

THE MEDFIT MONTHLY

Official Newsletter of the Adirondack Health Medical Fitness Center



REBOOT WITH A SMOOTHIE

BY JONI GERKEN

A smoothie can be a delicious way to rehydrate, replenish carbohydrates, and provide protein for muscle repair. Frozen fruit makes a smoother textured smoothie. You can often find a large variety of frozen fruits in the grocery store or prep and freeze your own fruit ahead of time. Milk and yogurt provide a creamy base for smoothies and enhance them with branched chain amino acids for healing. Dairy alternatives such as almond or soy products can also be substituted. Adding some nuts or seeds to your smoothie can add some additional plant-based protein as well. With a little imagination, the smoothie possibilities are endless. Head to page 11 for a few fun smoothie ideas this season.



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MAY SNAPSHOT

What's Happening



Our Spring Solstice Hike & Yoga celebration was postponed due to icy conditions and chilly weather. So save the date AGAIN for Sunday, May 1 at 2 p.m. Meet outside the facility entrance and be ready to depart for the hike as a group and yoga will immediately follow. Mats provided (but if you have one you prefer feel free to bring)!

To register log into your member portal or call the front desk at 518-523-8521.



Thank your mom for giving you your health!
Bring her on Mother's Day weekend
(May 6 - May 8) on us!

Download her Day Pass Voucher at ahmedicalfitness.org. Must present voucher to a front desk staff member to access the facility.



Teacher Appreciation

In honor of Teacher Appreciation week, we are bringing back our membership offer for those who spend their days teaching our kiddos.

Join in May and receive 20% off membership dues for the a year, plus 50% off joining fees.

We appreciate you and we want it to show!

FOCUSED GROUP TRAINING

Together we can



RUNNING PREP

*May 10 - June 16,
Tues & Thurs 5-6 p.m.*

**REGISTER IN
YOUR MEMBER
PORTAL!**

*Focused group
training is where
progress is made.*

*Choose the program
that fits your goals.*

*For more info and to
register, log into your
member portal, call
the front desk at 518-
523-8521, or email
[medicalfitness@adiron-
dackhealth.org](mailto:medicalfitness@adiron-
dackhealth.org).*



YOGA FOR YOUR WHOLE BODY

*June,
Wed 11 a.m.-12 p.m.*



FAST HIGH SCHOOL ATHLETE TRAINING PROGRAM

*June 14 - August 4,
Tues & Thur 4:30-5:30 p.m.*



LIFEGUARD COURSE CERTIFICATION

June 10-12 & 17-19

This June earn your Red Cross accredited Shallow Water Lifeguard Certification, with opportunity to become part of the Adirondack Medical Fitness Center lifeguard staff upon completion.

WHAT YOU WILL LEARN

- Remaining Professional as a Lifeguard
- Facility Safety, Patron Surveillance & Injury Prevention
- Water Skills
- Rescue Skills
- Victim Assessment & Breathing Emergencies
- Cardiac Emergencies & using an AED
- First Aid
- Head, Neck & Spinal Injuries in the Water



BICYCLING FOR YOUR HEALTH

Article sourced from Better Health Channel

To be fit and healthy you need to be physically active. Regular physical activity can help protect you from

serious diseases such as obesity, heart disease, cancer, mental illness, diabetes and arthritis. Riding your bicycle

regularly is one of the best ways to reduce your risk of health problems associated with a sedentary lifestyle.

Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages, from young children to older adults. It is also fun, cheap and good for the environment.

Riding to work or the shops is one of the most time-efficient ways to combine regular exercise with your everyday routine. An estimated one billion people ride bicycles every day – for transport, recreation and sport.

CYCLING FOR HEALTH & FITNESS

It only takes two to four hours a week to achieve a general improvement to your health. Cycling is:

- Low impact – it causes less strain and injuries than most other forms of exercise.

- A good muscle workout– cycling uses all of the major muscle groups as you pedal.
- Easy – unlike some other sports, cycling does not require high levels of physical skill. Most people know how to ride a bike and, once you learn, you don't forget.
- Good for strength and stamina– cycling increases stamina, strength and aerobic fitness.
- As intense as you want– cycling can be done at very low intensity to begin with, if recovering from injury or illness, but can be built up to a demanding physical workout.
- A fun way to get fit– the adventure and buzz you get from coasting down hills and being outdoors means you are more likely to continue to cycle regularly, compared to other physical activities that keep you indoors or require special times or places.

- Time-efficient – as a mode of transport, cycling replaces sedentary (sitting) time spent driving motor vehicles or using trams, trains or buses with healthy exercise.



BENEFITS OF REGULAR CYCLING

Cycling is mainly an aerobic activity, which means that your heart, blood vessels and lungs all get a workout. You will breathe deeper, perspire and experience increased body temperature, which will improve your overall fitness level.

The health benefits of regular cycling include:

- increased cardiovascular fitness
- increased muscle strength and flexibility
- improved joint mobility
- decreased stress levels
- improved posture and coordination
- strengthened bones

- decreased body fat levels
- prevention or management of disease
- reduced anxiety and depression
- strengthening of cognitive health as we age

CYCLING & SPECIFIC HEALTH ISSUES

Cycling can improve both physical and mental health, and can reduce the chances of experiencing many health problems.

OBESITY & WEIGHT CONTROL

Cycling is a good way to control or reduce weight, as it raises your metabolic rate, builds muscle and burns body fat. If you're trying to lose weight, cycling must be combined with

a healthy eating plan. Cycling is a comfortable form of exercise and you can change the time and intensity – it can be built up slowly and varied to suit you.

Research suggests you should be burning at least 8,400 kilojoules (about 2,000 calories) a week through exercise. Steady cycling burns about 1,200 kilojoules (about 300 calories) per hour.

If you cycle twice a day, the kilojoules burnt soon add up. British research shows that a half-hour bike ride every day will burn nearly five kilograms of fat over a year.

HEART DISEASE & CYCLING

Cardiovascular diseases include stroke, high blood pressure and heart attack. Regular cycling stimulates and improves your heart, lungs and circulation, reducing your risk of

cardiovascular diseases.

Cycling strengthens your heart muscles, lowers resting pulse and reduces blood fat levels. Research also shows that people who cycle to work have two to three times less exposure to pollution than car commuters, so their lung function is improved. A Danish study conducted over 14 years with 30,000 people aged 20 to 93 years found that regular cycling protected people from heart disease.

CANCER & CYCLING

Many researchers have studied the relationship between exercise and cancer, especially colon and breast cancer. Research has shown that if you cycle, the chance of bowel cancer is reduced. Some evidence suggests that regular cycling reduces the risk of breast cancer.



DIABETES & CYCLING

The rate of type 2 diabetes is increasing and is a serious public health concern. Lack of physical activity is thought to be a major reason why people develop this condition. Large-scale research in Finland found that people who cycled for more than 30 minutes per day had a 40 per cent lower risk of developing diabetes.

BONE INJURY, ARTHRITIS & CYCLING

Cycling improves strength, balance and coordination. It may also help to prevent falls and fractures. Riding a bike is an ideal form of exercise if you have osteoarthritis, because it is a low-impact exercise that places little stress on joints.

Cycling does not specifically help osteoporosis (bone-thinning disease) because it is not a weight-bearing exercise.

MENTAL ILLNESS & CYCLING

Mental health conditions such as depression, stress and anxiety can be reduced by regular bike riding. This is due to the effects of the exercise itself and because of the enjoyment that riding a bike can bring.

HAND CYCLING & HEALTH

Hand cycles are similar to recumbent tricycles, but they are powered with hand instead of foot pedals. Velcro straps can be used to secure the hands to the pedals if necessary.

This style of tricycle allows amputees, people with spinal injuries and those recovering from certain conditions such as stroke to cycle as a form of exercise and recreation. Hand cyclists get cardiovascular and aerobic benefits similar to those of other cyclists.

THINGS TO REMEMBER

- Cycling can help to protect you from serious diseases such as stroke, heart attack, some cancers, depression, diabetes, obesity and arthritis.
- Riding a bike is healthy, fun and a low-impact form of exercise for all ages.
- Cycling is easy to fit into your daily routine by riding to the shops, park, school or work.

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REBOOT WITH A SMOOTHIE

by Joni Gerken

Recover and refresh with a smoothie. A smoothie can be a delicious way to rehydrate, replenish carbohydrates, and

provide protein for muscle repair.

Frozen fruit often makes a smoother

textured smoothie. You can often find a large variety of frozen fruits in the grocery store or prep and freeze your own fruit ahead of time. Milk and yogurt provide a creamy base for smoothies and provide branched chain amino acids for healing. Dairy alternatives such as almond or soy products can also be substituted. Adding some nuts or seeds to your smoothie can add some additional plant-based protein.

With a little imagination, the smoothy possibilities are endless. Here are a few fun smoothie ideas to get you started. Enjoy!



BLOOD ORANGE BERRY SMOOTHIE

- 1 blood orange, peeled, seeds removed (a regular orange can be substituted)
- 1 cup mixed frozen berries
- 1/2 banana
- 1 tbsp chia seeds
- 1 tbsp almond butter
- 1 cup low-fat milk (or alternative)
- 1 handful baby spinach

BLUEBERRY WALNUT SMOOTHIE

- 1/2 cup baby spinach
- 1/2 cup frozen blueberries
- 1/4 cup raw walnut halves
- 1/4 cup unsweetened coconut flakes
- 1 tbsp flax seeds
- 3/4 cup low-fat milk (or alternative)
- 1 tsp maple syrup

TROPICAL DRAGON FRUIT SMOOTHIE

- 1/2 cup frozen dragon fruit
- 1/2 frozen banana
- 1/2 cup frozen pineapple
- 1/2 cup Greek yogurt
- 1/4 cup coconut milk (or alternative)



DONATE TO OUR SCHOLARSHIP FUND



By donating to our scholarship fund you are helping those who wouldn't normally be able to afford a membership have access to the same health and wellness as those who do.

Stop by the front desk to donate now!



HOW TO HELP YOUR BODY RECOVER FROM COVID-19

Sourced from Livi, Written by Infectious Diseases Expert Dr. Annette Alaeus

Restoring your health. What does that mean? Can you actually get back to a healthier you?

Recently at our front desk; a new member filling out the health history questionnaire read the question "When

was the last time you felt your best; and how did you feel?" What a question to answer! This question got me thinking:

- Many times when we are feeling our best we don't register it at the time as "I am feeling the best I ever have right now" until we look back, or perhaps see a photo of ourselves and think, "I was feeling my best then."
- What does feeling your best mean to you? And, how can we accomplish that at any age, or better yet, after we have gotten to a point of not feeling our best? For many it means being pain-free and being able to do the things you love. Being able to do the things you love is a huge reason to take the step to remain feeling your best. This can be as simple as being able to play with your grandchildren as you and they age.

So, can we really get back to "when I felt my best?" Not exactly, and as we mentioned last month in the article titled "The Trap of Wanting to Get Back," getting back to where you once were is in fact a goal we shouldn't and don't want to strive for, but with little changes and the right approach, we can reclaim healthy and feeling our best throughout our life by moving forward and growing and learning from where we are and where we've been.

It is no surprise that the health of America isn't in the best shape. According to the Centers for Disease Control (CDC) 60% of adults are living with at least one chronic disease and 40% have two or more. A shocking 12% of adults are living with five or more chronic conditions, including cardiovascular disease, diabetes, obesity, coronary obstructive pulmonary disease, and hypertension. The way to widespread health change is to learn that these conditions are preventable, manageable, and can even be reversed with lifestyle choices.⁷

An example of this was seen when an Adirondack Health Medical Fitness Member saw her physician and was told that she was pre-diabetic. Her physician recommended that she see Registered Dietitian, Joni Gerken. After meeting with Joni, she was educated on what is going on with her body and how to eat. That didn't mean eliminating foods, it meant eating the right combination of macronutrients (proteins, carbs, fats, fiber), paired with the optimum frequency. She also started to go to the gym again and work with one of Adirondack Health Medical Fitness Center's Certified Fitness Coaches. After a few months, she had blood work again and the results showed she was no longer pre-diabetic. All from moving more and eating right she reversed the trajectory of developing a chronic condition.

The COVID-19 pandemic has played a major negative role in how we feel, and

certainly for most it likely hasn't resulted in feeling the best we've ever felt in our lives. But what this pandemic has started to do is shine a light on the importance of feeling our best and doing what we can to prevent chronic disease. A study of thousands of patients hospitalized with the novel coronavirus in New York City found that 94% had one chronic disease and 88% had two or more. In May of this year, the CDC reported that people with an underlying chronic illness had six times more the risk of being hospitalized and twelve times the risk of dying.¹ There is no time better than now, to take action and work towards restoring your health, feeling your best, and preventing or even reversing chronic conditions. It is not impossible to do!

Don't let feeling your best be something that is unattainable or remain something from the past.

Feeling good doesn't only happen when you are young, it can be sustained throughout your life.

Did you know that muscle loss, also known as sarcopenia, starts at the age of 25? This muscle loss can play a major role in leading to not feeling well, but it doesn't have to. Muscle loss can lead to loss of balance, loss of confidence when walking, reduced ability to recover from near falls, and as we lose strength, we become more inactive – which leads to a further state of not feeling our best and/or even chronic disease. 2

There is no better time than now to start taking the right steps toward finding what feeling your best is, no matter your age.

Take Back Your Muscles

- You can delay sarcopenia, and even reverse it by lifting weights.

You can't necessarily grow new muscle cells to replace the ones you lost, but you can further develop the ones you already have. The best part is that you can come back stronger and better than you ever have in your life by simply beginning a strength training program. No matter how old you are, it is never too late to start this. And, no matter how young you are, it is never too early to start either.

- When you start to lift weights properly, you will notice a transformation in your body. You will have more energy and perform everyday tasks with noticeable ease, greater balance, and more confidence.
- By lifting weights, you are also setting up a strong foundation to feel your best not only once in your life but to feel and live your best for your whole life.

Boost Health and Immunity

- There is a misconception that our genes determine our health. The study of epigenetics shows that we can change the expression of our genes by the way we think, feel, move and eat.³ Our daily choices can either increase or decrease inflammation in the body, moving us towards disease or back to health.
- There is no better time than now to take small steps to improve health and build immune resistance with daily lifestyle choices. There isn't one cookie-cutter regimen to do this, but with a combination of small changes that include exercise, stress reduction, and eating well, you can begin to boost your health at any age.

Acute & Chronic Inflammation

- The immune system uses

inflammation to protect us against injury and infections.⁴ Chronic inflammation lasts a long time, from months to years causing damage to cells, tissue, and organs. When more damage occurs than can be repaired, health problems occur. It is now widely accepted that chronic inflammation is the root cause of most chronic conditions such as cardiovascular disease, diabetes, obesity, hypertension, cancer, arthritis, and joint disease. ⁵

Lifestyle Matters

- Deliberate and healthier lifestyle choices can prevent, manage and even reverse chronic inflammatory disease, the most important cause of morbidity and mortality facing people today. ⁶
- Regain your health and vitality by choosing real whole foods, optimizing sleep, reducing stress,

being social, and moving more.

Taking Action

- Lifestyle changes can feel overwhelming. To help, make any new undertaking more manageable. Think one step at a time. Any journey begins with awareness, willingness to learn, and acceptance of speed bumps along the way. Then, by gradually taking action, one small step at a time, forward progress is made. This journey is where we at the Medical Fitness Center can help you. You don't have to go at it out on your own.
- Learning lifestyle changes that decrease inflammation can be just what you need to get you to feel like the best version of yourself – where you have less pain, more energy, and greater vitality. You can start your journey by:
 - Reducing stress with deep

breathing

- Getting good quality sleep by going to bed and rising at the same time
 - Eating more plant-based foods, rich in rainbow vegetables
 - Hydrating with filtered water in the morning and during the day
 - Nurturing relationships and engaging with positive people.
 - Moving well and exercising properly with good posture and technique
- Educate yourself, the more you learn the easier it will be for you to make small changes that lead to big changes in your health.

Feeling our best doesn't have to be unattainable, and shouldn't be something that is pined for in fading memory. The past two years have been hard on everyone, whether you are

suffering from lingering COVID-19 symptoms, pre-existing chronic conditions, stress, or feeling weak and out of shape, there is no time too late to put your wellness first and start taking the steps to feel better, longer.

We are here for you.

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