

THE MILE MARKER

Official Newsletter of the Roanoke 100 Miler

NUTRITION AND FUEL: POWERING YOUR JOURNEY

As you lace up those shoes and conquer the miles, don't forget the vital role nutrition plays in your journey. A balanced diet is your steadfast companion, fueling your body for optimum performance and recovery.

Nourish your body, and let nutrition be the secret weapon propelling you toward victory!



FUEL YOUR FITNESS: PRE-WORKOUT SNACKS IDEAS

Pre-Workout Power-Ups:

- Fruit & Nut Butter
- Greek yogurt or oatmeal with berries and granola
- Trail mix

SPONSOR SPOTLIGHT: TOMORROW FITNESS

The mission is for everyone to move & fuel their body best for their individuality.

Full Body Fitness - App-Access Programs





CONGRATS TO OUR PRIZE WINNERS!

Iron Oak Fitness- One-month e-membership: Andrea W.
A New Slate Salon Product Bag: Rachel H

GROUP WALKS 1/27 10AM FALLON PARK TOMORROW

TIPS

FITNESS + NUTRITION

1. Hydrate Mindfully:

- Tip: Prioritize hydration throughout the day, especially before, during, and after workouts. Aim for at least 8 cups (64 ounces) of water daily. Adjust your intake based on activity levels and climate.

2. Balance Your Plate:

- Tip: Opt for a balanced diet rich in fruits, vegetables, lean proteins, whole grains, and healthy fats. Strive to include a variety of colorful foods to ensure you receive a broad spectrum of essential nutrients.

3. Mix Up Your Workouts:

- Tip: Keep your fitness routine dynamic by incorporating a mix of cardiovascular exercises, strength training, and flexibility exercises. Variety not only prevents boredom but also challenges different muscle groups, promoting overall fitness and preventing plateaus.

"Exercise is king. Nutrition is queen. Put them together and you've got a kingdom."

- JACK LALANNE

GROUP WALKS

Feb 13: Washington Park 5:30 pm

Feb 25: 1/2 Way Social 10 am

Mar 13: Countryside Park 6p

**INTERESTED IN BEING
A GROUP WALK LEADER?
LET ME KNOW!**



REFLECT

What does success after the 100 Miler look like to you?



UPCOMING PROGRAMS

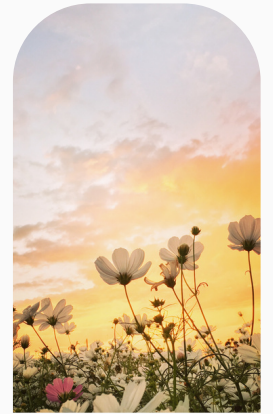
Embrace movement. Live actively. Click photo for links.



**MON, FEB 5:
CERAMIC
VALENTINE
TRINKET DISHES**



**SUN, APR 7:
PLAY PRIDE
KICKBALL**



**TUES, MAR 19:
SPRING
SOLSTICE
CELEBRATION**

#Roanoke100Miler

Use #Roanoke100Miler to share your activities!



T-SHIRT PICKUPS

They're here!

- Monday, February 5: 2:00 -5:30 pm- Fishburn Mansion
- Tuesday, February 13: 5:30 pm @ Washington Park (Group Walk)
- Sunday, February 25: 11 am @ Wasena Tap House (1/2 way event!)