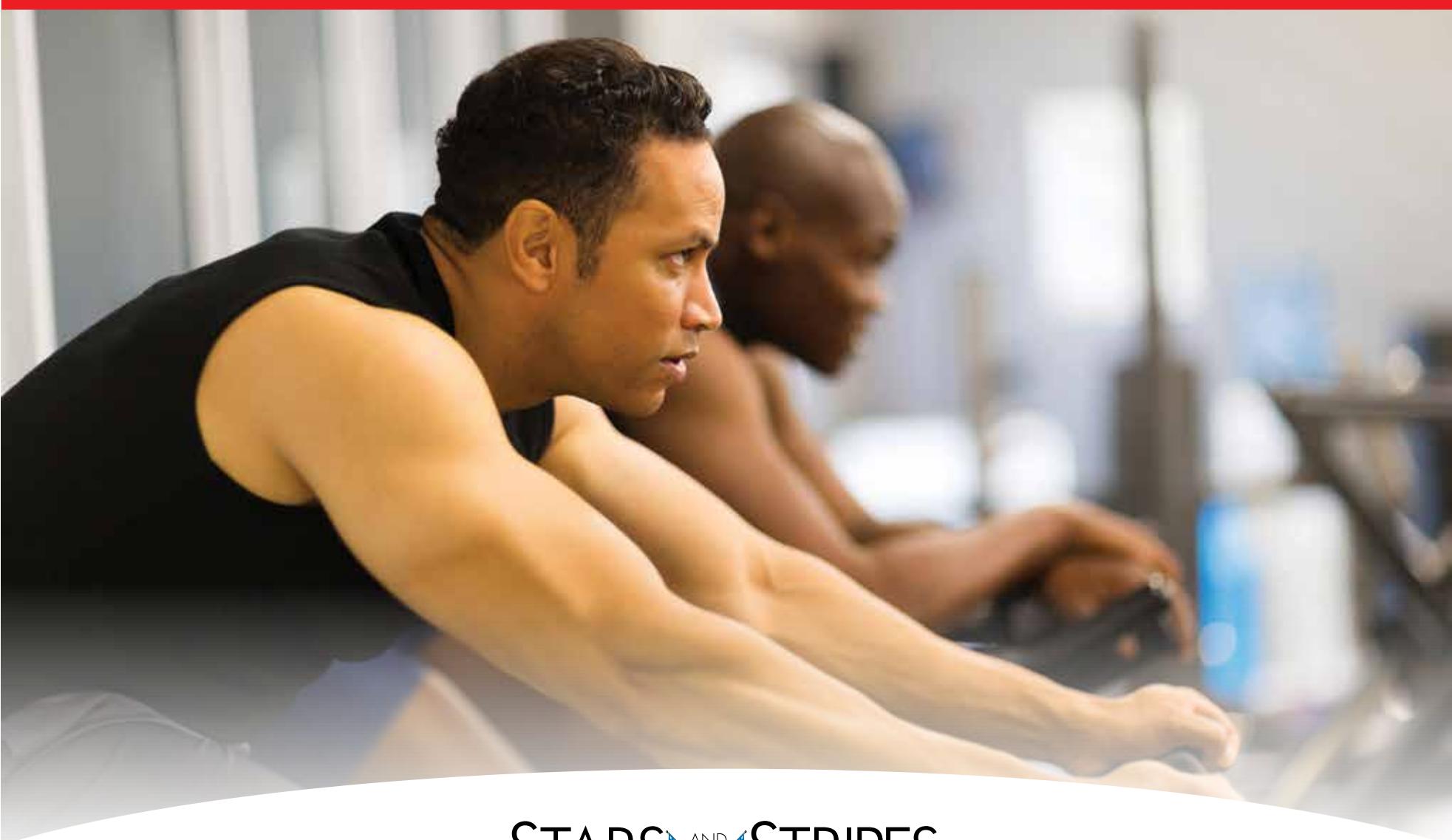


JANUARY 2020



STARS AND STRIPES®

# Korea Healthy Living Guide

- Resolving conflict
- Special delivery: Baby on board
- Potent anti-aging ingredients
- Finding your purpose
- Take fitness to a new level
- Fitness, nutrition and active living



8-PAGE PULLOUT

## Mental Notes with Hilary Valdez

# Resolving conflict

BY HILARY VALDEZ,  
STRIPES KOREA

In today's busy and competitive world, conflict resolution techniques are critical for every day life. When I worked for the Justice Department, we needed real life solutions for successful negotiations and simply staying alive.



Chasing bad guys required self-reliance and emotional stability, which are key factors for personal success, but it takes time to develop those attributes. When I started, I had the shakes. I learned the goal was to stay calm, increase my psychological hardening skills and strengthen my mental toughness. With practice, this came to be. I was inexperienced when I finished school, but I had to challenge my irrational beliefs, increase my optimism and self-regulate my behavioral responses.

My father once said, "You're a smart guy, but you're not thinking." I said, "Huh?" Justice Department training helped me to understand the how and why people start arguing and fussing about small stuff, which can lead big problems. Life is one huge on-going negotiation, and often times the negotiating environment is filled with high-emotional

content and tension.

As an investigator, I was at a community meeting one night trying to resolve a dispute between two motorcycle gangs. The main issue between the two gangs was the color of the scarves that could be worn by the opposing clubs. Unfortunately, this led to three members being shot.

Conflicts don't have to end in violence. The focus is to elicit opinions and clarify issues, not examine or criticize the person. Disapproval ends a discussion; disagreement stimulates it. Statements such as: "We're not ready for that"; "It's not in the budget"; "Put it in writing"; "It's never been tried before"; etc., stop ideas and creative action.

When reducing conflict, avoid irrational actions, reduce social anxiety, and resolve problems. Don't create problems. Or yell, "Hey idiot!" These are fighting words and some people don't fight fair.

In most cases, people are adaptive and willing to make social adjustments for success. Most of the time, people will do what is asked of them, providing they know what is expected of them. The critical insight is being attentive to the expectations we put on people who lack skills or fundamental levels of insight to make sudden or logical changes.

Life is a journey. No person lives free from inner or outer conflict. Life has no end of difficulties. A critical insight is the ability to harmonize with people and

deal with them at their level of functioning.

I was raised in New York City, where yelling led to shoving, and shoving led to punching. Stay away from physical fighting. Especially if you can't fight. I was in a fight and one of the guys yelled, "Stop! I can't fight!" I yelled back, "Too late!"

So, how do you increase your ability to respond to stress? Well, learn to handle criticism.

Learn detached concern and care for others, but don't assume their stress.

Here's a key critical insight: Develop your own communications style. Speak with candor and directness. When speaking to others, encourage an open exchange of ideas. But, pay attention to the impact, emotions, and feelings of the other person: observe them for a moment.

Wait-Think-Respond. Don't rush to respond. The Justice Department taught me to not tell a suspect: "You have three minutes to come out or else!" What if he doesn't come out? Then what?

I was taught that waiting helps with thinking and formulating a correct response to a situation. Adjust your tone and temperament according to the people you are speaking with; especially with older people, your superiors, or gangsters. These aren't your homies, so be careful. Just find the balance between being blatantly open and selectively open.

Openness must have a purpose beyond

just being open. A person is open because they care enough about improving a relationship. Openness breeds trust. Being closed leads to mistrust and suspicion. The other person has to be willing to be open, otherwise openness becomes coercive.

When feelings are shared, the other person feels trusted and positive. I was conducting a de-brief with Navy divers after one of their EOD divers died during a sensitive mission. That was emotionally tough for me and the other divers. When I returned to base, I had two psychologists de-brief me. My emotions were off the chart, I cried. Don't be afraid to talk, especially under stress. Don't be Mr. MACHO. Talk to express, not impress.

Every time you open your mouth, your brain is on parade. But every heart is the key to the heart of other people. Heart talks to heart, soul speaks to soul. Criticism, indifference and pessimism close the door of the heart. But, if two hearts become one, it is very difficult to disunite them. The critical insight is to put a layer of understanding on top of subjective or gut feelings. The heart is the path to wisdom and the road to intelligence.

**Instant Insight:** Be true to your own nature.

Hilary Valdez is a retiree living in Japan. He is an experienced Mental Health professional and Resiliency Trainer. Valdez is a former Marine and has worked with the military most of his career and most recently worked at Camp Zama as a Master Resiliency Trainer. Valdez now has a private practice and publishes books on social and psychological issues. His books are available on Amazon and for Kindle. Learn more about Valdez and contact him at [www.hilaryvaldez.com](http://www.hilaryvaldez.com) or at [InstantInsights@hotmail.com](mailto:InstantInsights@hotmail.com)

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# Finding your purpose in life

BY MSGT. ERIK LARSON,  
STRIPES KOREA

**"The two most important days in your life are the day you are born and the day you find out why."**

— Mark Twain

In the military, a common experience is deployments away from home. As I found myself deployed for several months I noticed a general trait among people is a blank stare, seemingly detached from reality.

I do my best to greet everyone I pass while walking around base. Sadly, most of the people I greet usually pay no attention. They just keep shuffling by like zombies; dead to reality, going through the motions letting life pass them by.

You may meet people like this in your everyday life or perhaps this describes you. It is easy to sink into a monotonous routine. However, in our life tomorrow is not a guarantee. Time is our most valuable resource. Therefore, we should strive to live each day with purpose. To make the best possible

use of our time we need a life's purpose statement to direct our daily decisions.

Recently, several near death experiences shook me out of my life's usual routine. I evaluated my life and was inspired to take charge of it by intentional personal development.

In the process, I found my life's purpose statement. I cannot believe I lived my life so long without it! I no longer float along letting life happen to me. I make the best possible use of my time by using my purpose statement to direct my daily decisions.

I challenge you to find your own life's purpose statement. Become one

of the very few who will take on this challenge and use the method described below to develop your own purpose statement. I found this is definitely something that will set you apart from others and get you on track for success.

I found writing exercises and asking for feedback are effective ways to evaluate yourself and develop your life's purpose statement.

Start by writing at least thirty of your most important values. Take your time and cautiously ponder the ones most

meaningful to you. Next, rank them in order of importance and examine your top ten. Look for common themes and use them to describe yourself in five words or less.

After you can describe yourself in a few words, you will need a list of at least twenty of your natural gifts and talents (strengths). The best way to determine your strengths is to gain feedback from a trusted mentor or peer.

Along with getting feedback, I recommend taking a personality assessment that many free online resources offer. After answering a few questions about yourself, the website provides you with your personality type and an evaluation of that type's strengths and weaknesses. You will be surprised at how accurate they can be.

After you have a list of your strengths decide which ones you want to share with the world and circle the top five. Ponder the ways in which you can share your talents with others.

Consider the description of yourself and list of natural gifts and talents. You are here on earth for a reason. Meditate, pray, and open your heart and mind. Be ready to write a few words about yourself this will be your purpose statement. Write



**Recently, several near death experiences shook me out of my life's usual routine.**

**I evaluated my life and was inspired to take charge of it by intentional personal development.**

"My purpose is..." pause... breathe deeply and write what comes to your mind.

If you do not feel confident about what you wrote, do not worry. Your purpose statement is not set in stone and can change as your life changes.

However, you will need a

**SEE PURPOSE ON PAGE 6**

## COMMENTARY

# Special delivery: Baby on board

BY JEANA COLEMAN,  
STRIPES KOREA

**H**aving a baby is an amazing, exhilarating, frightening experience all rolled into one little cooing (or crying) bundle of love. Although wonderful, it can also be stressful, especially for first-time parents. It's not uncommon to be immediately bombarded by hundreds of questions as soon as that blue line appears on the little stick. Add to this an additional stress — expecting a baby while stationed in a foreign country where locals speak a different language, with your spouse prone to TDYs or deployment. Worse yet, you have no network of family or friends surrounding you during this life-changing event. This article will help answer questions about the childbirth choices that are right for you and your growing family. Also, don't be afraid to ask other military or civilian moms stationed near you about their childbirth experiences, providers and facilities. There are great support groups available to you.

## U.S. Military hospitals vs. facilities on the economy

Sometimes the military medical treatment facility (MTF) that services your military community may not have the personnel or facilities to accommodate you when you need to deliver, and will refer you to a civilian provider. You may also decide to utilize a civilian provider without a referral after you disenroll from TRICARE Prime and enroll in TRICARE Standard. Before you decide, ensure the switch is right for you. For a fact sheet about TRICARE maternity care, enrollment policies and other related issues, visit [www.tricare.mil](http://www.tricare.mil). You'll find free downloads about pregnancy issues under their "Life Events" tab on their home page. Just click on "Having a Baby or Adopting" for options.

DOD civilians do not have the option of utilizing MTFs and must use civilian providers. However, whether you are military or civilian, you will find that many birthing centers and medical facilities across the world are state of the art. The best thing to do is educate yourself on the options available to you in your area and then choose the best childbirth method and facility right for you and your baby.

## Help and support beyond your spouse

Expecting mothers should consider the services of certified doulas and

midwives in their labor and delivery. Both highly skilled and trained professionals provide specific services that focus primarily on the mother and secondarily on the spouse, aiding in a more comfortable and personal birthing experience. Mothers with deployed spouses will also benefit from the additional physical and emotional support while the partner is away. Ashley Chenard, spouse of an active duty airman at Ramstein, chose to deliver her baby at St. Johannis in Landstuhl. Although her husband was present, she wanted a natural birth with less clinical intervention. Highly pleased with her experiences with the hospital and services of both a doula and midwife, Chenard is training to be a certified doula. "Around 35 weeks I knew I wanted a doula, and another mom told me about the KMC Doulas page on Facebook," said Chenard. "My midwife, who delivered my daughter, and the doula worked to keep me focused on the delivery. I was able to have a water birth — something not available at the military hospital — which helped ease my contractions. The whole experience was so different from my son's delivery in the States, and definitely inspired me to become a doula," she adds.

**Doulas** — provide labor support and companionship during the labor process. Relationships are established a few months prior to delivery, and although they are extremely knowledgeable in the childbirth process, they do not administer medical care. Seeking a doula in your area? Contact your Women's Clinic on base/post, or your civilian physician's clinic. You should also ask other women through a local support network. TRICARE does not currently cover the cost of doula services, which may be anywhere from \$300 to \$1,000.

**Midwives** — these nurses and nurse practitioners receive rigorous training and clinical internships to become midwives. Skilled in labor and delivery, they provide hands-on, continuous support before, during and after labor, and monitor a mothers' physical, psychological and social well-being. Their goal is to deliver the baby, minimize clinical/technological interventions while also identifying and referring patients who need specialized obstetric care. They also provide individualized prenatal and postnatal education and counseling. Check with the Women's Clinic on base/post or at your civilian clinic for access to midwifery staff.

File photo



## Method and location options

Some facilities offer both traditional and non-traditional labor and delivery methods and locations; customize your childbirth options in numerous ways. Before choosing non-traditional methods or locations, you should consider any pre-existing conditions, or age, whether this is your first pregnancy or if you've had any prior complications.

### Birth methods

#### Vaginal Birth

Traditionally the most common method, women's bodies can recover quickly and allow for easier breastfeeding. Hospital stays are also shorter. Mothers can choose either a natural delivery or a pain management plan with medications such as an epidural or spinal block.

**Water Birth** — Although not available for women with pre-existing complications or for multiple births, this method is available at some birthing centers and healthcare facilities. Mothers in labor are placed in the 90-100 degree water near time of delivery to provide an additional level of comfort to both mother and baby. Babies can be either delivered in or out of the water.

Once the baby enters the water, he/she is immediately removed to allow for clearing of airways and for breathing to begin. Inquire with facilities in your area if they provide this method. Hospitals have a limited number of birthing tubs, so inform your midwife or nurse as soon as you arrive to the facility that you'd like to use their tub. For more information, visit [www.americanpregnancy.org/labornbirth/waterbirth.html](http://www.americanpregnancy.org/labornbirth/waterbirth.html).

## Hypnobirth

— For more than 20 years, the hypnobirth method has been available as a natural birth technique to help women through labor pain without the use of pain medications. Mothers are taught self-hypnosis, controlled breathing and focus techniques to better deal with contractions and the process of delivery. For more information and to locate a hypnobirth professional near you, visit [www.hypnobirthing.co.uk](http://www.hypnobirthing.co.uk) and [www.hypnobirthing.com](http://www.hypnobirthing.com).

## Caesarean or C-Section

— This is a surgical procedure in which the doctor removes the baby through an incision made in the abdomen and uterus. Recovery times are longer after delivery and may pose infection risk. This method is usually suggested for women with breech birth or complications, multiples or who have health conditions that pose problems during labor. Some facilities may use a C-section as a faster delivery method, so inquire whether you medically need a C-section before giving consent.

## Birth locations

#### Hospitals

— Those expecting complicated births (breech, multiples), planned C-sections, have pre-existing health conditions or seek more traditional methods of pain management will need to use a medical facility. Many hospitals are now adopting a more natural approach within birthing suites, providing the services of midwives for delivery with physicians standing by. They also provide specialized birthing beds, chairs, balls and water birth options, encouraging laboring moms to deliver in new, non-traditional positions that offer the most comfort. Be familiarized with their clinical staff, facility, parking,

entrances, level of care (such as a neonatal intensive care unit) and policies before the special day comes. Depending on your outcome or procedure, you may have a longer stay.

## Birth centers, birth homes and midwives clinics

— These facilities are run by certified nurse midwives with an emphasis on natural childbirth with little to no clinical intervention. These facilities prescreen and accept expectant mothers with low risk pregnancies who seek a personalized level of care. Some facilities are stand-alone and some are connected to medical facilities for easy access to emergency care if complications occur.

**Home birth** — This option has become more popular and provides privacy, comfort and no clinical intervention. Water births are sometimes utilized, and certified midwives perform the delivery. The best candidates for home delivery are younger expectant moms with low risk pregnancies. Planning ahead is crucial; talk to a midwife or physician about your plan and inquire about the supplies you will need in your home. Have an emergency plan in place in case complications arise.

## A birth plan

Once you have decided on the type of birth, facility and labor support you need, consider creating a birth plan. It's great to know what you want ahead of time, but once labor starts, you may not be able to fully communicate your needs or desires. By writing down how you would like to give birth, you are creating a birth plan that will help you and your spouse communicate and manage your needs with your medical or midwifery staff once labor has begun.

## Plan now for after the delivery

Want to take a quick trip to the States to show off your new addition? You'll need your baby's passport to do this. So, between taking care of the baby and seeking sleep, it's important to immediately start the process of applying for a social security card and passport. Contact your base/post passport office now. They may have a packet available for download or to pick up in person before you deliver. Don't wait to think about it; it could take you a while to locate or organize your information needed to correctly complete the passport packet.

Still hoping to get a little traveling done before the baby arrives? It's an excellent time!

# TAKE FITNESS TO A NEW LEVEL

BY CHARLIE EPPERSON,  
STRIPES KOREA

This article serves a dual purpose. First, it is designed to motivate each of you to set a goal for 2020 that will take your fitness to a new level. If I'm successful with encouraging you to set an ambitious goal, then I should at least offer some tips on how to train properly to achieve them.

Part II will offer some basic guidelines to get your training started and keep you healthy.

Each December, I spend a few weeks looking back on what I was able to achieve with my training and racing over the last year and what areas I fell short in. After this honest reflection, I look to the upcoming year and begin the steps of outlining a race schedule that will drive my training cycles for each main race or goal.

For many years, I haphazardly approached this crucial step. If my friends were racing a popular off island race somewhere exotic, then I would let that drive my goals. What I discovered is it is really hard to align my fitness and training to others' goals throughout the year. As you might have guessed, my performance was sub par at many of these events - albeit I had a great time. It was only when I got serious about racing and racing well that I began to

**"We all need goals. Life is hard to live without them."**

-Tory Baicum

understand the importance of deliberate goal setting, training cycles and establishing a race schedule that balances both elements.

Use the motivation that comes with a new year to drive your focus in 2020. Follow these

four steps to set a course and achieve more in endurance racing. After you chart your path for the year, please take a moment to understand the basic principles regarding endurance training. It is crucial you take a systematic approach to your training to reap the rewards of all those hard training efforts and to increase your chances of arriving at your "A" race injury free.

## PART 1 SETTING GOALS

### Goal setting & race scheduling

#### 01 Proceed with caution

Running and all endurance sports are progressive in nature. Meaning that our bodies adapt to the stress we place on it over time. We can all run a marathon, but the idea is to progressively build to that goal. If you haven't been running half marathons in 2018, then your goal should be to start with racing the local 5Ks while gradually increasing the amount of mileage you are running (see training advice later in this article).

#### 02 Race something epic

Over the last few years, I was absorbed in racing the Xterra off road triathlon series and other endurance events throughout Asia. This allowed me to race and train in Malaysia, Philippines, Japan, China, Saipan, Singapore, Thailand and Indonesia. The experiences from these events gave me a deeper understanding

of each culture, principals of surviving on the road, and provided me endless array of memories. Recruit some friends with a common interest and go abroad to race something truly unique - you will take home more than a medal.

#### 03 Diversity is key

As I mentioned, I have become a little more systematic with my race scheduling and this is defined by two very simple concepts. First, you must commit at least 14-16 weeks toward a singular goal. Typically much longer if you are just getting into the sport or if you are racing a multi-sport event, but four months is a good start. Cameron O'Neal, a 10-time Ironman competitor and Kona finisher, typically finds time for three major races a year. O'Neal offered insight on his approach: "I pick a long course event like an Ironman (at least for the past 10 years) as one of my "A" races and a marathon as my other one (Boston the last two years). However, it helps living on Guam and being spoiled with beautiful weather to train year-round."

As an example, I will race the Boston marathon in April and my training cycle for this begins this week. I will dedicate 16 weeks of training to this race. Mind you I just finished a 14-week cycle dedicated to a 1/2 marathon (that I was able to PR at with a 1:12:47), so I'm not exactly starting from scratch working toward Boston. After Boston, I want to return to triathlon racing and

just enjoying the outdoors and cycling. This is the second concept I want to stress. Our bodies require rest and recovery after each major training cycle and for me specifically that translates to mixing up my focus. Try something new, race a different distance, or take it off-road on the trails to enjoy a break. In the end, you are continuing to develop your aerobic capacity and helping to prevent overuse injuries.

#### 04 Expect setbacks

A sad reality to running and endurance training is that injuries can often times derail your plans. I will speak later on how to lessen the chances of injury during your training, but I wanted to offer some advice on how I approach these setbacks. Last year, I did the research and found a really fast 1/2 marathon in Japan in late Feb. I trained with that goal in mind for 15 weeks until a mountain bike crash made it unrealistic. It became evident I was going to miss a few weeks of training while my neck and shoulder healed, so I began to look further down the road. Endurance events and triathlons specifically can be a very expensive endeavor.

I was only out \$65 for a race entry and was able to push my goal back to later in the year. Be careful of races that don't offer you an opportunity to get at least a partial refund. The key is to avoid getting frustrated and always have another target in sight to keep the fire alive.



PART  
2GUIDELINES FOR  
ENDURANCE TRAINING

With a greater understanding of how to set realistic goals for the year, it becomes very important to train SMART as you set out to accomplish them. There is an endless supply of books and training blogs on how to train correctly for each discipline, but I wanted to take a moment to share some universal practices to get you out the door. These three elements are the basis of my training and I use them to guide a number of athletes I have helped over the years. This advice is simplistic by design and valuable at every level.

## 01 Understanding the value of training cycles &amp; training phases

Training cycles can vary depending on your event and where you are at in terms of current fitness. Most of my training cycles range from 14-20 weeks. A second concept within each training cycle is small periods of time devoted to specific phases. The four most commonly used are; base, strength, speed,

and peak/tapering.

One of the challenges as a coach has been getting athletes to understand that there are no short cuts as they progress through these phases. Often times, athletes want to jump straight to strength and speed training because they feel they can progress faster. Our bodies require a majority of the training to occur at or below the aerobic threshold- in essence easy conversational pace running or riding. During this base phase your body is adapting the cardiovascular system. This is the point when your body starts to become efficient in the delivery of oxygen to your muscles- a necessity for endurance athletes. It doesn't happen overnight and you won't attain your full potential without putting in the time in the base phase. Trust me- I've made the mistake of jumping phases too early and paid with marginal performance.

## 02 Consistency

I found myself using this word quite often this past fall as I coached a high



**“Running well is a matter of having the patience to persevere when we are tired and not expecting instant results.”**

-Robert De Castella

school cross country team. Many of the athletes would show up three times a week versus the 6 days of practice normally scheduled. When my team did show up they ran hard and put the work in, but the inconsistency of their training meant they wouldn't realize too much improvement over the course

of a short season.

I want to be very careful and not prescribe more is better here. My intent is defining consistency across a long continuum in your training- day by day and week after week. If you are running or training 5 days a week, then missing a few days one week and trying to catch-up the following week will only lead to injury or fatigue (or both).

If training volume is defined in terms of mileage or hours a week, then you want to see a gradual increase of training volume. For most of my athletes, they will increase their workload for three consecutive weeks, then the fourth week will be lower to allow their bodies to recover from the stress. Take a moment each week to calculate your training volume. Do not fall into the trap of always increasing your workload even if your body is adjusting well.

SEE NEW LEVEL ON PAGE 6

## Example plan for beginners

## 12-week training guide for half marathon

| WEEK          | MON          | TUES | WED              | THUR | FRI | SAT | SUN  |
|---------------|--------------|------|------------------|------|-----|-----|------|
| #1            | 4m           | Rest | 5m               | 3m   | Gym | 6m  | Rest |
| #2            | Gym + Drills | Rest | 4m + Drills      | 5m   | Gym | 7m  | Rest |
| #3            | Gym + Drills | 5m   | 4 x 800 + Drills | 3m   | Gym | 8m  | Rest |
| #4 (Recovery) | Gym + Drills | Rest | 5m (Tempo)       | 4m   | Gym | 5m  | Rest |

| WEEK          | MON          | TUES | WED               | THUR | FRI          | SAT | SUN  |
|---------------|--------------|------|-------------------|------|--------------|-----|------|
| #5            | Gym + Drills | Rest | 20 min Fartlek    | 4m   | Gym          | 8m  | Rest |
| #6            | Gym + Drills | 4m   | 5 x Hill Repeats  | 5m   | 4m + Drills  | 9m  | Rest |
| #7            | Gym + Drills | 5m   | 3 x 1200 + Drills | 5m   | 5m           | 10m | Rest |
| #8 (Recovery) | Gym + Drills | 4m   | 6 x Hill Repeats  | 3m   | Gym + Drills | 7m  | Rest |

| WEEK       | MON          | TUES    | WED                   | THUR | FRI  | SAT  | SUN  |
|------------|--------------|---------|-----------------------|------|------|------|------|
| #9         | Gym + Drills | 6m      | 5m (Tempo)            | 5m   | 4m   | 9m   | Rest |
| #10        | Gym + Drills | 5m      | 6 x 800 + Drills      | 5m   | Gym  | 10m  | 4m   |
| #11        | Gym + Drills | 5m      | 1-hr w/5m @ race pace | 4m   | Gym  | 11m  | 5m   |
| #12 (Race) | Rest         | 4 x 400 | 5m + Drills           | 3m   | Rest | RACE | Rest |

## COMMON TERMS

- FARTLEK:** Swedish for “speed play;” variable pace running; a mixture of slow running, running at a moderate pace and short, fast bursts.
- INTERVAL:** Training in which short, fast “repeats” or “repetitions” often 200 to 800 meters alternated with slow “intervals” of jogging for recovery. Interval training builds speed and endurance. Hill repeats are typically 2-3 min in duration with equal recovery.
- TEMPO:** A tempo run is a faster-paced workout also known as a lactate-threshold, LT, or threshold run. Tempo pace is often described as “comfortably hard.”
- GYM:** Variety of functional strength or cross training exercises (stationary bike, elliptical, swimming, zumba, etc)
- REST:** Often times the most overlooked element of training. Ensure proper rest and recovery between your high intensity workouts.
- WARM-UP & COOL DOWN:** Warm-up 15 min before each workout and cool down 10 min.



Photo courtesy of Charlie Epperson



**About the author:** Charlie Epperson is an officer in the U.S. Coast Guard and spent six years training and racing on Guam. Charlie earned an elite triathlon license in 2014 and was selected to the U.S.A. Triathlon National Team for off-road triathlon in 2016.



Photos courtesy of Charlie Epperson

# NEW LEVEL: Fitness takes patience

CONTINUED FROM PAGE 5

## Adding volume and intensity into your training

As endurance athletes progress in terms of fitness and training, it is natural to add intensity and more volume into your training. Volume is a little easier to understand and can be adjusted according to your recent training history. For example, this past summer I finished a marathon training cycle (8 weeks) that averaged 45 miles for the entire period. (Note: I was already in good shape, so I got away with a condensed cycle). As you can see from the chart, I gradually increased the volume with a recovery week in the middle of the training cycle. I would have benefited from more time to get my mileage higher, but if I attempted to run 60-70 miles a week during this period- I can almost guarantee I would have experienced overuse injuries by adding too much volume too quickly. And for reference, I was

able to run a 2:40 marathon off 45 miles a week that was supplemented by cycling a few times a week.

Intensity takes a little more thought to apply to your training. For the novice or beginner, it might take a few workouts to understand what is a realistic goal. Again, please note that athletes would want to have six weeks of general base training under their belts before moving into running high intensity efforts.

I'll offer an example to better understand how to add high intensity workouts to your training. Using the half marathon as a goal, it becomes very important to set a specific time goal for the event. Let's take a half marathoner with a previous best of 2 hours that is targeting a 1:50 or

**"The most important message I stress to beginners is to learn to love the sport. Like other endeavors, if running is not undertaken properly, it can be difficult and discouraging."**

- Cliff Held

faster. The average pace for this effort is around 8:24 per mile or 5:10 per kilometer. In this example, early season workouts might include a moderate interval session: 6 x 800m @ 4:05-4:10 goal pace with 3 min recovery between each 800. Another common workout is tempo runs. For

this athlete, it might look something like this: 2 miles easy, then 4 miles at 8:30 to 8:10 per mile, and finish with an easy mile warm down. A later season workout would include a lactic threshold run for one-hour. It would likely push the athlete to 8:00 per mile average or slightly faster for the entire period. (Note: see 12-week half marathon training plan to help start your training)

All the efforts are designed to push a

runner outside of their current comfort zone. It is impossible to run faster if you don't dedicate at least a small part of your workouts to running faster intervals. These types of workouts are anaerobic in nature and shouldn't be run until a solid base or foundation has been properly established.

And, my last word of warning is to stress the underlining rule to avoid increasing both volume and intensity at the same time. In essence, we are applying stress at two separate points on our bodies and the likelihood of injury is significant.

Training and endurance racing have become a valuable part of my life. On most days, I meet friends after work or on the weekends that share this passion. Over the years, I was lucky to find or seek out those that pushed me to become a better athlete. If this sport didn't provide me a high degree of self-satisfaction then I would have moved on a long time ago. I encourage you to be patient in your pursuit of fitness. It is not something achieved over a short time period and that's really what makes it a worthwhile endeavor.

# PURPOSE: All great achievements started out small

CONTINUED FROM PAGE 2

purpose statement to proceed in your journey of personal development. I encourage you to write what you can and continue to evaluate yourself until you find your purpose. Evaluation

of yourself needs to be a continual process. In this process, you need to seek feedback from trusted mentors and peers.

After you develop your purpose statement, the next step is action. Be a person of action; use your purpose statement to

influence your daily decisions. Make a habit of waking up each morning and reciting your purpose statement. Put your purpose statement notecard under your pillow on the wall next to your bed or on your bathroom mirror. Doing so will motivate and ignite your daily passion and purpose.

At the end of each day, write your purpose statement in your journal. Reflect on your day examining how your purpose statement was an influence. You will be more satisfied with your life as you see how your purpose statement is directing your daily decisions.

Incorporating your purpose statement into your life will set you apart from others. All great achievements started out small

with just an idea fed by inspiration. Focusing on your purpose statement will lead to great achievements in your life.

Be one of the very few who have a written life's purpose statement. Let this be a turning point a moment that defines your life as you stop going through the motions. Find and use your life's purpose statement to take charge of your life.

I want to know how having a written life's purpose statement has benefited your life. Please email your purpose statement to erikylarson77@gmail.com and let me know how it has influenced your life.

If you are interested in learning more about starting an intentional journey of personal development, check out my book

Your Journey of Personal Development: Be inspired to reach for your highest potential, which is available on Amazon.com. The book contains easy to use methods and strategies to improve all areas of your life. Included is a chapter about creating a deliberate and specific plan to focus your life's purpose statement into great achievements in your life.

**About the writer:** MSgt. Erik Larson is stationed at Kadena Air Base in Okinawa, but is currently on a 7-month deployment to Djibouti. He writes so he can "give perspective on my military/personal life to make a positive impact in the lives of others."



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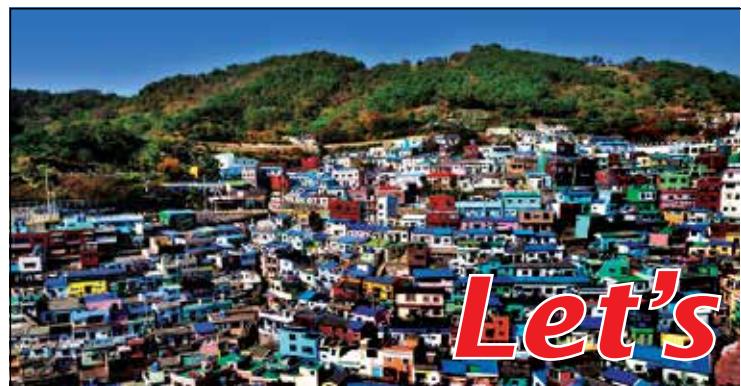


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# 9 potent anti-aging ingredients prevalent in Korean skincare

STORY AND PHOTO BY DONNA MAURER,  
HAPS KOREA MAGAZINE

**K**orean skincare is full of potent anti-aging ingredients that everyone should know about.

Instead of opting for harsh retinol-based products, Korean beauty brands create their products using gentle, hydrating ingredients, but they're still incredibly effective anti-aging tools, and that's what makes them so special.

However, navigating your way through the sometimes unusual and strange-sounding ingredients in K-beauty can sometimes be a little overwhelming! After all, why would you want to put snail mucin on your face? And, what is niacinamide...and what can it do for your skin?

If you want to try Korean anti-aging skincare, but aren't sure where to start, don't worry! This round-up of potent anti-aging ingredients will point you in the right direction!

## Snail Mucin

Snail mucin is one of the most potent anti-aging ingredients found in Korean skincare, and it's also one of the most unusual. Yes, it probably sounds a little gross to put snail slime on your face, but you're going to want to get past that because it could be a real game-changer in your anti-aging skincare routine.

First, snail mucin is loaded with natural peptides to help boost the natural production of collagen in the skin, which slows down significantly as you age. It also contains hyaluronic acid, which actually pulls more from the air and into your skin. And, last but not least, it also contains naturally occurring glycolic acid to gently exfoliate, making it useful for hyperpigmentation, scarring, and fine lines.

Snail mucin is a powerhouse ingredient that plumps and softens the skin immediately while providing additional anti-aging benefits over time. According to one trending K-beauty brand, all skin types can benefit from incorporating snail mucin into their skincare regimen.

## Niacinamide

Niacinamide, or vitamin B3, is very popular in anti-aging Korean skincare, and for good reason. One of its key benefits is supporting the skin's protective barrier so that it can retain moisture more effectively, but it doesn't stop there.

Niacinamide also evens out hyperpigmentation and brightens dull



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complexions, much like retinol, but without the redness and irritation. It also boosts collagen production. It's the perfect, natural ingredient to use if you want to target those dark spots that can become a problem for mature skin.

## Ceramides

Ceramides are very useful for maintaining the moisture level in your skin, protecting it from irritation and dryness. These natural lipids occur naturally in the epidermis of the skin as part of its protective barrier.

This potent anti-aging ingredient helps the skin capture moisture and bind it, preventing dehydration. Unfortunately, natural ceramide production declines as we get older. Thankfully, using ceramide in your skincare can help make up for it.

## Peptides

Another powerhouse anti-aging ingredient that's prevalent in Korean skincare is peptides. Peptides are building blocks of proteins like elastin, keratin, and collagen. There are several different types of peptides used in skincare, with collagen peptides and copper peptides being the most popular.

Collagen peptides signal the cells in your skin to produce more collagen, which helps the skin look more youthful and reduces fine lines and wrinkles. Copper peptides are also useful in anti-aging skincare because they speed up the healing process and reduce redness and inflammation.

## Green Tea Extract

It turns out green tea isn't just for drinking! This anti-aging ingredient is popular in Korean skincare because it is rich in antioxidants, which fight free-radical damage as you age, slowing the loss of elasticity and the occurrence of wrinkles.

The polyphenols in green tea can also assist the skin in repairing itself. Green tea extract is incredibly soothing to the skin, with anti-inflammatory properties to calm redness. And, of course, green tea contains caffeine, which depuffs the skin quickly.

## Licorice Root Extract

Licorice root is well known for its ability to brighten the skin, and it's often included in Korean anti-aging skincare because it is so gentle and effective. If you're dealing with hyperpigmentation from acne, sun damage, or even

melasma, licorice root extract is the ingredient you're looking for.

Glabridin and liquiritin are the two naturally occurring chemicals in licorice root extract that brighten the skin. It also has antioxidant properties to assist with repairing the skin and fighting free radical damage from exposure to pollution and UV rays.

## Ginseng

Ginseng is another beloved Korean skincare ingredient with some significant medicinal properties for the skin. This nourishing ingredient is rich in B-vitamins, which provide amazing anti-aging benefits for the skin when applied topically.

First, ginseng is excellent for depuffing and brightening. It also helps to smooth away fine lines and wrinkles. Best of all, it's super gentle, which means most people can use it around the eyes for dark circles and puffiness.

## Alpha Hydroxy Acids

Alpha hydroxy acids, or AHAs, are a popular ingredient in Korean skincare because they're gentle enough to be used on a daily or weekly basis, depending on how the product is formulated. Glycolic acid, malic acid, and lactic acid are all naturally occurring AHAs that gently exfoliate the skin, making it brighter, smoother, and clearer over time.

## Vitamin C

Vitamin C is a useful anti-aging ingredient that's very prevalent in Korean skincare products. Its benefits include brightening the complexion and evening out skin tone. It's also a powerful antioxidant in its own right, which means it fights free radical damage. It can be used morning or night, but if you use it in the daytime along with your SPF, the benefits of both products will be boosted.

## The Takeaway

Now that you know which ingredients to look for, it's time to incorporate them into your routine, based on your individual needs and skin type. You do not need to use all of these ingredients every single day; however, antioxidants like Vitamin C and sunscreen are the most crucial for daily use.

Once you've got the basics covered, add in targeted ingredients such as AHAs for brightening and smoothing or ginseng for depuffing around the eye area. It will take some experimenting to find what works best for you, but that's part of the fun!

## FITNESS, NUTRITION AND ACTIVE LIVING: The essentials

**O**ptimal health begins with nutrition, fitness and active living. From guidelines on developing healthy eating habits and ideas on how to stay fit to strategies for giving your child a happy, healthy start, Military OneSource provides practical and fresh content as well as initiatives and programs that will motivate you to maintain healthy living and manage your health in creative ways.

Begin your path to healthy living with these steps:

### Practice good nutrition

Eating healthy requires developing new diet habits like limiting sugar, snacking on fruits and vegetables and choosing whole grains. Your local farmers market and military commissary are two great places to buy fresh produce for a reasonable price. Share your nutrition goals with your children through programs like the 5210 Healthy Military Children campaign. Turn to Military OneSource for other helpful strategies on eating right.

### Give your child a happy, healthy start

It's important to teach children as early as possible actions and choices that promote health and happiness. Start by encouraging good nutrition and feeding them a hearty breakfast every morning. Promote good sleep habits and teach them how to communicate and express their feelings. Encourage physical activity as much as possible to lessen their screen time.

### Improve family fitness

Make fitness and active living an important part of your family life. Swap your daily screen time for a stroll around the neighborhood with your kids. Your installation's Morale, Welfare and Recreation is a great resource to get the entire family moving – with fitness classes, sports teams, golf courses, outdoor recreation programs and more.

### Access nutrition and fitness resources

Don't be afraid to tap into the support you need to meet your nutrition and fitness goals. Military OneSource provides health and wellness coaching sessions to help you eat better, get in shape, manage stress, tackle transitions and more. We highlight a wide range of nutrition and fitness resources, tools, and programs that will motivate you on the path to healthy living.

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