds from family and friends before hitting the pavement and then stick around after to enjoy a plethora of gluten-free replenishments. The Twin Cities in Minnesota, which had hosted one of the biggest Making Tracks for Celiacs events, are not holding one this year, but keep an eye out for it in years to come. Check celiacwalk.org to find a race in your area.

The Color Run

The Indian festival of Holi combined with a really fun party with a 5K race thrown into the mix, The Color Run is all about fun.

The run is not timed, so participants needn't worry about who finishes first. In fact the slower, the better. After all, the whole point of this event is that runners get

covered in a rainbow of powder tossed their way at each kilometer along the course. Participants are even asked to wear all white so that the vibrant colors really show.

This international event is topped off with a huge Finish Festival, where runners themselves get to throw colorful powder while dancing to live music. KIND Healthy Snacks is an event sponsor, good news for gluten-free participants who can enjoy all the company's products. A night race is also available, during which runners glow in the dark as they navigate through the course, and this year, the run is turning the fun up a notch with the glitter-filled Shine Tour. Did someone say confetti cannons? Bring the kids—this is a family-friendly event!

Spartan Race

Get in touch with your inner warrior as you complete a three-, eight- or 12-mile obstacle course covered in mud and water. In addition to running, you'll also be climbing and jumping, so this is not an event for the faint at heart.

Every 15 minutes, more than 250 racers set off in a wave, facing primal challenges such as leaping over mud pits and sometimes into them, carrying large boulders and trying not to get caught up in barbed wire.

There is a kids' version of the Spartan, so this could make for a family day out. Aid stations line the course, and participants are allowed to bring their own food provided that they have it at the

start line. Upon finishing the race, grab a banana or some Paleo Ranch Jerky. Then enjoy live music and browse professional photos taken of you along the course.

Tough Mudder

If you're all about getting dirty and working as a team, then the Tough Mudder is the race for you. The top mantra of this obstacle course is teamwork—in fact each participant takes an oath before the starting whistle, promising to "put camaraderie before course time" and to "help fellow muders complete the course."

This supportive environment emulates the spirit of the charity it benefits, the Wounded Warrior Project. With 10,000 to 15,000 participants in every event, you would think it's tough to get lost in the crowd, but just the opposite is true. From jumping into a giant mud pit to scaling a halfpipe, navigating monkey bars on a human hamster wheel to running through 1,000 electrified dangling wires, team members and random participants alike encourage and coach each other along the entire 10 to 12 miles. Kids can get in on the fun as well with the one-mile Mini Mudder sponsored by Fruit Shoot, a line of all-natural kids' fruit drinks. Though outside food and drinks are not allowed, exceptions are made for those with dietary restrictions. Select aid stations along the course will provide bananas.

Wicked Wine Run

There are many food-themed runs out there, but as you can probably

imagine, most of them feature foods that are not gluten free, such as Twinkies, hot dogs and corn dogs.

However one run may get your feet moving. The Wicked Wine Run is for folks 21 or older, with event locations mainly in Texas and California. Additional dates are quickly being added in Missouri, Louisiana, New Mexico, Oregon and Washington.

There are three options for racing: a 5K with wine at the end, a 1K tasting walk with four wine stations along the way, or a combination of the two. This is a fun, costume-wearing crowd enjoying more of a party atmosphere than a competitive event. If you don't see a race near you, write in to get the grapes rolling. As wine is naturally gluten free, you should be safe here. At the end of the race, enjoy a bash featuring more wine, live bands and, in most cases, food trucks that sometimes offer gluten-free options.

Superhero Scramble

If you were one of those kids who dreamed of being a superhero, then don your cape and grab your sidekick for the Superhero Scramble. Be surrounded by your fellow protectors of the universe while you jump, soar and fight your way along four, eight or 13 miles filled with obstacles such as scaling walls, jumping over fire and sliding down a chute of slime. After the race, which is held both during the day and at night, stick around for the after party, which features live entertainment and music, plus refreshments.

Be Well



A large, high-contrast photograph of a swimmer performing the butterfly stroke dominates the left side of the page. The swimmer's body is angled downwards, creating a massive splash as they push off from the surface. Their arms are extended forward, and their head is submerged. The water is a deep, clear blue, with white spray from the swimmer's movement.

By Meredith Quinn

TAKE SWIMMING FROM
A SUNNY DAY ACTIVITY
TO A SERIOUS WAY TO
STAY IN SHAPE

MAKING WAVES

ADAM PRETTY

DANIEL OCHOA DE OLZA



SUMMER IS HERE.

which means warm weather, spending time at the beach and splashing in your favorite body of water. Whether you're in a backyard pool, along a sunny coastal shore or at a tranquil lake in the mountains, incorporating swimming into your fitness routine can help you exercise without harsh impact on your joints.

Swimming also works out stiff muscles, strengthens your heart, increases blood flow and improves flexibility and range of motion. Plus the rhythm of the water paired with your steady breathing are said to create yoga-like meditation, releasing endorphins that will improve your overall happiness.

"Swimming is a full-body workout," says Olympic gold medalist Dana Vollmer, who found out well into her professional swimming career that she has gluten sensitivity and an egg allergy. "While a workout can have a leg or arm focus, you have to use your entire body through the [swimming] process."

And by doing so, those on a gluten-free diet are able to quickly burn the extra calories often found in pre-made meals and snacks. In fact just 10 minutes of swimming can burn 60 to 150 calories, depending on the intensity of the stroke. This can also help you maintain a healthy weight

while decreasing the risk of diabetes and heart disease.

Vollmer credits the lack of gluten in her diet for improving her swimming life, saying, "Honestly it was a blessing to find out. Most of my childhood, I lived with constant stomachaches and multiple runs to the emergency room, never knowing the cause. I took on the challenge of going gluten free with open arms and enthusiasm."

The gluten-free diet also factors into the lifestyle of another swimmer with some claim to fame. *MasterChef Junior* contestant Mia Wurster swims competitively and says, "I earned my first Junior Olympic time a few weeks after giving up gluten." Wurster's family has been gluten free since a nutritionist recommended the diet for Mia's sister Faith, who has cerebral palsy.

GETTING SERIOUS

While you may not think you're ready to take your doggie paddle to competition-level butterfly, Vollmer says that it's never too late to get onto the starting blocks. "That's one of the amazing aspects of swimming—it's a form of exercise you can do at any age," she explains.

Wurster notes that making the transition from recreational swimming to a competitive environment can be easy. "Practice is very similar to competition," the 11-year old says. "It is not like football or basketball, where the competition can change every time. In swimming the water is always the same and the pool is always the same length. So if you can swim laps, you can be in a competition."

As far as the weather goes, Vollmer says that, rain or shine, she's swim-

ming—unless there's lightning. "I totally understand how if it's pouring rain, getting in a swimsuit and heading outside to jump in the pool could be the last thing you want to do," she says. "However I [remind] myself that most outdoor pools are kept at a warmer temperature. Once you're in, the rain doesn't matter—it's the lifeguards I feel sorry for."

THE RIGHT STUFF

Swimmers burn a lot of calories in mere minutes, so it's important that they nourish their bodies before, during and after a meet.

Wurster prepares protein pancakes that are made with almond butter, almond flour, egg, chia and banana. "It has a good mix of protein and carbohydrates," she says. (See recipe page 56.)

Though Vollmer tries to eat a small nutrient-dense breakfast beforehand, she says that the most important meals are those in the days before the big competition. "Carbing up is a thing of the past," the four-time Olympic gold medalist says. Instead she maintains her normal diet. "Changing a diet shocks the body and can hinder performance," Vollmer explains. "I have always felt that on race day, my body is fueled by what I ate the previous two days. If I [only] eat healthy the day of the race, I don't have the stores needed to have a good performance."

After the preliminary rounds of a meet, Vollmer makes time to have a large lunch to get her through the final stretch. Meanwhile she keeps a variety of gluten-free snacks nearby, such as trail mix, fruit, fruit bars, crackers, a recovery protein bar and a recovery drink.

To keep her body fueled, Wurster developed a recipe for cookie dough-like treats that she and her teammates call Yum-Yums—they snack on them in between heats.

Both Wurster and Vollmer finish race day with a well-rounded meal. Wurster rewards herself with something she really likes, typically a gluten-free pizza made with almond flour. "Then I combine that with something really healthy and packed with vitamins—usually a green juice from a local juice bar or kale salad or steamed broccoli," she says.

DON'T HOLD BACK

Living gluten free hasn't stopped Wurster and Vollmer from gliding through the water at record-breaking speeds. And Wurster has plenty of advice for kids on the diet. She says being gluten free can help rather than hurt an athlete's performance. "I feel stronger and lighter since being gluten free, and I think that helps in any sport," she says.

Wurster looks up to Vollmer as an inspiration both inside of the pool and out. "I know that after she missed the 2008 Olympics, she had to give up gluten and then she set all kinds of records at the 2012 Olympics," Wurster says. "So she is living proof that you can be a champion as a gluten-free athlete." **GF**

Meredith Quinn is an associate editor at Gluten-Free Living and will be working on her butterfly in New Hampshire this summer.



UNITED STATES OLYMPIC COMMITTEE

Read
Dana
Vollmer's
blog

Mia's Yum-Yums

This is a race day favorite that Mia Wurster likes to whip up for extra energy. Once you make these a few times, you will be able to estimate the proportions of ingredients and can make them much faster.

MAKES ABOUT 22 BALLS
Ingredients

- 1½ cups gluten-free oat flour
- ¾ cup almond butter
- ½ cup coconut oil
- ½ cup gluten-free rolled oats
- ¼ cup maple syrup, Grade B
- 1 tablespoon chia seeds
- 1 tablespoon flaxseeds
- ½ cup dark chocolate chips

Directions

Combine all ingredients in a bowl and mix together. Roll the mixture into small bite-size balls and freeze overnight.

Nutrition Analysis (per ball): 160 cal, 12 g fat, 0 mg chol, 25 mg sodium, 12 g carbs, 2 g fiber, 6 g sugar, 3 g protein.



UNITED STATES OLYMPIC COMMITTEE

STROKE	HOW IT'S DONE	Calories burned in 10 minutes
Breaststroke	 Head stays above water while below the surface, arms and legs simultaneously sweep forward, out to the sides, and then back in toward the chest. Most advanced swimmers submerge their heads to be more efficient.	60
Backstroke	 Swum on the back with legs kicking up and down while arms alternate large, backward circular motions that sweep from above to below the water.	80
Freestyle	 The fastest and most efficient stroke. Swum on the stomach with flutter kicks and alternating forward arm motions reaching in front of the swimmer and then pulling back in the water. The face should be submerged, rotating out from underwater simultaneously as one arm pulls back in order to catch a breath.	100
Butterfly	 Requiring a lot of strength and great coordination, this stroke involves synchronized freestyle arm movements paired with a double-footed dolphin kick.	150

GET
IN SHAPE
AND ENJOY
FRESH-AIR
ADVENTURES WITH
THIS UNIQUE EXERCISE

By Meredith Quinn

Go
take a
hike

Section hikers in Kings Canyon National Park approaching Lake McDermand and Wanda Lake on the Pacific Crest Trail.

PHOTO COURTESY PCTA AND JACK HASKEL

Fresh air, leaves crunching underfoot, the scent of pine trees, the trickle of a brook, the bright red and orange fall patchwork before you. To get there, all you have to do is walk.

As summer's nice weather ebbs into winter's tide, setting off for a hike in the mountains or a nearby national park is a welcome adventure. With trees changing color in September and October, you'll also get a dazzling show from Mother Earth—particularly in the Northeast.

People of all skill levels can take up hiking with a few preparations and careful planning. In fact, life-long gluten-free hiker Diane Spicer of the website Hiking-For-Her says, "If you can walk up a flight of stairs, you can hike. And the more you hike, the easier it will be to walk up those stairs."

The winding road

There are likely fantastic hiking areas right in your backyard. Start small with a state or national park, and eventually climb your way up to mountain trails. You might even eventually want to thru-hike, which is following a trail end-to-end.

One of the best places to hike in the United States is the Pacific Crest Trail (PCT), a designated National Scenic Trail that stretches 2,650 miles from Canada to Mexico. Convenient to most West Coast cities, the trail offers people in Seattle, Portland, San Francisco and Los Angeles plenty of scenic spots.

Jack Haskel, another lifelong hiker who follows a gluten-free diet, is a trail information specialist for the Pacific Crest Trail Association. He has thru-hiked the PCT, which typically takes the full snow-free season, or about five months. He's also a self-described "passionate section hiker," noting that the PCT is great for day hikes and overnight backpacking trips. "It's well-signed, it's well-built and it's very accessible," he says. "It's special in how consistently beautiful it is—pretty much every stretch of the trail is worth hiking."

Not just scenic

Hiking provides multiple health benefits, including strengthening cardiovascular and muscular fitness. It helps lower the risk of heart disease, stroke, high cholesterol, some forms of cancer and early death. Known to lower rates of depression and improve sleep quality, hiking can also help control weight,

burning up to 370 calories per hour. Children will enjoy many of these same benefits, in addition to having better bone health and being more prepared to learn in school.

On top of these physical advantages, Spicer points out benefits of the mind and soul as well. "Tuning into bird songs, whistling marmots, murmuring streams and your own heartbeat along the trail will rejuvenate you more than eight hours of sleep," she says. "Repetitive physical motions open up mental space. This can lead to spiritual clarity and a sense of gratitude, making you a healthier human being and just plain nice to be around."

Trail ready

In some cases, hiking may be as easy as walking down the street, but sometimes a bit of training is needed. Haskel points out, "A remote wilderness path at 12,000 feet isn't the place you want to find out that you're not in good shape."

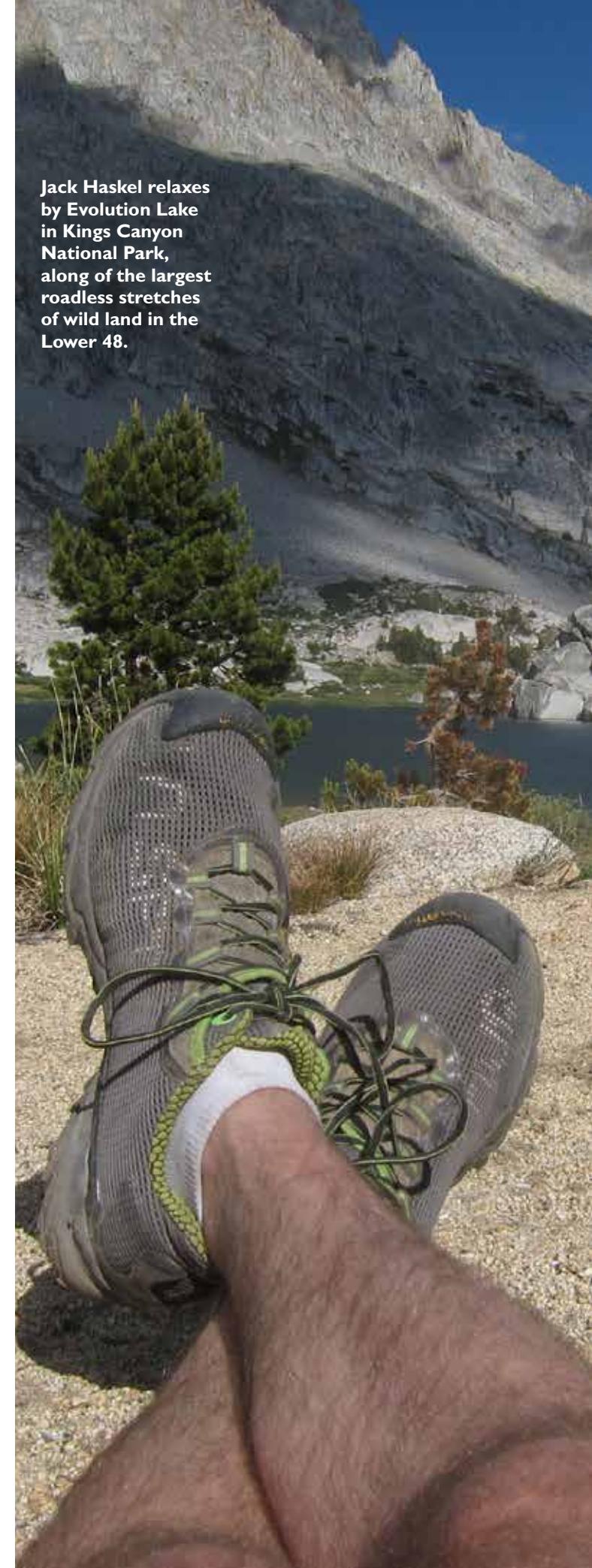
Be realistic about your capabilities and plan your hike accordingly. Haskel suggests getting out and walking simply to learn what it's like to walk extended distances. "It's very important that you know that before you commit to 10-mile days in the middle of nowhere," he says.

Spicer has a warning for would-be hikers: It's addictive. "Stronger muscles lead to longer hikes with big opportunities for adventure and exploration," she says. "And it beats the cost of a gym membership."

Also prepare by finding the right footwear. "Start hiking on flat, dry trails in any pair of athletic shoes you own," Spicer suggests. "Blisters are demotivators, so avoid them with a good sock-shoe combination."

Eating in the wild

"Hiking while gluten free is very practical and feasible and reasonable," says Haskel.



Jack Haskel relaxes by Evolution Lake in Kings Canyon National Park, along one of the largest roadless stretches of wild land in the Lower 48.

Both Haskel and Spicer consume proteins and fats before and while hiking. They recommend celery with peanut butter, trail mix, olive oil, jerky, raw nuts and dried fruit. Spicer starts with a breakfast of gluten-free oatmeal, flax, walnuts, butter and a splash of almond milk or maple syrup. She says, "I add a hard-boiled egg to be sure I've got plenty of energy."

For longer trips, Haskel notes that most hikers rely on low-quality, processed foods. He avoids this by preparing meals in advance. "I usually cook an entire meal at home—like a curry—and put that finished, delicious, home-cooked meal in my dehydrator," he says. "Then I can eat that on the trail by just adding water."

Spicer suggests nutrient-dense quinoa because "it's lightweight and rehydrates quickly," she says. "Vacuum-packed tuna or chicken, dehydrated veggies, olive oil and spices make a great quinoa stew. Switch up the spices for variety."

Though bringing enough food for short hikes isn't a problem, it can get complicated for a thru-hike. Haskel lists two ways to keep supplies stocked: buy along the way or mail yourself food. "With detailed planning, most people will be able to buy as they go—even while on a

What's in your backpack?

Diane Spicer, day hike:

- Top outside pocket: Sunglasses, bandanna, hat, quick-dry towel, hard candy for fast fuel and to keep my mouth moist
- Middle outside pocket: Trowel, baby wipes, Ziploc bags, SPF 50 sunscreen, SPF 15 lip balm
- Outer side pockets: Water bottles, gaiters
- Inner compartment: Extra season-dependent clothing; food such as "energy spheres" made from dates, nut butter and almonds dusted with coconut flakes or a cheese stick or chunk of dark chocolate; space blanket; tarp; paracord; insect repellent; water treatment; pen and notebook; metal bowl; whistle and laminated botanical identification cards

Jack Haskel, longer hikes:

- I start at my feet—hiking shoes and socks, warm long underwear; pants, shirt, long jacket, waterproof clothing, warm hat.
- I save weight by carrying a tarp instead of a heavy tent and a quilt instead of a sleeping bag if the weather is going to be nice.
- Food in a hard-sided, bear-resistant canister, which is required in some places. I really enjoy having a pot of beans and rice at night. I mix it up with lentil dishes. Brussels sprouts hold up really well, [as do] endives, zucchini and bell peppers. If I do eat meat, it's a fair amount of pouches of tuna.

gluten-free diet," he says. "There are a couple of places where the options are gas stations and small stores, and it's to those maybe five or 10 stops that I would recommend someone on a gluten-free diet mail themselves a resupply package."

You may be wondering—stores,

towns, mail? On a 2,650-mile hike? "The PCT is a remote wilderness path—54 percent of it is in designated wilderness—but it crosses lots of roads," Haskel clarifies. "One way to think of a PCT hike is that it's a series of week-long backpacking trips. About once a week, you can go

into town to rest your feet, to do your laundry, to take a shower, to buy food, to talk to family and friends."

Safety first

There is one very important factor that all hikers—regardless of experience—must keep in mind. "Your safety is your own responsibility," warns Haskel. "There's nobody out there to help you."

Your best line of defense is to bring a friend. Next designate a primary contact at home who has your detailed itinerary—and check in when you are supposed to. Haskel says, "They're the ones who will call search and rescue if something were to go wrong."

Spicer and Haskel both stress the importance of having a paper map of your route. "There are a lot of good apps for phones," Haskel says, "but screens break, you fall in creeks, phones die, batteries die." Spicer notes that maps especially come in handy at confusing trail junctions. "Getting lost is no one's idea of a good time," she says.

Be sure to do your homework before departing. This could include taking a wilderness first aid and first responder class, checking the water report for dry stretches of trail, keeping abreast of the weather forecast and researching animals

that you could encounter. But most importantly, plan an appropriate hike for your skill level. **GF**

Meredith Quinn is an associate editor for Gluten-Free Living and her last hike took her to the top of Vermont's Mount Mansfield.

Give back to Mother Nature

Jack Haskel of the Pacific Crest Trail Association suggests another way of getting in touch with the earth, aside from getting out and hiking. And it will make you feel good about yourself too.

"Hiking the PCT is wonderful and a great way to connect to the trail," he says. "But the trail also has a whole community of people who volunteer. It's free, and we need more people to help. It's good for your health, and you'll meet great people."

Go to pcta.org for more information and to sign up.



Jack Haskel completed the PCT thru-hike from Mexico to Canada while gluten free.



PHOTO COURTESY PCTA AND JACK HASKEL



PHOTO COURTESY DIANE SPICER

Jack Haskel's Top 5 stretches of the Pacific Crest Trail

North Cascades

"Some of the most jagged and dramatic stretches of the PCT. I love the Kendall Katwalk north of the Snoqualmie Pass. It's not far from Seattle, and it's a wonderful day hike."

Volcanoes in Oregon "I really like the shoulder of Mount Hood, going up to Timberline Lodge and then hiking the PCT north from there. It's just big views of Mount Hood. And really every one of those stratovolcanoes has great hiking on the side of it."



Klamath Mountains "One of my favorite regions for a longer backpacking trip. It's quiet—not a lot of people go there. It's a fantastic PCT experience high up in the mountains."

The Sierra Nevadas from Lake Tahoe south to Mount Whitney. "Some of the best wilderness and largest roadless stretches in the United States. The PCT is at the top of those mountains."

Mount Baden-Powell

"Above Los Angeles, I really like hiking the region around Wrightwood, California."



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