

the
RUN
with
BATYA



TO THE **FINISH** Line

RUNNING WITH BATYA By Zissy Fried

I'm not a runner. Up until a year ago, the colorful Run With Batya ads grabbed my attention, but never for more than a second. As a busy mother, the idea of training to run for a marathon sounded unrealistic. It was a random Thursday afternoon when a Batya fan popped into my home for some hot supper and told me that she had signed up to run. My 11-year-old daughter was intrigued. "Mommy, let's do it, pleeeeee!" The rest, as they say, is history.

We trained on Sundays. Those memorable sprints up and down County Line Road created a portfolio of bonding moments that we cherish. Taking selfies for our Strava status, inspiring each other to run just another half a mile or to break our speed record by one more second, guzzling water, and then collapsing on our front lawn....

I never imagined that investing myself in this could not only be realistic but actually created more Mommy and Me time than I had before we started training for the run.

We ran for fun. We ran for exercise. We ran to compete. And we ran to raise funds for a

great organization. Batya is literally changing the lives of 100s of girls, holding their hands throughout their journey to a life of Torah, giving them the opportunity to create and realize new and special moments – much like my daughter and me.

The anticipated day dawned sunny and cool. It was great to have the run take place in a local park! The route was well marked and there

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was plenty of water on hand! Special mention must be made for the friendly volunteers who cheered us on along the way- you really kept us going! We came in 10th place; a great start, but we hope to do better

this year! The lovely experience was wrapped up with an awards ceremony and delicious lunch. Three days later, the run was still the main topic of our conversations, and then the emails started ping-pong. They

were filled with pictures upon pictures vividly capturing precious moments of triumph and giving to a noble cause.

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DELICIOUS WAYS TO SLASH SODIUM

NO MATTER HOW HARD YOU TRY TO PREVENT THEM, some diseases just seem to happen. A recent study even highlighted a gloomy statistic that showed two-thirds of the risk of getting many types of cancer are random. Random. That means that they didn't happen because of our diets, our parents, our Styrofoam cups, or our choice of deodorants. They just happen to choose some people over others.

There are, however, certain health conditions that we may be able to keep at bay. In other words, **some conditions may be born out of environmental circumstances** that we can take control of, like smoking, exposure to pollutants, infection, and the foods we eat. Countless reports have shown that lifestyle behaviors can surely help you prevent the development of heart disease. Moving more, eating more fruits and vegetables, and lowering your intake of highly processed foods are three steps to help prevent high blood pressure and elevated cholesterol levels. One factor in particular, namely **an excessive intake of sodium**, plays a key role in the development of cardiovascular illnesses by increasing blood volume and pressure within the arteries and by making your heart work harder.

Eating food from restaurants and choosing highly processed foods are two main sources of sodium in the average Americans diet, contributing almost three-quarters of total sodium intake. Although you can't go into the kitchen when dining out to help control how much salt is added to your food, don't be shy about requesting that they go lightly on salting or not add any at all. Salt is one of the least expensive yet most flavorful ingredients used in eating establishments so you can be sure that, unless you instruct them otherwise, they will use plenty.



THE GOOD NEWS is that you don't have to compromise flavor for a healthier plate. Here are some tips to help you shake the salt habit:

- **ADD CITRUS TO YOUR MEAL** for a pungent punch of flavor! Swapping in lemon or orange flavor instead of salt will brighten your meal without contributing to heart disease risk. Orange or grapefruit sections in salad or fresh lemon squeezed onto fish will add a tart, yet healthy spunk to your meals. I'm salivating just thinking about [the salad recipe](#) I'm making tonight (pictured above.)
- **SWAP SALT FOR SPICES.** Oregano, black pepper, chili powder, red chili flakes, cinnamon, and cloves add tons of flavor to your meal without any salt, along with a hefty side of [health benefits!](#)
- **ADD FRESH HERBS TO YOUR MEALS.** Aromatic herbs such as rosemary, thyme, chives, and basil are nearly calorie-free, yet flavorful enough to help you pass on the salt shaker! You can enjoy fresh herb all year by planting a countertop herb garden. Growing an indoor garden is a great way to help your kids grow to learn about where food flavors come from.
- **ZEST YOUR PLATE TO LIFE!** Cutting back on sodium, but adding lemon zest to your meal can reduce your sodium intake by 50 percent! Try adding lemon zest to a marinade or rub for meats and chicken, salad dressings, or fish.
- **FILL YOUR SALT SHAKER WITH A NO-SALT SPICE BLEND.** Instead of leaving a salt shaker on your kitchen or dining room table, ditch the salt and create your own array of seasonings and spices or try one of the no-salt blends on supermarket shelves. Your family can have fun creating their personal favorite hot mixes.

THESE SIMPLE TIPS WILL PROVIDE A DELICIOUSLY SATISFYING WAY TO HELP REDUCE SODIUM WITHOUT FEELING DEPRIVED.



Mango-Oatmeal Breakfast Smoothie

PREP TIME: 10 MINUTES

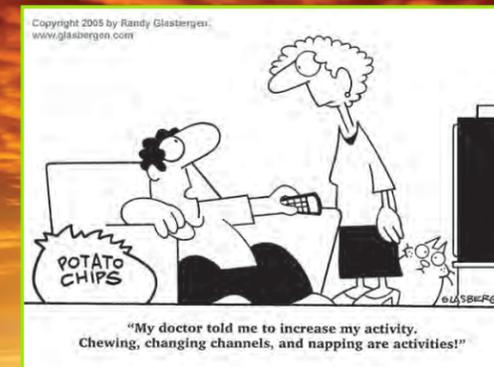
Ingredients

- 1/2 cup orange juice
- 1/2 cup frozen mango chunks
- 1/2 cup bananas
CUT INTO CHUNKS
- 1/4 cup oats



Directions

Blend orange juice, mango, banana, yogurt, and oats together in a blender until smooth.



**DON'T ASK ME WHY I RUN...
ASK YOURSELF WHY YOU DON'T.**



THE INSIDE SCOOP

"Throughout my years in Batya, from middle school to high school, and now college, I can truly feel confident in myself. Batya has taught me through its BUILD program what it means to be a leader, not only to myself but to others. Batya has also given me an outlet of other Jewish girls to communicate and share our experiences of being a Jewish girl in the modern world. Batya is where I want to be - always." - CD

"Batya is such an awesome way to learn about Judaism and also have fun, hanging out with your friends! I have been affected by Batya in so many ways and it has helped me become a mature, young woman. You may think learning isn't fun and isn't the best thing to spend your free time doing but with Batya you can learn and have fun at the same time. Batya becomes part of your schedule, there is never a time when you are "too busy" or "not in the mood" because everyone makes time for Batya. It's not something you need to do but something everyone should want to do. Everyone is so welcoming, nice and caring. It just makes your day!" - MB

"What does Batya mean to me? Well Batya actually means a lot to me. People sometimes think it's just an organization but it's so much more than that. It's a place to express yourself while being with your friends and meeting new people. Everyone there is so caring and always there to talk if you're having a hard time in school, with friends or even at home. My experience at Batya has changed me spiritually very much for the better. I don't know where I would be without Batya."

"Batya has helped me grow into someone who is so proud of being a Jew. I always look forward to every week to be able to be with the Batya girls and learn what it means to be a bat melech. The environment is so

comfortable and you're free to be yourself while learning one on one or as a group. I appreciate having such an amazing group of girls in my life that helps me stay connected to Judaism all year long." - YG

"Batya has and continues to provide me with the vision and focus to discover what is best for my spiritual growth. It has given me a safe place to contemplate who I am and where I am going, while providing me with the support system to feel confident in my decisions. Batya teaches me to be proactive and challenge myself to achieve more than previously believed. I would not be who I am or where I am without the dedication, support, and direction that Batya continuously gives to me." - CR

"With three years in an amazing program like Batya, I have grown so much. I have learned how to be a leader and to go out of my comfort zone. Batya teaches us how to be young Jewish girls who can accomplish anything. When we meet weekly we learn great leadership skills, and great personality traits. My family and I have gained so much spiritually through Batya. Batya doesn't just influence the girls, it also influences the families because the girls don't only learn; they learn and want to go home and share because they love it. Batya has truly done so much for me and I could never repay the Newmark's for what they have done for me and my fellow Batya girls." - EN

"Batya has been a support for me throughout high school and beyond, spiritually and emotionally. My Batya family has been there for me, helping me through happy times like going to yeshiva high school and to seminary, and through the rough times, being there for me and my family when my father passed away. I know I can always reach out and someone will take my hand, making time or space for me whether I need advice, support, or a place to go for Shabbos. I am ever so grateful to this wonderful organization." - AL

"Batya is a program that encourages kids within the grades 7th and 12th to have fun and learn about Judaism. The staff at Batya teach us in a way that makes us interested and want to learn more. Batya is an excellent program that is a fun place to chill and hang out too. Every week we are excited for Tuesday, also known as Batya night! Everyone loves to attend Batya, where everyone is positive and happy together. It's part of our weekly schedule! Batya is such an amazing program and everyone loves it!!" - RT

"I love Batya because it shaped me into a better Jew. And it made friendships that will last forever. I look forward to it every week" - SZ



Millions of Americans today are living with chronic digestive issues such as heartburn, acid reflux, bloating, constipation, diarrhea or even IBS (irritable bowel syndrome) and colitis. These issues can cause uncomfortable and sometimes even debilitating symptoms. A simple change in diet can optimize digestion and heal the gut. Healthy digestion gets vital nutrients to the body, sends important signals to the immune system and helps the brain function. There is no feeling of bloating, no experience in any strain during bowel movements and no running to the bathroom after a meal. In addition, the immune system becomes more equipped to fight off any infections or illnesses brought on by invading pathogens or microorganisms.

1) EAT WHOLE UNPROCESSED FOODS

Eating foods like fresh raw vegetables and fruits are great for the digestion and work miracles in the gut. Raw foods contain living enzymes, easily digested and do not negatively affect the "good" intestinal flora. On the other hand, processed, fatty foods do nothing but harm the body and hinder the gut's productivity. They make the digestive system sluggish, tired and vulnerable.

2) CONSUME A HIGH FIBER DIET

Consuming a high-fiber diet has many benefits, but the most pivotal is how it can improve and boost the digestive health. Processed and refined foods such as meats and dairy especially are bound to lead to complications for the digestive tract. These foods with no fiber can cause constipation and at worst, Irritable Bowel Syndrome. Whole grains, beans, nuts, seeds and vegetables contain plenty of fiber and make sure to keep things moving in the gut. In fact, these foods contain soluble fiber which aids in slowing down digestion by attracting water and turning to gel. By helping to slow down the digestion process, it makes the body work harder and thus, speeds up metabolism and aids in toxin removal and weight loss. Therefore, regular, healthy bowel function is so crucial to overall health.

3) GET MOVING

Exercise daily. It is so important to do any type of exercise for optimal digestion. Exercise does more than tone the heart and muscles; it also tones the intestines and is essential to regular bowel movements. Even utilizing some type of relaxation technique daily, especially biofeedback, breathing exercises or yoga can help. These relaxation techniques can lessen stress that can interfere with relaxation of the whole body, including the bowels.

Digestion is very important to the overall health. Avoiding processed foods and adding whole grains, raw vegetables and fruits that contain fiber will bring your digestive health to an optimal level. With Live Blood Microscopy (nutritional analysis of the blood) through the use of Darkfield Microscope and video technology it is possible to see the shape, size and form of red blood cells that can tell a story about digestion function and whether nutrients are properly absorbed without causing inflammation in the bowels and leaky gut syndrome. If the blood cells are not freely floating in plasma, but instead are sticking to each other, it is likely that there are undigested proteins from food in the blood stream after you had a nice meal. These sticky proteins are called Lectin proteins which form due to excessive consumption of cooked and processed foods. If these undigested proteins enter the blood, the immune system kicks in and helps out with digestion. When that happens, the other functions in the body get shut down and that is when you end up feeling fatigued and have brain fog. So, eat for you GUT'S sake and achieve optimal digestion!



Contact Larisa Belote to set up an appointment for Live Blood Microscopy and discover the shape of your red blood cells and how active and protective your white blood cells are. Health consultation and Blood Type Diet are included. Call 732-490-5770 or email: larisa@stepbystep-wellness.com; Website: www.stepbystep-wellness.com

Larisa Belote, CHHC, AADP, Certified Holistic Nutritionist, Published Author of a book "Surviving Pancreatic Cancer", and a strong believer that your body is a smart machine and can heal itself given a chance and the right set of tools.

the RUN with BATYA

FOREVER
LASTING...
IT'S WORTH YOUR WHILE

"I had the time
of my life?"

"I cant wait to join again next
year with my kids?"

"Thank you so much
I really enjoyed this
whole experience:)"

"Just wanted to say
thank you. The event was
professional and well run and
we enjoyed ourselves. My
kids did too?"

"I just wanted to tell you it
was amazing today and I'm sooo
impressed how well run and well
done? I really enjoyed?"

"Thanks so much for such an
amazing opportunity?! It really was
an amazing experience?"

"
Thank you so much for a wonderful day. It was so well
organized from start to finish. The hype leading up to the
run was so exciting. The contests, raffles and motivations.
Then came race day. What a great experience for the kids.
Face painting, arts and crafts, etc. A real bonus. The exciting
start/ finish line. All the cute volunteers cheering us on.
What an exhilarating feeling. To achieve ones goal. I
completed the 5k and it was amazing?
I'm coming back next year with friends if" H...
Thank you again and hatzlacha.

"I just finished my 10k and
I am so excited. I just ran the
fastest I ever did in my life but
that's not the point. Im running
and I raised so much money - I
never raised so much money before
for tzedakah? I want to thank
you for the opportunity to be a
part of this and for doing your
incredible work?"

LONG DISTANCE RUNNING!

LONG-DISTANCE RUNNING HAS A NUMBER OF HEALTH BENEFITS.
Here's a look at how running long distance can benefit you.

Those of us on the couch watching runners start a marathon, or following the action on social media, have probably asked ourselves repeatedly why anyone would put themselves through a grueling run. Well, it turns out that there are a number of health benefits to long distance running. According to an article published in the [PIT Journal](#), long-distance running provides a number of physiological benefits for the human body. It stimulates the heart, respiratory system and the brain, and reduces cardiovascular mortality.

HERE ARE 10 HEALTH BENEFITS OF LONG DISTANCE RUNNING:

1. Long distance running **strengthens your heart**. When strengthened, your heart, which is a muscle, is able to pump blood to your muscles more effectively.
2. Your leg muscles benefit - you **develop more endurance** and won't find yourself getting injured quite as often or easily.
3. Exercise **helps strengthen bones, ligaments and tendons**, once again making you less injury prone.
4. Have you heard the term **VO2**? Well, **running increases this**. What it means is that your body is able take oxygen from the oxygen-rich blood to your entire body. Over time, this will make running (and exercise) feel a bit easier.
5. More capillaries (those mini blood vessels) will grow and as a result enhance blood supply to your muscle fibres. This in turn provides **increased energy** and oxygen to your muscles.
6. The concentration of key aerobic enzymes also increases.

These enzymes have an important job **helping to break fuel into useable forms of energy** that you need when running.

7. Running also forms more myoglobin in the skeletal muscle fibres. This **facilitates oxygen transfer into the muscles**, which helps improve your running.
8. Looking to lose weight or keep it off? Running **develops your fat-burning capacity** - your body learns how to tap into your fat supply optimally. Maintaining a healthy weight is important if you want to lower your risk of developing health issues.
9. Running is a great way to train your mind. It **helps you develop mental toughness and teaches you coping skills**. As you start adding more kilometres to your training runs, your confidence receives a boost when you find that your body can actually go the distance.
10. According to the Archives of Internal Medicine, regular exercise such as long-distance running **can "lift depression just as well as prescription antidepressants"**.

However, it's important to remember that although ultramarathon runners are generally healthier and take less sick time than the rest of the population, they do tend to suffer more knee pain and stress fractures. **HAPPY RUNNING!**



Ingredients

1 egg white
1 tbsp. water

Pecan Snack

1 pound pecans
¾ cup white sugar

1 tsp. ground cinnamon
1 tsp. salt

Directions

1. Preheat an oven to 250 degrees F (120 degrees C).
2. In a large bowl, beat egg white with water until frothy. Stir in pecans and mix to coat. Combine sugar, cinnamon and salt and stir into pecan mixture. Spread on a baking sheet.
3. Bake in preheated oven 1 hour, stirring every 15 minutes. Store in an airtight container.



BATYA... 'cuz it's where you WANT to be!
 235 Hearth Court West
 Lakewood, NJ 08701
www.runwithbatya.org

Forever Grateful
 to
Chaya Bornstein
 the mastermind
 behind Run with Batya,
 whose dream became a
 magnificent reality!



ENERGIZE

YOUR BODY,
 SPIRIT AND SOUL.

ENRICH

THE LIVES
 OF JEWISH
 TEENAGE GIRLS
 THROUGH
 SUPPORTING
 BATYA.

ENJOY

THE PROFESSIONAL
 TRAINING.

THE ACHIEVEMENT
 OF THE RUN.

THE FEELING OF
 HELPING OTHERS.



Run with Batya is an invigorating and energizing 10k/5k professional Run for women and girls, designed to revitalize you while benefitting the girls of Batya.

www.runwithbatya.org