



CARISSA GALLOWAY RDN • JEFF GALLOWAY

RUN. WALK. EAT.

**A Practical Nutrition Guide to Help Runners and Walkers
Improve Their Performance and Maximize Their Health**

From the
creator of the
Run Walk Run®
Method!



MEYER & MEYER SPORT

Run. Walk. Eat.

The content of this book was carefully researched. However, readers should always consult a qualified medical specialist for individual advice before adopting any new nutrition or exercise plan. This book should not be used as an alternative to seeking specialist medical advice.

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INTRODUCTION

In order to understand the thought process behind *Run. Walk. Eat.*, we have to go back quite a few years, before I was a dietitian, before I was a marathoner, to 2005, when I was standing on the stage for the first time at the Walt Disney World Marathon. I googled “marathon distance” the night before the race to make sure I was understanding correctly. People were going to voluntarily wake up early in the morning to run farther than I preferred to drive. This would take hours. I was confused. This seemed like a feat reserved for the most elite athletes in the world. I didn’t know what to expect. Watching my first marathon finish line changed my opinion. I saw so many victories from so many types of athletes. I got it. I wanted to run a marathon! But running the whole time seemed exhausting . . . and scary.

Luckily, I found Jeff Galloway and his run-walk-run method seemed something I could do. First you run. Then you walk. The walk breaks allowed my brain and body a moment to “breathe,” to ease my fatigue both physically and mentally, and to keep going. In 2006 I finished my first marathon, and, in 2013, I finished another marathon of sorts and was a fully credentialed and licensed registered



dietitian. As my studies and practical experience in dietetics grew, I saw parallels in nutrition strategies that worked and Jeff Galloway's run-walk-run strategy. Much as endlessly running seems daunting to me, for some, being expected to eat a "perfect" diet always seems equally impossible. I wondered if the "walk" break could be incorporated into the diet. The allowance of a "treat" or a small indulgence amid an otherwise nutritionally sound diet. That is where my concept for this book starts. I want to educate you on the building blocks of a balanced diet. One that not only supports weight maintenance but also includes foods that keep our bodies healthy and able to maintain our desired active lifestyle. Once you understand those concepts and have gained that education, then when you need to, you can take a "walk break" and enjoy a favorite food without the mental or physical consequences because you can use your mental tools to continue eating your well-balanced diet the rest of the time.

Run. Walk. Eat. is an education-based approach that allows you to understand food and all the good things it does for your body and your energy. You will learn the key macronutrients, micronutrients, and the portions that your body needs. You'll know the "why," and then you can learn to make better food choices a habit and not something you force yourself into. Just as I learned to enjoy long runs, you will learn to enjoy mastering your food choices and feeling better as a result of them!

Yours in good health,

Carissa Galloway

INTRODUCTION

Life Or Death—Your Diet Can Be the Difference

I had run a gentle 60-minute workout the day before and was starting the day on a rowing machine for cross training. It was a routine workout at normal exertion with no increase in huffing and puffing.

But when I stood up from the low rower seat, I was so dizzy that I had to hold on to a nearby chair—for several minutes. As I started to move toward the couch, I suddenly felt nauseous. This was a new and unsettling experience compounded by sudden extreme fatigue.

When my wife Barb returned from playing tennis an hour later, she found me on the bed, instantly knew something was wrong, and called the doctor. A series of tests ruled out most of the possible suspects, and Dr. John Marshall referred me to a cardiologist.

Because of my fitness level, even at the age of 75 and no family history of heart disease, the doctors assumed, as I did, that my heart was fine. But an echocardiogram and blood work told a different story. My right artery supplying the heart was totally blocked.

Three hours later, with five new stents, I was feeling OK. Six days later my heart failed—fortunately, a great team at the cardiac wing of Piedmont Atlanta Hospital brought me back to life.

I had averaged over an hour a day of quality exercise for over 60 years. For the previous 10 years, I had run a marathon about every month—with no issues. With no family history of heart disease and a diet very low in saturated fat, I asked the question posed by many healthy heart attack survivors: why did this happen to me?

Fortunately, my heart stoppage did not damage my brain, so I went into “investigation mode.” With the help of a friend, Dave Goddard, a career journalist and investigative reporter, I found a significant cause.

During my deployment as a US Naval officer, I was stationed on a ship for 18 months that operated in coastal waters off Vietnam, where Agent Orange—a chemical

herbicide and defoliant—was heavily used. Our drinking water came from the intake of sea water that was treated to remove the salt—but without any treatment or filter for this toxic carcinogen. We were drinking the chemicals and United States Department of Veterans Affairs had identified Agent Orange as a cause of heart attacks later in life.

Dr. Kohl, who conducted my stent operation brilliantly, verified that my blockage was decades old and would have normally triggered a heart attack around age 50. He said that if I had not been running for those years, I would not be alive.

Yes—regular aerobic endurance exercise has been shown to reduce heart attacks and prolong life. But I know over a dozen distance runners who died of a heart attack—and had been running more miles than I logged during the 10-year period prior to the attack—but who had unhealthy diets.

Diet Is Important!

Damaged artery walls, like mine, attract plaque that attracts cholesterol and the buildup of the products of an unhealthy diet—particularly saturated fat. This blocks the arteries.



Since our marriage in 1976, Barb had cleaned up my nutrition life. For over four decades, she has provided me with mostly plant-based nutrition that included fish and chicken breast several times a month. She was saving my life before she realized that I was at risk.

In this book, Carissa not only gives you the nutrition information you need for fitness performance—but for long-term health as well. She also organizes the material for efficient access. Her explanation of the concepts is easy to understand, and the menu items offered can be acquired from a supermarket. This is truly a guidebook for your nutritional future.

It is our wish that you not just “live until you’re 100,” but that you run and enjoy good food until you reach that century mark.

You can do it!

Jeff Galloway





CHAPTER 1

