

# THE MEDFIT MONTHLY

Official Newsletter of the Adirondack Health Medical Fitness Center

## EMBRACING THE MAGIC OF WINTER

BY MICHELLE BERGER

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Ayurveda, the ancient science and study of matter (fire, water, earth, air and space) reveals quite simply that: like increases like and opposites balance. Winter is cold, wet, and dark which grants us the invitation to embrace all that is warm, dry and light. *PAGE 14*



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# 2022 PROGRAM & GROUP FITNESS CATALOGUE

*Winter Edition*

**HAVE YOU DOWNLOADED OUR GROUP FITNESS CATALOGUE?**



Plan ahead for the New Year by seeing our up-to-date Winter Group Fitness class schedule and all of our 2022 program offerings in one place. Always wanted to run a half-marathon? Looking to build muscle? Find the classes and programs that fit your goals and we'll help you make it happen.

**DOWNLOAD AT**

[ahmedicalfitness.org/2022cataloguewinteredition](http://ahmedicalfitness.org/2022cataloguewinteredition)

# WHAT'S HAPPENING THIS MONTH

*February Updates*



For the month of February, we are offering 10% off first time couples coaching! Are you and your Valentine looking to start a fitness program that fits both your needs? Reach out to the front desk (518-523-8521 or [ahmedicalfitness@adirondackhealth.org](mailto:ahmedicalfitness@adirondackhealth.org)) to learn more and register for couple's coaching today!

*Only valid for those who are doing tandem coaching for the first time.*



Looking to improve mobility and flexibility?

Work one-on-one with Michelle to dive deeper into your yoga practice: based on your individual needs and goals. Be it strength, flexibility, breath work, or meditation we will work together to bring your body and mind into harmony.

For more information stop by the front desk and ask about One-on-One Yoga Coaching with Michelle.



Are you struggling with your nutrition?

Take advantage of 50% off dietary follow up sessions with our Registered Dietitian, Joni Gerken, now until the end of March.

*Only valid for those who have already attended their initial session.*

## **GROUP FITNESS PROGRAMS**

*Together we can*

### **STROKE IMPROVEMENT W/ TOM**

*February, Mondays & Wednesdays 6 - 7 p.m., \$80 members / \$144 nonmembers*

This class is designed to improve stroke technique while also getting a good workout. The workout provided in each class includes fins, pull buoys, and kickboards. They are utilized to establish the correct form and to make learning easier. Prerequisite: swim at least 25 yards (one length of the pool).

### **SPRING TUNE UP TO TEE UP W/ DINO**

*March 1 - April 7, Tuesdays & Thursdays 4:30 - 5:30 p.m. \$180 members/\$260 nonmembers*

Golf season is right around the corner, so get your body ready. The sport requires a great amount of mobility, strength, and balance to allow for the precision needed to strike a golf ball. One aspect of fitness often overlooked is mobility and balance. This program will be addressing both of these components, along with strength and power to get you prepared for a long and successful golf season.

# FEBRUARY GROUP FITNESS FEATURES

## *Group Fitness*

High Intensity Rhythmic Motion Dance Workout, Friday 4 p.m.

*with Vicki*

*"My daughter and I have been participating in the Hip-Hop class with Vicki Kirchner. The class has been a lot of fun as well as a good workout. Vicki has been great at working with those of us that are new to hip hop and welcoming and accommodating to individuals of all levels. We have had a lot of good laughs throughout."*

H.L.



Spin, Wednesday 7 a.m.

*with Chelsea*

*"Chelsea is an amazing instructor who pushes you to work hard! Her spin classes always have a mix of hills and flats to keep you guessing and having fun. Such a great workout with plenty of time for a cool down and stretch at the end."*

E.M.

# FEBRUARY FITNESS

## *Heart Centered*

*Roses are red,  
violets are blue,  
here's the thing, cardio is good for you.*

Cardio, for being widely disliked, is also widely known to be of major benefit for heart health. We've decided to share 28 unique ways to enjoy your cardio and 28 heart healthy nutrients as a tribute to this heart centered month.



If you want to make a habit of cardio in order to at least meet the American Heart Association recommendations for heart health benefits (30 minutes a day, 5x a week), it's important that you find (a) form(s) of cardio that you enjoy!

Remember, something is better than nothing. And when it comes to nutrition, improving the nutrient density of the foods you eat happens one bite at a time.

Your Valentine isn't the only one who deserves your happy healthy heart, you do too.

*See pages 7 & 8 for our heart healthy lists.*



# 28 Forms of Cardio

- 
-  *Elliptical*
  -  *Rowing*
  -  *Burpees*
  -  *Stair Machine*
  -  *Kickboxing*
  -  *Shoveling*
  -  *Hula-Hooping*
  -  *Organized Sports*
  -  *Step*
  -  *Backcountry Skiing*
  -  *Tabata*
  -  *Zumba*
  -  *Hip-Hop*
  -  *Fat Biking*
  -  *Jump Rope*
  -  *XC Skiing*
  -  *Cycling*
  -  *Running*
  -  *Snowshoeing*
  -  *Mountain Climbers*
  -  *Jumping Jacks*
  -  *Hiking*
  -  *Skating*
  -  *Walking*
  -  *Swimming*
  -  *Rock Climbing*
  -  *HIIT*
  -  *Mountain Biking*

# 28 Heart Healthy Foods

 Avocados

 Sweet Potatoes

 Apples

 Oranges

 Salmon

 Almonds

 Eggs

 Kale

 Peanut Butter

 Pomegranate

 Blueberries

 Quinoa

 Walnuts

 Broccoli

 Flax Seeds

 Sardines

 Olive Oil

 Sunflower Seeds

 Brown Rice

 Spinach

 Oats

 Carrots

 Yogurt

 Whole Wheat

 Bananas

 Black Beans

 Brazil Nuts

 Strawberries



## **SAFETY FIRST WITH TRX TRAINING**

*by Justin Kellett*

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TRX (total resistance exercises) has grown in popularity over the past few years due to its convenience and

effectiveness, utilizing a form of suspension training aimed at developing strength, balance,

flexibility, and stability. TRX was initially designed by a former navy seal to be used as a portable training device geared towards keeping elite soldiers in shape while on operations. No weights or machines were needed, all you needed was a tree or a pole available and you could perform a variety of challenging body weight and cardiovascular exercises whenever desired. Here are some measures one can take beforehand that will make your transition to using TRX safe and beneficial.

### **1 Have a starting point**

It is always helpful to have a starting point before you begin using TRX. This means participating in regular exercise and being familiar with resistance training to some extent is a great place to start.

### **2 Body weight plus resistance**

Body weight exercises paired along with variable resistance training methods may be a good idea to ensure

certain muscle groups and joints are able to withstand the volume and load of TRX exercises. Building up your fitness levels prior to participation in a TRX program will minimize the risk of accidents and injury greatly.

### **3 Don't go at it alone**

It is also very important if you are just starting out with TRX to have somebody knowledgeable provide assistance with proper form and instruction to perform exercises safely and effectively.

Several other factors you should be aware of to fully and safely take advantage of TRX training systems.

- Core strength is key. Nearly every exercise requires you to engage your core to keep yourself stable during movements. Some exercises you can do to increase core strength are planks, sit-ups, and crunches along with rotational

- Working out progressively is also very important. Always start with the easier exercises first before progressing to more advanced ones. Everyone's capabilities are different instead of jumping right into accomplishing a big goal start smaller and build up to them; this will help you stay motivated.
- Lastly, always make sure your TRX system is set up correctly regardless of whether it is set up at the gym or your own home. Making sure your anchor point is sturdy and reliable. Be sure when you are performing certain exercises the ropes are adjusted to a comfortable length where you are able to perform the exercise without being overly strenuous.



If you have any questions about using TRX properly always ask one of our coaches. TRX Circuits Class is now available with Coach Justin Wednesdays and Fridays from 8:00-8:45 a.m. In this class, we cover each of the seven primary movement patterns associated with TRX and how to properly perform and progress your skills along with combining corresponding bodyweight exercises. For any questions please contact the front desk to get started and find out how you can incorporate TRX systems into your fitness routine!

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## LACTATE THRESHOLD TESTING

*by Erik Lewish*

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**Are you an athlete with performance goals?**

Hone in on where you can improve

with the guidance of a coach by testing your lactate threshold, a biomarker for elite performance. Get to know your

body to perform at your best

### **What is lactate threshold?**

Before I can answer this we need a little primer in physiology and biochemistry. Lactic acid is a by-product of carbohydrate metabolism. It is created when there is not enough oxygen in the muscle during exercise, this is known as anaerobic exercise. The reason for the lack of oxygen is because we are exercising at an intensity so high that our aerobic system cannot keep up with energy demand, and therefore we have to rely more on our anaerobic energy system to make up the difference. The anaerobic system is fine and great to use, and we can generate a lot of power for our bodies using it, however, it comes at a cost. That cost is lactic acid. Too much of it will make our muscles too acidic and then they can no longer function properly and the result is fatigue. The muscles just stop working. But once we take a break the lactic acid is cleared out of the muscles and the PH is restored. Our muscles function normally again.

Now that we know lactic acids role in the

body, we can talk about why lactate threshold is important. Lactate threshold is when your body is both creating and eliminating lactic acid at the same rate, this means that exercise at this level is sustainable. Lactic acid will not accumulate any further and cause muscle fatigue. Lactate threshold, therefore, is the highest intensity level at which our bodies can exercise at a sustainable pace. This is important because when we can exercise at a high intensity level for a longer period of time it will lead to great increases in fitness. Once we know this point, everything else is based around this. If we want to do low-intensity work, it has to stay below our threshold. If we want to do some High Intensity Intervals (HIIT), then it needs to be done above our threshold to get the benefit of this type of training. An effective aerobic training plan cannot be created without first knowing an individual's lactate threshold.

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*For more information on how to test your lactate threshold to perform your best, stop by the front desk or contact Coach Erik at [elewish@adirondackhealth.org](mailto:elewish@adirondackhealth.org).*



## **EMBRACING THE MAGIC OF WINTER**

*by Michelle Berger*

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A blanket of white embraces the landscape; each solitary snowflake sparkling like the intricate stitches

detailing a quilt. Every season has both magic and mystery to offer; if only we are open to receiving its gifts.

Ayurveda, the ancient science and study of matter (fire, water, earth, air and space) reveals quite simply that: like increases like and opposites balance. Winter is cold, wet, and dark which grants us the invitation to embrace all that is warm, dry and light. Why long for the heat of summer when we can embrace the warmth of wool. Don't thirst to sip a cool beverage by the lake when you can caress a warm beverage by the crackling of a fire. When we long for what is not, it leads to an empty state of depression and disappointment. Let's take a look at how we can turn proverbial lemons into lemonade...or better yet, a mug of sweet decadent hot cocoa, topped with fluffy pillows of marshmallow.

If you are longing for excitement, try reading an enchanting novel.

If you are missing connection, try writing and mailing (not text or email)

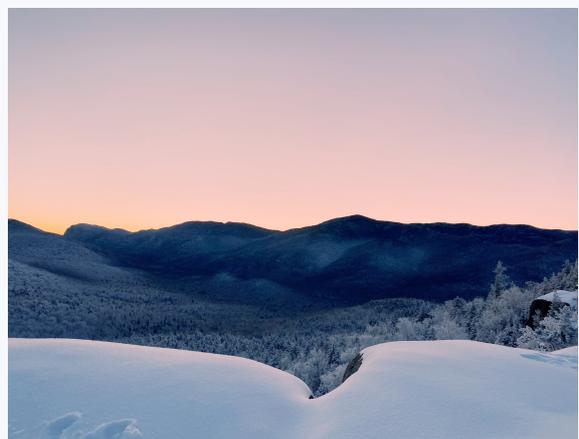
a letter to a friend or loved one.

If you are feeling lonely, pick up the phone and call a friend, family member, former or current co-worker.

If you are overwhelmed by the myriad of thoughts whirling through the mind, try putting them to rest in a journal. If you are feeling depleted.....embrace a nap.

If you are wishing for physical contact, try self-massage or wrap up in cozy blanket

If you are empty, try creating a culinary wonder of nourishment.



If you are agitated, try finding contentment with a savory cup of tea by the fire.

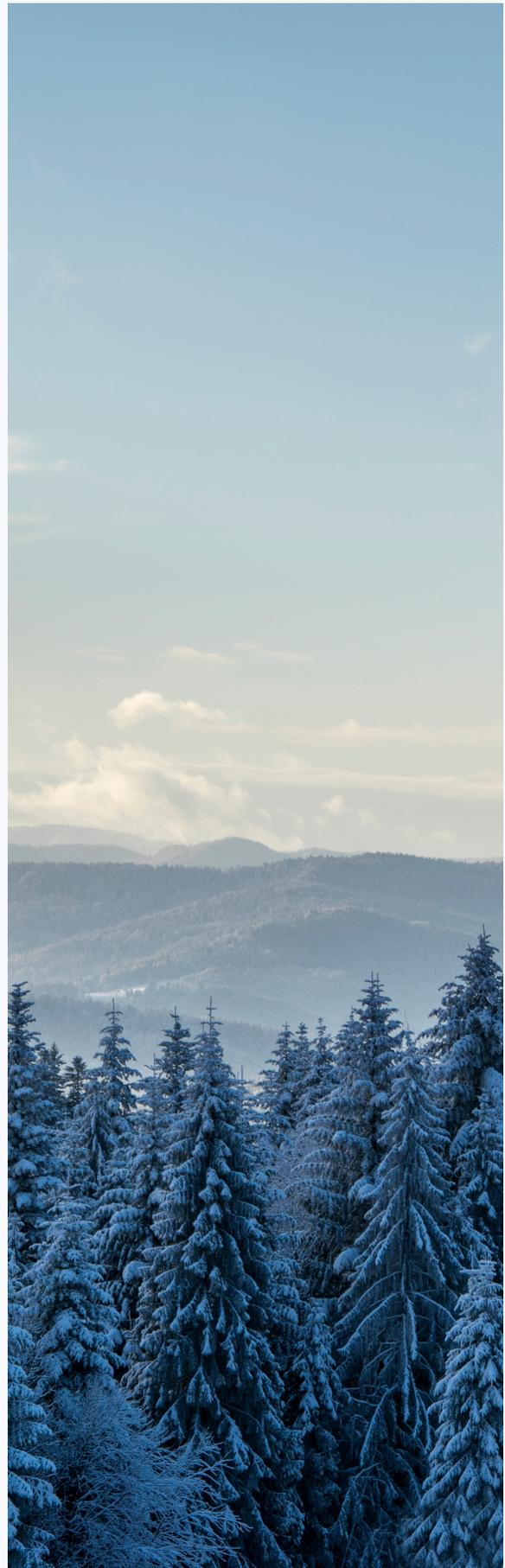
If you are full of energy, try bundling up and head outdoors for a walk or ski in the sun and fresh air.

If you are feeling any of the above, best of all try combining warmth, socialization and movement by taking a class with your favorite instructors at Adirondack Health Medical Fitness Center.

Winter calls us to go inward and sit with ourselves. It demonstrates how to settle into a state of quiet and peace so that we may allow our body and mind to rest and rejuvenate.

To go further inward try your favorite guided meditation. Only a few minutes can make all the difference.

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## **HOW TO COOK FOR DIFFERENT DIETS**

*by Registered Dietitian Joni Gerken*

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You might be told by your doctor that you need to follow a specific diet related to a health condition. So what

do you do if your significant other must follow a different diet related to their health conditions. You may wonder if

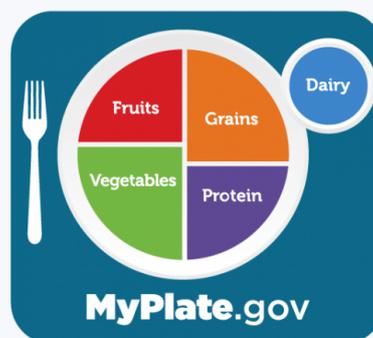
there is a way to avoid cooking two completely different meals every day. Fortunately, in most cases there is, and here are few tips to simplify this.



## 1 Balance Food Groups

Most therapeutic diets have a major component in common, they consist of balancing food groups to not undereat or overeat any specific nutrient. For most of my nutrition educations, I utilize MyPlate because it is a great visual of what a balanced meal looks like. For people with diabetes, it represents a moderate to low carbohydrate intake that is consistent from meal to meal, and prioritizes

complex carbohydrates. For people with heart disease, it is rich in fruits, vegetables, and whole grains, and low in saturated fat and cholesterol. For people with kidney disease, it is conservative in protein, and balanced in micronutrients. A balanced diet also helps to promote disease preventions for everyone in the house.



*\*Go to <https://www.myplate.gov/> to learn more about MyPlate meal patterns.*

## 2 Serve sauces on the side

Serve sauces and condiments on the side. Everyone may be able to eat the main item, but the sauce or condiment might be the issue due to content of

fat, sodium, or sugar. A simple solution is to serve the item plain or with limited seasoning, and allow the individuals to decide how much sauce they want to put on. This can also be done with side dishes. Allow those who very much want a side dish to have it, but others can avoid it.

### **3 Sub the protein**

One common obstacle I find people ask about is vegetarians and omnivores trying to enjoy meals together. To not have to cook completely different meals, consider meals that you only have to substitute the protein. An example of this would be burgers. The vegetarians could enjoy a veggie burger, while the omnivores enjoy a beef or turkey burger. Then everyone can eat the same sides and condiments.



### **4 Cook in bulk**

Cooking in bulk can ease the daily work. Cook extra so that those that might require specific foods can have these leftovers for another meal. This way you aren't making everything from scratch every day.

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