



Snowshoeing Colorado, Essential Oil for Sleep, and A new GPS Fitness Tracker

It's time once again to share some of the great finds that have been making my training and nutrition a little bit more fun lately! Perfect for a little **Thinking Out Loud Thursday** as I get ready to head off to Jerusalem next week!

Let's start with a new GPS watch that allows you to listen to music without wires and without carrying your phone or ipod! Boom welcome to the **TomTom Spark GPS Fitness Watch**.

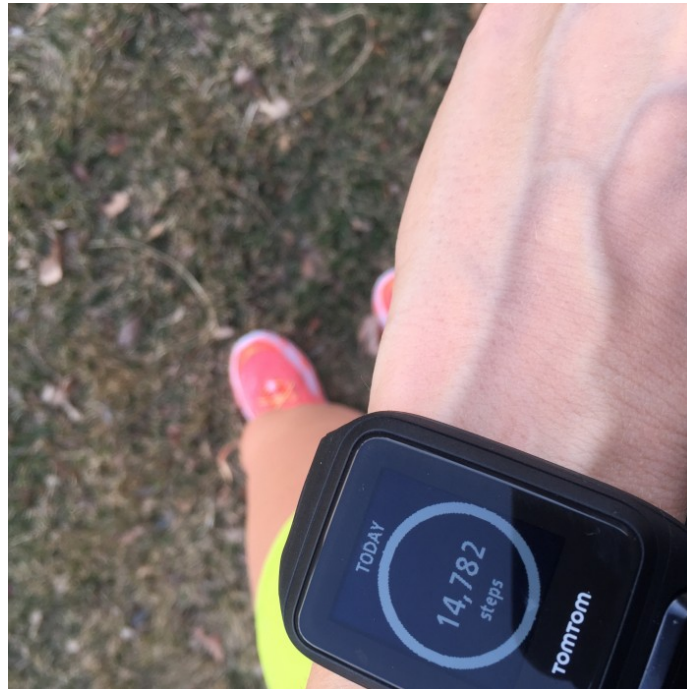


Pictured here the TomTom Spark in my post 15 miler kitchen floor recovery plan.

Many of you know I've been using the **TomTom Cardio Runner** for some time as a great way to measure heart rate through my wrist, instead of wearing a heart rate strap that always chafes me. So when TomTom offered to send me this new watch, I was gung ho to find out what was different!

Is the HR accurate? This is definitely the first question I'm often asked, so here's a few notes:

- Watch must be tight and above the wrist bone
- Helps to warm up before looking at it, especially if you have a low resting HR like I do
- Sometimes I will notice little spikes in on the Spark that I hadn't noticed on the Cardio
- I use it just to stay below my **MAX LHR**, but it's set up to do zones so you can have the watch beep or buzz when you hit certain training zones as well.



What's different between the TomTom Cardio Runner and the TomTom Spark?

- Spark is a little smaller
- Spark includes fitness tracker so the watch can be worn all day and to track sleep
- Spark Cardio + Music includes ability to download music and then listen with bluetooth headphones (*no cords, no phone!*)
- Spark like David's TomTom Multisport tracks other activities like biking or swimming



My one complaint is the same as with the other TomTom watches, which is that you can't review individual mile splits on the watch. It will buzz and show you our lap pace while running, but once you finish the data needs to be synced with the phone app or computer to see the individual miles.

ON THE GO

A few more goodies that crossed my path over the last month, which have made it into my luggage for Israel next week! Yikes, can't believe that's next week!



Vermont Smoke & Cure: Getting in more protein has been a big focus for me because I was seeing muscle wasting, but not just any protein! These tasty on the go chicken, pork and beef snacks are vegetarian-fed and raised without antibiotics, sodium nitrate, preservatives or added hormones. Each of the brand's nine flavors are also gluten-, nut- and dairy-free.

Sweat Cosmetics: Sun protection and evening out my skin tone (thank you hormone issues) without clogging my pores and it's totally hypoallergenic...yes please! I love it even more because it was created by Olympic and elite level female athletes!!

Eyelash Growth: After **Charlotte posted on Facebook** about here growing lashes, I decided to make my own castor oil, coconut oil and vitamin E mixture to see what happens with my lashes! I've only been doing it a few weeks, so I will keep you posted, but I am loving this Vitamin E on my skin too as it's helped more quickly eliminate dark spots.

Socks: Socks are an underrated piece of gear! The right pair of socks means my feet are supremely happy and I know it's part of why I rarely to never get blisters and have never lost a toenail! Right now I'm loving **Swiftwick** because they don't smell after being worn and these new **Toesocks are actually compression**, so I can wear these after the Jerusalem half marathon as I go sightseeing!

Essential Oils: I'm kind of obsessed with essential oils right now. I have no real idea if they are totally working or not and I'm too lazy to even do a diffuser, so I am usually just putting them on my skin. My absolutely FAVORITE is putting a little of a **good night oil** on the bottom of my feet before bed and letting it help with sleep. I also use drops in my bath after long runs....oh and then the oils I use to heal bruises like 5X times faster...oh and lemon oil which helps with muscle tightness. Yeah good stuff.

You can read more on oils for athletics here >>