



inafa'maolek

the health
and wellness
edition

HEALTH
Smart



Pay-Less Chairman Emeritus, Paul M. Calvo, often shares:

**“FOR THOSE TO WHOM MUCH IS GIVEN,
MUCH MORE IS REQUIRED.”**



PAUL AND ROSA CALVO

This is the framework of the Pay-Less philosophy of “inafa’maolek”. As we celebrate 70 years of doing business on Guam, we are grateful for the friendships and connections that we’ve made over the many decades. We continue to strive towards excellence as a company and give back to the wonderful community that has built us up to where we are today.



SINCE 1950, WE HAVE CONTINUED TO BUILD VALUE FOR YOU WITH THE OPENING OF OUR FIRST STORE, J&G PAY-LESS, TO OUR NEWEST STORE IN MAITE PAY-LESS.

70 Years of Inafa’maolek

KATHY CALVO

PRESIDENT AND CEO OF PAY-LESS MARKETS

THE PHRASE INAFA’ MAOLEK (PRONOUNCED E-NA-FAH MAO-LEK) DESCRIBES THE CHAMORU CONCEPT OF RESTORING HARMONY OR ORDER. THE LITERAL TRANSLATION IS ‘TO MAKE’ (INAFU) ‘GOOD’ (MAOLEK).

Pay-Less Markets is truly a local institution rooted in Guam for over 70 years, with a promise to provide the greatest customer value every single day. Value is reflected in the way we treat our customers, employees and our island.

It is with this *inafa’maolek* spirit, we want to showcase four ways that we are committed to give back to our local community through: **food | culture | people | land**

This first issue will highlight how we care for our *people* through our Community Care programs. We have a corporate responsibility to ensure that we sell high quality products and meet the needs and rising demands for healthy food and sustainable products.

In 2005, we launched Guam’s first Health Smart department; and in 2016, we brought on board a full-time Registered Dietitian. We have grown the program with the opening of Pay-Less O.N.E., our first natural and organic shop, and the community eduKitchen in Dededo and Maite.

We hope you chagi, connect, learn and grow with us in 2020 and for years to come.

Biba Guam!



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We hope to make the healthy choice an easy choice for everyone. Learn more about the program in the following pages.

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IN 2016, PAY-LESS INVESTED IN HIRING A FULL TIME REGISTERED DIETITIAN TO FURTHER PROMOTE A HEALTHY DIET AND LIFESTYLE. ROSAE CALVO HAS BEEN AGGRESSIVELY INVOLVED WITH OUTREACH PROGRAMS IN OUR COMMUNITY AND TEACHES CLIENTS ABOUT NUTRITION AND HEALTHY CHOICES.

Making Health Smart work for you.

ROSAE CALVO, RDN, LD

SUPERMARKET DIETITIAN

Our Health Smart mission is to make the healthy choice an easy choice. With a wide range of services, our program is designed to offer solutions that work for you, no matter where you are on your journey to a healthier, happier you. Below are some ways Health Smart can help at the different stages of your health journey.



WHERE CAN YOU FIT HEALTH SMART IN YOUR LIFESTYLE?

BYSTANDER



While health may not be the top priority when building your shopping list, you are open to healthy options if the price is right.

Look out for "Dietitian-approved" items in our weekly Dinanche Deals and monthly Pay-Less O.N.E. deals for lean meats, nutrient-rich seafood options, whole grains, functional foods, and better-for-you options low in calories, sugar, sodium, and/or saturated fat.

HOMESTEADER



You take your health into your own hands, but could use some general advice. Are there certain foods or meal patterns you are interested in trying? Which of these products are available at our stores? Why are they beneficial? How are they best prepared?

Get your questions answered on "ASK ROSAE". Visit our paylessmarkets.com/community to communicate directly with a dietitian for up-to-date and reliable answers to your questions.

PROSPECTOR



You are open to new ideas — whether for health reasons or interest in food trends. You enjoy cooking and working with new products.

Attend an eduKitchen demonstration and explore new topics and recipes every month. Learn more on pages 12-13.

DRIVER



You are ready to make changes, but need help putting a plan in place.

Register for nutrition services with a Registered Dietitian to help you navigate your journey to better health and better food choices. Receive a personalized care plan to meet your health needs and/or diet preferences. See next page for more details.



PAY-LESS NUTRITION SERVICES



REFERRAL
REQUIRED

PERSONAL SHOPPING SERVICE



Your Supermarket Dietitian can help you find the right products for your food sensitivities, diet restrictions, and general health and wellness. Learn the facts, shop and cook confidently, and achieve your diet and nutrition goals.

HEALTH MANAGEMENT PACKAGE

This 8-month program includes: (1) initial assessment, (6) group sessions, and (1) individual re-assessment. With guidance by a Registered Dietitian, plan your journey, monitor your numbers, get peer support, and achieve better control of your health.

WHAT TO EXPECT
LEARN | SHOP | EAT | ACHIEVE
Take a 30-minute tour with our Supermarket Dietitian, who can answer your questions about nutrition, ingredients, special diets, and health.

WHAT TO EXPECT
LEARN | PLAN | EAT | CONTROL
Get a complete nutrition assessment from a Registered Dietitian, who can guide you to better food choices to manage your health. Receive a tailored plan with key strategies based on your lifestyle needs.

HEALTH MANAGEMENT CONSULTATION



REFERRAL
REQUIRED

Start your journey to better health with our Supermarket Dietitian. Whether you're managing blood sugar, blood pressure, or weight-- learn the facts, balance your meals, track your progress, and get the support you need to live healthier.



**ASK YOUR PHYSICIAN FOR A REFERRAL OR
SCHEDULE AN APPOINTMENT**

Download referral form or register at
paylessmarkets.com/community/health-smart



10

PRODUCTS WE LOVE

healthy food doesn't have to be dull. we've selected our favorites that satisfy tastes and fulfill nutrition needs.



1 BEYOND BURGER

Plant-based burger that looks, cooks and satisfies like beef without GMOs, soy, or gluten.

2 CAULIPOWER VEGGIE PIZZA

Made from real cauliflower, this is a delicious, low carb, healthy alternative.

3 GREEN GIANT RICED VEGGIES

This is a great low-calorie food alternative to rice, potatoes & pasta.

4 TAYLOR FARMS CHOPPED SALAD KITS

Ready to enjoy right from the bag and packed with a perfect ratio of greens, toppings and complementary salad dressing.

5 SAMBAZON ACAI ON-THE-GO

Frozen sorbet paired with crunchy granola for a healthy snack. A good source of antioxidants (vitamin A), healthy omegas and fiber.

6 LAIRD HYDRATE COCONUT WATER

This all-natural blend is a delicious hydration solution with essential electrolytes and trace minerals.

7 SILK UNSWEETENED CASHEW MILK

Irresistibly creamy taste from cashews, it's perfect in recipes, over cereal or as a refreshing drink.

8 SWERVE GRANULAR SWEETENER

A sweet and delicious natural sugar replacement for baking, cooking & beverages.

9 BAI ANTIOXIDANT BEVERAGES

Refreshing antioxidant-infused drinks using coffee fruit, with less calories and no artificial sweeteners.

10 MELT ORGANIC BUTTER

Try plant-based non-GMO butter. It's good fat and it's just plain good!



PAY-LESS O.N.E. – AN ACRONYM FOR ORGANIC+NUTRITION+EDUCATION – IS A ONE-STOP NATURAL AND ORGANIC SHOP LOCATED NEXT TO DEDEDO PAY-LESS.

AVAILABLE AT PAY-LESS O.N.E.



A HEALTH SMART

Appetite

WITH OVER 10 WORKSHOPS AND TWO HEALTHY HEROES SUMMER CAMPS UNDER HIS BELT, 12-YEAR-OLD KAZU IS AN ENTHUSIASTIC AND OUTSPOKEN MEMBER OF THE EDUKITCHEN PROGRAM. I HAD A CHANCE TO FACETIME WITH KAZU AND HIS MOTHER NAOMI, WHO NOW RESIDE OVERSEAS, TO ASK ABOUT HIS EXPERIENCES INSIDE THE EDUKITCHEN AND THE IMPACT IT'S HAD IN HIS LIFE.

"I'VE ALWAYS HAD A PASSION FOR COOKING AND WORKING WITH FOOD," Kazu said when asked what made him interested in joining his first workshop 3 years ago.

He soon realized that there was much more to the eduKitchen. "I learned about Guam's ecosystem, about being healthy, a good eater, making shopping lists and going through the supermarket reading nutrition facts," explained Kazu.

Naomi, who was seated next to him, chimes in, "He really developed some good habits, simple things like washing your hands before cooking!" She believes that the opportunity to send Kazu to the workshops and camps has been valuable. She says with a smile, "When the parent says something, it doesn't always stick, but when you have an expert say it, they'll do it!"

Naomi tells me that the eduKitchen has evolved from just simple food demonstrations to teaching valuable skills, like bringing in guest speakers to talk about the environment or trips to local farms. "It has made a definite lifestyle impact. They really put a lot of thought into what they are teaching," she says.

I asked him about how he uses some of the things he's learned in his everyday life, and he tells me that he doesn't shy away from making dinner or breakfast if his mother isn't able to.

"I use the cutting techniques that I've learned and use all the spices I explored in the summer camps," he says. "I still have recipes from edukitchen that I make at home now."

Outside of cooking, Kazu says he is now more conscious of what he consumes. Before attending any workshops, he knew that he should be eating greens, dairy and meat but he never knew exactly how to portion. He tells me vegetables aren't really that bad. In fact, they taste very good! You just have to see which ones you like and dislike in order to get the right amount of portions in a day. Aside from eating correct portions, he reads

nutrition labels and looks for things like cholesterol, trans fats, sugar, iron and fiber.

Now that he's more aware of what he's eating, I ask if he feels any different or if he recognizes any changes.

"Physically it boosts my capability. If I eat right or eat the right kind of foods, I do much better in sports and mentally, I do better in school. It boosts my mind and I excel," says Kazu.

ADVICE HE COULD GIVE TO KIDS HIS AGE FOR LIVING A HEALTHY LIFESTYLE: "JUST CHAGI".

Overall, Kazu now has an open-minded approach in the way he thinks of food and nutrition.

"I learned to *chagi* really; I learned that you can't really judge a book by its cover and you have to try to really know if you like it or not. That is one of the main words in the eduKitchen - to try, chagi, and that led me to like some of my favorite dishes."

Kazu and Naomi say they'll be back on Guam next year and can't wait to visit the eduKitchen again.

by ROYCE HARE

FOR THE LUZANOS, LEARNING TO COOK HEALTHY DISHES

AT THE PAY-LESS EDUKITCHEN IS A FAMILY AFFAIR.

“We try to sign up for classes every month,” Michelle Luzano says. “My mother comes along a lot and my children go to the Saturday kids’ classes. We’ve been going to classes pretty much since they started a few years ago.”

“I think the best part is just being in the kitchen,” Luzano says. “With my kids and my mom, that’s three generations in the kitchen cooking recipes that we learned, some of which we never would have thought of.”

One of those recipes is carrot chocolate chip pancakes. “It’s probably one of our favorite recipes that we’ve learned — we’ve made it so many times,” Luzano says. “Just being able to spend time together and learn in these classes is great, and a lot of them are free. It doesn’t get any better than that.”

Luzano credits Pay-Less Supermarkets dietitian Rosae Calvo with changing how she thinks about food and cooking for the better.

“I think not just about my own family, but also when you go to gatherings and you see how unbalanced our meals usually are,” she says. “One thing we learned from Rosae is that she brings a salad to all the family gatherings she goes to, so we kind of try to mirror that. Even if we don’t bring a salad, we’ll bring fruit or some sort of healthier option. Sometimes if you want to have a healthy option, you have to bring it yourself.”

Some might think that with Guam’s typically meat and carbohydrate-heavy diet, it would be an uphill battle to eat healthily. Luzano says one thing you can do is to make small, sustainable changes a little bit at a time, rather than trying to completely overhaul your diet.

“Just switch out some things with healthy alternatives here and there,” she says. “That’s one thing I’ve learned at the eduKitchen, they always try to give a healthy alternative. Like brown rice chalakiles, for instance.”

For those who have yet to attend a class, Luzano says a simple method for eating healthy — which she also learned at the eduKitchen — is the MyPlate concept which is taught by the U.S. Department of Agriculture.

“Growing up we learned about the food pyramid, but that was kind of hard to implement, where MyPlate is much simpler,” she says. “It’s really just the five food groups shown on a plate and a side of dairy. It shows you how much you should have and it’s just a simpler way to think about what you should be eating.”

Luzano — and the rest of her family — look to pick up even more culinary tips, tricks and recipes as they continue to take classes with Pay-Less Supermarkets.

“You should go to an eduKitchen workshop if you haven’t already,” she says. “You should also bring someone — sometimes they have things like date night and a Mother’s Day cooking class. Instead of going to a restaurant you can learn something together and eat a delicious meal afterwards. It’s a nice experience.”

by WAYNE CHARGUALAF



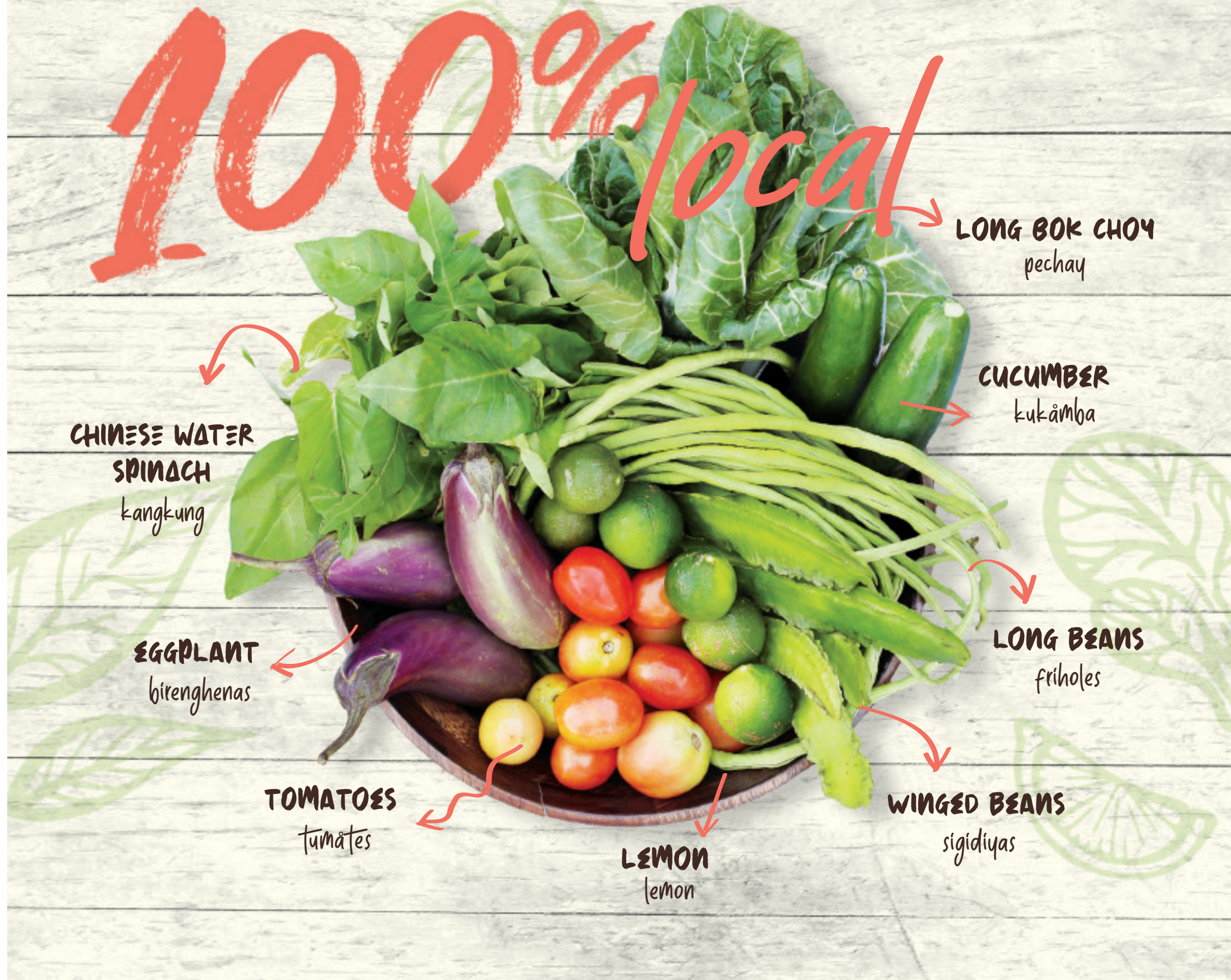
BUYING LOCAL ENSURES THAT FRESH PRODUCE AND A WIDER DIVERSITY OF FOOD IS MADE AVAILABLE TO OUR CUSTOMERS. PAY-LESS IS THE LARGEST PURCHASER OF LOCAL PRODUCE, SUPPORTING DOZENS OF FARMERS AROUND THE ISLAND. LOOK FOR THIS SIGN AT YOUR FAVORITE PAY-LESS STORE:



INCENTIVES SUCH AS FRESH SAVINGS FOR SENIORS WAS ESTABLISHED TO ENCOURAGE SENIOR CITIZENS TO BUY MORE FRESH PRODUCE WITH A 10% OFF SAVINGS EVERY MONDAY.



100% local



LONG BOK CHOY
pechay

CUCUMBER
kukamba

CHINESE WATER SPINACH
kangkung

LONG BEANS
friholes

EGGPLANT
birengenas

WINGED BEANS
sigidiyas

TOMATOES
tumates

LEMON
lemon

WITH THE DEMAND RISING FOR NUTRITIOUS OPTIONS, PAY-LESS O.N.E. AND THE FIRST EDUKITCHEN OPENED IT'S DOORS IN 2016. THE "EDUCATIONAL KITCHEN" IS WHERE OUR PAY-LESS DIETITIAN, TRAINED CHEFS AND MEMBERS OF THE COMMUNITY CAN COLLABORATE AND SHARE CULINARY TIPS AND RECIPES, HEALTHY ALTERNATIVES, EXPLORE LOCAL ISSUES, AND INSPIRE GENERATIONS TO "CHAGI".

JAMES OPENA

EDUKITCHEN CHEF



James' love for cooking, sharing and teaching, makes him the perfect eduKitchen Chef for the Pay-Less family & community.

After graduating from Guam Community College's Culinary Arts program, his career aspirations landed him several positions within hotel and local restaurant kitchens, before reorienting his efforts and energies into becoming a personal chef.

At the Pay-Less eduKitchen, he is able to teach and share his knowledge with the community, while continuing his own education and further developing his passions. Chef James is the main driving force behind the recipes and classes at the Pay-Less eduKitchen.



PESTO TILAPIA

- 6 cups spinach
- 1 cup fresh basil
- ¼ cup extra-virgin olive oil
- ½ cup pecan halves
- ½ cup fresh shredded Parmesan cheese
- 2 medium cloves garlic minced
- ¼ tsp. salt, or to taste
- 6 tilapia fillets
- Olive oil
- Salt and black pepper to taste

Directions:

Preheat oven to 400°F. Coat baking dish with some oil. Layer 2 cups of spinach on bottom of dish. Set aside. In a food processor, add the spinach, pecans, parmesan, garlic, and olive oil. Blend until it reaches a smooth consistency. Season with salt and pepper. Pat the tilapia dry with paper towel. Place fish on top of the spinach in baking dish. Spread the pesto on top of the fish. Bake for 20 minutes.

CAULIFLOWER FRIED RICE

- 1 head cauliflower, riced
- 1 tbsp garlic, minced
- 2 cups spinach
- ½ cup onion, diced
- 2 cup frozen peas carrots and corn
- 3-4 tbsp. low sodium soy sauce
- 1 egg, beaten
- ¼ cup green onion
- Salt and black pepper to taste
- Olive oil

Directions:

Heat a large pan over medium heat. Add some oil. Add the eggs and scramble. Remove from pan. Add some oil. Add the onions and garlic. Season with salt and pepper. Add the cauliflower, peas, carrots, and corn. Drizzle the soy sauce and toss to coat. Add the spinach and eggs. Toss to combine. Garnish with green onions.



JACKFRUIT RIBS

- 1¼ lb. green jackfruit
- 1 ¼ cups vital wheat gluten, more as needed
- 3 tbsp. nutritional yeast
- 1 tbsp. sweet smoked paprika
- 1 tbsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. mustard powder
- ½ tsp. red chili flakes
- 4 cloves garlic, minced
- ¾ cups low sodium vegetable stock
- 3 tbsp. tamari or coco aminos
- 1 cup barbecue sauce
- 1 bay leaf
- 1/3 cup fresh chives, for garnish
- 1 tsp. liquid smoke (optional)
- Salt and black pepper to taste

Directions:

Preheat oven to 375°F. Bring a pot of water to a boil. Drain and rinse the jackfruit. Add bay leaf, salt, and jackfruit to pot. Boil for about 15 minutes. Drain and smash jackfruit with potato masher or fork in a bowl. Set aside. In a bowl, add the dry ingredients. Add the jackfruit, tamari, and stock (add liquid smoke if using). Mix with hands until dough forms. If too wet, add more wheat gluten. If too dry add some water. When dough is formed, shape into a rectangle. Add some barbecue sauce to bottom of a baking dish lined with parchment paper. Add the dough and reshape if necessary. Add some barbecue sauce on top, cover with foil, and bake for 45-50 minutes. Let it cool before slicing. Garnish with chives and side of barbecue sauce.



SPAGHETTI SQUASH PANCIT

- 1 large spaghetti squash
- 2 cup cabbage, sliced
- ½ cup onion, sliced
- ½ cup carrot, julienned
- ¼ cup celery sliced
- 1 tbsp. garlic, minced
- ¼ cup low sodium soy sauce
- 1 lb. chicken breast, sliced
- Salt and black pepper to taste
- Olive oil

Directions:

Preheat oven to 375°F. Cut the squash in half and scoop the seeds out with a spoon. Place squash on a baking dish lined with foil, flesh side down. Bake for 30-40 minutes. Let cool, then scrape out the strands with a fork. Set aside. Heat a large pan over medium heat. Add some oil. Add chicken. Season with salt and pepper. Cook through, about 5-7 minutes. Remove from pan. Add the onions and garlic. Cook for 3 minutes. Add the cabbage, carrots, celery. Cook until tender, about 5-7 minutes. Drizzle half of the soy sauce. Toss to coat. Add the chicken and toss. Then add the remaining soy sauce and spaghetti squash noodles. Remove from heat and squeeze lemon over dish.

Our "educational kitchen" is home to culinary experimentation and exploration — local, flavorful foods and healthy alternatives, meal inspirations and culinary tips. It's a place where the community can come together and chagi something new. Though our focus is mostly on the foods coming out of a savory kitchen, we also partner up with the community to share tips on going green, sustainability techniques, prevention and health maintenance, and more. The eduKitchen is located next to Dededo Pay-Less in Pay-Less O.N.E. and Maite Pay-Less.



eduKitchen

PAY-LESS DEDEDO & MAITE

LEARN MORE OR REGISTER FOR WORKSHOPS AT [PAYLESSMARKETS.COM/COMMUNITY](https://paylessmarkets.com/community).



**FOR MARK MALDIA, AN INCIDENT AT A WORK PICNIC
CAUSED HIM TO RETHINK HIS HEALTH CHOICES.**

“During a tug-of-war, I felt nauseous and out of breath,” he says. “That’s when it hit me that I really need to change something in my life.”

Maldia had been overweight since he was a teenager. He was also taking medication for hypertension and diabetes. Maldia had started out walking for exercise based on the advice of a coworker when he heard about the Pay-Less Kick the Fat 5k. Maldia decided to try out it. After the event, he started talking with a nun who had also participated, who told him that she finished her 5K in 45 minutes, where he had finished his in 48 minutes.

“So I tell everyone I got beaten by a nun,” he says with a laugh. “Since then, I’ve just tried to excel in my running — and maybe to beat that nun if I see her again!”

Maldia now runs his 5ks in under 27 minutes, with his fastest time clocking in at 24 minutes and 58 seconds. He’s also brought his weight down from more than 300 pounds to around 185 pounds and now has his hypertension and diabetes under control, thanks to both his exercise routine and nutrition advice from Pay-Less dietitian Rosae Calvo.

“I tried to lose as much weight as I can as fast as I can, but that’s not a good thing, because it will affect your life,” he says. “You won’t have a lot of energy.”

Before consulting with Calvo, Maldia would eat very little at night — sometimes only an apple. With advice from Calvo, Maldia has been able to develop a healthy, sustainable diet that gives him all the energy he needs to get through the day.

“My diet is still evolving,” he says. From time to time I’ll give myself a treat like chips or ice cream, and I still occasionally eat rice. It’s all about moderation.”

For his workout routine, Maldia has begun to integrate other exercise modalities such as weight training and cardio boxing.

“Cardio boxing is a good workout and a great stress-reliever,” he says. “Especially when you’ve been looking at a monitor for eight hours.”

He still likes running the most, however, since it gives him goals to strive for in the form of faster times.

“There’s a guy I know who runs really fast times,” Maldia says. “His 5ks are down to 17 minutes, so I want to catch up to him. Not so much to beat him, but just for a time to strive for. I’m not sure if I’ll run as fast as him, but I think if you’re really disciplined and dedicated to a goal, you can achieve it.”

Maldia says that if he can get on the road to a healthier lifestyle, anyone can. Although the hardest thing can be to just get started, Maldia said just starting anything at all is more important than trying to get the perfect start.

“A lot of people will think, ‘This is so difficult, where do I start?’” he says. “Just do something, do anything to get started, even if it’s really simple. And even when you’ve been working out for a while, you might have a day where you’re feeling lazy. Even if you don’t do your whole workout, just do one thing, because at least you didn’t completely disregard your fitness for that day. It doesn’t have to be fancy or crazy. Just find something to do and do it.”

by WAYNE CHARGUALAF

**" STARTING ANYTHING
AT ALL IS MORE
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TRYING TO GET THE
PERFECT START. "**



Fitness

Nutrition is just one of several factors involved in getting healthy. Exercise burns calories and raises metabolism, lowers blood pressure and blood sugar, improves sleep quality, and reduces your risk of disease to name a few. With Pay-Less Kick the Fat 5k/10k on the horizon, we sat down with some of our gym partners to get you some tips for getting ready for the race.

GYM PARTNERS



Cross Training – Why do we need to strength train in addition to running? What are some ways to cross-train to strengthen our running game?

"Strength training builds capacity of our bodies to handle the high stresses that running places on it. Being able to handle high stresses for longer periods of time enables better running times while mitigating injury. Strength and conditioning should focus on all three planes of movement starting with unilateral isolation movements eventually into complex heavier bilateral integration movements."
– Dr. Ryan Claros, PT, DPT, MS, CSCS

Custom Fitness is a functional fitness facility offering consumers a wide variety of professional health and wellness. Services include rehabilitative services by an in-house physical therapist, personal, team and sport-specific training, corporate wellness, nutritional advice and CrossFit. | Hagåtña 989-0436



Rest and Recovery – Why is it important to rest during your running training program? What are some recommendations?

"Rest and recovery is what the body needs in order to gain the benefits of what ever training regiment you are involved in. When you allow your body to rest all the muscle fibers in the body are repairing itself during this time. Stretching, even on an off day, is also necessary to repair and improve performance. Stretching allows the blood to flow through the muscles faster allowing the repair process to accelerate. Doing nothing on an off day is fine, but to maximize your efforts in your physical goals; stretching is also key."

Since 1996, the Guam Kyokushin Karate Organization is the only dojo on Guam to use certified instructors who use the latest training methods out of Japan's Kyokushin headquarters. Learning the art of Kyokushin Karate will empower you to become disciplined and strong in mind, body and spirit. | Hagåtña 777-6438 A3 Perez Building, Hernan Cortez Ave.



Warm Up – Why is it important to warm up? What are some warm-up recommendations?

"A good warm up is imperative for a successful race, to not only avoid injury, but also to get your heart rate up so you don't have an adrenaline dump. By heating up your core temperature, jumping jacks or running in place will do, you'll avoid the heart rate spike. Some line drills and dynamic stretching will loosen the muscles, lowering the risk of injury."

At Steel Athletics we know that people come in all shapes and sizes but all have the potential to be great athletes. Our goal is to make you feel comfortable in your own skin by embracing who you are, adopting a healthier lifestyle, and loving the person you see in the mirror. Come train with us. | Tamuning 682-7294 643 Chalan San Antonio, Tamuning, Guam

*EXCLUDES HAGÁTÑA DOJO.

Post Run Recovery – Why is post-run recovery so important? What are ways to keep hydrated and stretching after a run?

"Whether it is a 20 minute run or a 2 hour run, there is a certain amount of stress put on the body. Aside from losing electrolytes, primarily sodium and potassium, glycogen is depleted, and a tearing down of muscle fibers. For this reason, its important to stay hydrated by drinking water before and after a run. This helps to cool the body from the inside out, rehydrate, and help flush lactic acid out of the body. Deep stretching and deep diaphragmatic breathing also help the process. Some yoga poses that benefit post run recovery include: Anjaneyasana/low lunge, Malasana/deep squat, Adho Mukha Svasana/ downward facing dog, and Supta Matsyendrasana/reclined spinal twist."

At Synergy Studio, the staff is fueled by passion and committed to providing the latest in fitness and wellness to our island community. Everyone is welcome, for Synergy is your space and your studio, where Wellness meets Fitness. | Hagatna Studio 472-SNRG (7674) & East Hagatna Studio 472-SNRG (7674) East Marine Corps Drive



Mental Toughness – Why do we need mental toughness when running?

"Mental toughness falls in alignment with having a purpose! That same purpose keeps your mind strong. A purpose that no one can take away from you because you're doing it for yourself."
– Luis Blanco

Our mission is to instill health and fitness in the mindsets of our members – the holistic approach. We are dedicated to educating our members. It's the key to a successful health and fitness plan. With these educational tools, members can achieve their goals. Dededo 687-4229 190 West Marine Corps Drive, Dededo Plaza, Units #1 & #8



Running Groups – What is the importance of running groups?

"Aside from general safety from the boonie dogs, accountability. In exercise groups it becomes more than just about ourselves, we're there for our peers. There's always those training days where you don't feel yourself, and the tasks feel impossible. For most, if you were alone it would be easier to slow down or give up, but with a group/team it would be more than giving up on yourself you would be giving up on them. That's a tougher pill to swallow."

Unified wants to help you achieve what fitness means to you. Their goal is to teach you the most effective and safest ways to get you where you want to be and make sure you have fun while doing it. | Tamuning 969-8641 147 ET Calvo Memorial Parkway



Training Plan – Why is it important to have a training plan?

"Having a training plan for a specific event or activity is very important. You never want to go into a race blindsided, so preparation is key. Creating a program leading up to the race, and sticking to it with discipline and consistency will get you the results you're looking for."

Paradise has a goal to make a difference in the communities they serve by helping people change their lives through health and fitness each and every day.

Agana 475-2100 213 Chalan Santo Papa
Dededo 635-2100 118 East Marine Corps Drive, Ste 102



OUTDOOR BOX JUMPS WITH PERSONAL TRAINER JOSEPH CAMACHO

Benefits: Builds explosive power, increases coordination, engages your legs, core, and arms.

Tip: Start on a low platform like a sidewalk and then gradually increase your height to a taller platform – like a stable log or a bench. Remember that wherever your head goes, the body will follow. So always ensure that you look up for good posture.

- 1) With your feet at shoulder-width apart, bend your knees and lock your core.
- 2) It's important to always protect the spine: straight spine, chest up, core locked.
- 3) Swing your arms back 45 degrees then swing them forward towards the bench or object. Take a leap at the same time and stick your landing on the top. Making sure your heels and toes are equal as you land.
- 4) Step off or hop off and repeat the process 10 times for 3 rounds.



2020 Kick the Fat 5k/10k

Guam's largest 5k, Pay-Less Kick the Fat, drawing over 4,000 participants. The first KTF launched in March 1996 as a means to raise funds for local non-profit organizations, while encouraging our community to lead a healthier lifestyle. This year's KTF '20 is scheduled for January 25th, and is followed up by a Health Smart Wellness Festival for health screenings, demonstrations, and family-friendly activities from our partners.



ONLINE REGISTRATION IS OPEN
THROUGH JANUARY 20, 2020 AT
PAYLESSFOUNDATION.COM

See ad on back page
for details.



BENEFICIARIES OF KTF AND THEIR PROJECTS



SnakePit Wrestling Academy Guam was founded in 2016 with the goal of creating a grassroots program whose mission is to introduce healthy lifestyle habits to Guam's youth through wrestling.

PROJECT: Project Fit to Fight program will invite twelve eligible candidates, as recommended by Guam Cancer Care, to participate in individualized programming with the goal of increasing dexterity, balance, strength, flexibility, and endurance.



Formerly, Big Brothers Big Sisters of Guam, Mañe'lu has been serving youth and families with mentoring programs and supplemental services since 2001, serving more than 1000 youth.

PROJECT: Mañe'lu will host a kickball tournament for youth ages 6-18 living in underserved low to moderate income housing areas. Transportation, equipment, healthy refreshments, and uniforms will be provided to 45 players to promote a healthy and active lifestyle.



Duk Duk Goose, Inc., producers of Nihi and KIDS TALK, hope to affirm local identity, empower future generations to be caretakers for the environment, and encourage healthy and sustainable ways of living.

PROJECT: Funding for one (8-10 minute) episode on lemmai for Eat Like Our Ancestors series in a studio setting, featuring local children, introducing traditional fresh local foods and highlighting the healthier benefits over more processed food choices.



Since 1982, the UOG Endowment Foundation has supported the community with scholarships, special projects and other resources made available through the generous support of donors.

PROJECT: The expansion of the community produce garden at the University of Guam, with the capacity to produce local fruits and vegetables for the students living in the Iyo-hami and Guma-ta residence halls.



WELLNESS Festival

in conjunction with Pay-Less Kick the Fat 5K/10K

SATURDAY, JANUARY 25, 2020 | 5:00AM - 8AM

Join us for a healthy celebration the whole family can enjoy!

This one-day festival will kick-off with the Kick the Fat 5K/10K race then follow with these exciting activities.

WARM UP & COOL DOWN

5:00-5:10am

Zumba Warm-up
Synergy Studios
at Main Stage



5:15-5:25am

Competitive Warm-up
Steel Athletics
at Main Stage

6:45-7:30am

Recovery Yoga
Synergy Studios

HEALTH CHECK ZONE

Health Screenings
IHP/Super Drug and
American Medical Center

Massage Therapy
Sonja Sanchez

Healthy Shopping Challenge
Pay-Less Health Smart



6:45-7:30am

Live Podcast
MasterRandom

ADVENTURE ZONE

Kids Obstacle Course
Custom Fitness

Basketball Knock-out
Guam Basketball Association



Eat healthy dishes with our
FOOD VENDORS
COFFEE SLUT
MARKET DELI
BOKA BOX
MIGHTY PURPLE
EDUKITCHEN

WELLNESS PARTNERS





KTF 20

5K/10K RUN WALK

01.25.2020

PASEO STADIUM, HAGATNA

SHOW TIME > 5AM
GO TIME > 10K - 5:45AM
5K - 6AM



RUN GUAM SHIRTS:
FOR 5K FINISHERS

SINGLETS
FOR 10K FINISHERS

REGISTRATION

ONLINE @ PAYLESSFOUNDATION.COM

OPEN REGISTRATION
OCT. 21-JAN. 20

PACKET PICKUP
JAN. 23 | 9AM-8PM
AGANA SHOPPING CENTER EXPO HALL

RACE DAY
JAN. 26 (NON-OFFICIAL)

	5K	10K
OPEN REGISTRATION	\$15	\$20
PACKET PICKUP	\$20	\$25
RACE DAY	\$25	\$30

PRIZES + GIVEAWAYS

\$500 CASH
TO THE SCHOOL WITH THE
LARGEST PARTICIPATION
(BASED ON PROPORTION OF STUDENT
PARTICIPATION TO SCHOOL POPULATION)

REUSABLE BAGS

REFRESHMENTS, GRAND PRIZE,
AND TONS OF RAFFLE PRIZES



PROCEEDS TO BENEFIT: DUK DUK GOOSE, INC. | SNAKE PIT WRESTLING ACADEMY GUAM
MAÑELU | UNIVERSITY OF GUAM ENDOWMENT FOUNDATION