

5 WAYS TO... TRAIN FOR A 5K

Looking to challenge yourself physically? **Christine Bove** and Megan Schuchert, an instructor in the Department of Kinesiology at Penn State, share some tips to get you in shape to run a 5K!



Photos by Ronald Lopez

1. Get the right equipment. Invest in running shoes that fit both your feet and your style of running. A shoe store can evaluate your running style and fit you with an appropriate pair.

2. Find a good target race. The 5K is the most popular race length, so you'll be able to find one that works for your schedule and location. Once you find it, get signed up ASAP. If you sign up ahead of time, you are more likely to stay on track with your workouts.

3. Start slowly and gradually build up. You want to follow a well-balanced plan that will slowly increase your mileage. Doing too much too quickly can increase risk for injury and burnout.

4. Stick to your plan. Once you have a training plan outlined, stick to it as much as you can. Be sure to give yourself enough time to adequately train for your race. Build in some rest days and listen to your body.

5. Have fun. Find a good running partner or group to train with to make your workouts even more enjoyable.

SIP THIS, NOT THAT!

For college students, a grande-espresso-extra-shot-with-whip is a go-to for that quick boost of energy, but it comes at a price. **Ali Prescott** shows you how many calories you're drinking and how to consciously cut back while still enjoying your favorite caffeinated beverage.

We all have a guilty pleasure, whether it's trashy TV or a good book, but when it comes to caffeine, Starbucks beats them all. Take a look at the bad, the better and the best before ordering your next drink.



Photo by Michelle Amann

THE BAD: 16oz. Peppermint White Chocolate Mocha with 2 percent milk

Calories: 470, Fat: 12 grams, Sugar: 76 grams. If you downsize to 12 oz. instead of 16 oz., you will cut out 110 calories and 3 grams of fat. Using non-fat milk and holding the whipped cream is beneficial, too.

THE BETTER: 16oz. Caramel Macchiato with 2 percent milk

Calories: 240, Fat: 7 grams, Sugar: 31 grams. Choosing non-fat milk for this drink will cut calories from 240 to 190 without losing any of the flavor. This creamy treat is available hot or cold, making it a good choice any time of year.

THE BEST: 16oz. Iced "Skinny" Flavored Latte with 2 percent milk

Calories: 110, Fat: 4 grams, Sugar: 9 grams. "Skinny" drinks at Starbucks are the best choice because you get to choose any sugar-free flavor that's available to add to your latte—plus, this iced treat is great way cool down.