

## Can you own a doughnut shop and still stay in shape?

Tuesday, 19 November 2013 10:58

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Daylight Donuts owner still in shape

By GISEELLE ARREDONDO

• Leader & Times

The more one exercises, the more doughnuts he can eat, so the theory goes. Regardless of doughnuts or no doughnuts, exercise should not be forgotten during the holidays.

Owner of Daylight Doughnuts Kuycheng Khov exercises at least three or four times a week, and he allows himself at least one doughnut per week.



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"I eat one doughnut a week," Khov said. "And running is good for exercise. I have been running for 15 years. I run at the Blue Bonnet Park or Light Park."

Khov noted he keeps track of how much he runs.

"I do five around there and at the Blue Bonnet Park maybe four, because that one is a lot bigger than this one. I think, maybe 30 minutes, sometimes 40 minutes but not everyday," he said. "Sometimes it depends if I have time. Like, three or four times per week, but I like to exercise."

Sometimes it's too windy or too cold, the local runner Khov added.

"And still, I have to go. Yeah, sometimes, even in snow. When the snow stops in the early morning like in the afternoon it's cold, so like at 1 or 2 o'clock. Not too late," he said.

Khov pushes himself to go run even when it's chilly outside.

"Sometimes it's cold, but I have to finish four or five rounds. If it's really cold, I have to grab a jacket to make me warmer, but I still wear shorts," he said and laughed.

Running has been a part of his life, Khov said.

"I used to run in Guymon (Okla.) last year. I tried to run every time. When I left Washington state, I would go run early morning 7 or 8 o'clock in Washington state. Three miles in one day."

Since cold weather requires a good warm-up, Khov stretches to prevent injuries and tearing of tendons.

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“I walk a little bit, moving my legs after running. I stretch for like 10 minutes,” he said and did motions with his arms and legs. He touched his toes.

According to Khov, he also tries to eat a healthy diet.

“I eat one banana and drink a bottle of water in the morning. I like vegetables, not much meat. I like fish. I like to cook by myself, but sometimes if I don’t have time, I have to eat meat here, like fried meat or barbecue. Sometimes, not many times.”

Even if he feels like kicking back, he still goes running, Khov said.

“Sometimes I’m lazy, but I have to go,” he said with a laugh.

After getting off work, Khov makes a trip to the store and prepares everything for the shop for the next day. He looks at the clock then and if he has time, he takes a nap for strength. If he doesn’t, he simply continues to go running.

It helps him that his brother runs, too, Khov said.

“He tells me, ‘Go, go, go!’” Khov said and smiled.

“I was at Blue Bonnet Park yesterday. Not like my brother who runs seven days a week. I only do three or four,” he said.

With his fit physique, it’s apparent doughnuts aren’t ruining his health.

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