

THE MEDFIT MONTHLY

Official Newsletter of the Adirondack Health Medical Fitness Center

HOW TO COMMIT TO EATING HEALTHIER THIS NEW YEAR

BY REGISTERED DIETITIAN JONI GERKEN

A national survey found that about 50% of New Year's resolutions are related to eating healthier, but unfortunately at the end of the year, less than 10% of people feel that they have succeeded in following their New Year's resolution. So, why do so many people fail at such an important goal to take care of themselves?

Read about what you can do this New Year to commit to eating healthier all year long. *PAGE 05*



This issue:

Meet Our New Instructors

PAGE 03

Teen Time Yoga

PAGE 04

How to Commit to Eating Healthier this New Year

PAGE 05

January Pop Up Classes

PAGE 08

Upcoming Programs

PAGE 09

Intention, the New Resolution

PAGE 10

Yoga 4 Cancer

PAGE 15

2022 Catalogue

PAGE 20

JANUARY THEMES

Looking forward



Try Something New this Year!

1. or every new thing, you try at our facility during the month of January, enter your name, the date, and what you tried at the front desk for a chance to win 1 of 3 drawings
First Place Winner wins a 30-day guest pass for a friend/family and a t-shirt
2. Second Place Winner wins 3 single guest passes for friends/family
3. Third Place Winner wins a t-shirt

Multiple entries are allowed and encouraged!

New Year, Better You

- Take advantage of our services offered to help kickstart a Better You into the New Year. 10% off a 10-pack of Fitness Coaching sessions through the month of January
- FREE follow-up Fitness Consultation sessions from Jan 1 – March 31 *
- 50% off follow-up Nutrition Consults with our Registered Dietitian through the month of January*

**Must have already booked and attended an initial dietary session or fitness consultation to be eligible.*

MEET OUR NEW INSTRUCTORS

Group Fitness



Michelle Berger

Yoga Group Instructor

Michelle is a mom of four and Bhakta yogini committed to a life in service to others. She carries a 200-hour RYT Certification, and a 200 hour Ayurvedic Mastery Immersion and Marma Therapy Certification. She offers full spectrum classes and makes the practice of YoGa the foundation of her life. Michelle is eager to share her practice and classes with all of you at the Fitness Center.



Vicki Kirchner

Hip Hop Group Instructor

With 14+ years of dance experience, Vicki is joining the Group Fitness team to bring Hip Hop to our community. As a speech-language pathologist at the Lake Placid Elementary School, her motto is "If you can give a child one gift, make it enthusiasm." which carries over to her fitness classes. She is excited to welcome you to her classes with enthusiasm, encouragement, energy, and plenty of laughter.

TEEN TIME YOGA

A FREE not-for-profit program specially designed for teens (age 13-18). Held one Sunday per month Jan-Apr. Each class is developed to teach teens in beginning to learn meditation, breath work, and physical postures to aid in navigating the challenges of this current world associated with adolescents.

taught by
Michelle Berger

10-11:30 a.m. (Ages 13-15)

12-1:30 p.m. (Ages 16-18)

Jan 9, Feb 6, Mar 6, Apr 3, 2022

To learn more and register for the series
call 518.523.8521





HOW TO COMMIT TO EATING HEALTHIER THIS NEW YEAR

by Registered Dietitian Joni Gerken

A national survey found that about 50% of New Year's resolutions are related to eating healthier, but

unfortunately at the end of the year less than 10% of people feel that they have succeeded in following their New

Year's resolution. So, why do so many people fail at such an important goal to take care of themselves?

The new year is a great time to make positive changes, especially after all the stress and busyness of the holidays are coming to an end. A big mistake that many people make is unrealistic goals. Often when people want to make the change, they think they need to change everything and swing the opposite direction, but a few small changes that you can stick to can make a big difference. Also, resolutions tend to be outcome-based, such as losing 50 pounds, rather than specific goals to get you there. Make a couple of goals S.M.A.R.T. goals that will help you get to your desired outcome.



S.M.A.R.T. Goals

- Specific- Exactly what you want to accomplish.
- Measurable- Make sure there is a way to determine what degree you are meeting your goal.
- Achievable- Make sure it is a goal that is realistic for you.
- Relevant- Make sure the goal will help you meet your desired outcome.
- Time-bound- Have a time set for a target of meeting your goal. Often small intervals are easier to meet than a long-term goal.

Examples:

- o I will eat 2 cups of vegetables at least 6 days a week.
- o I will only drink 2 sodas per week.
- o I will choose fruit for a least one snack every day.

Be honest about your current habits.

This will help you to determine an achievable goal. Sometimes this might

even take writing down what you eat over a couple of days, to get a realistic understanding of how you really do currently eat.

Know what motivates you.

Understanding why a goal is important to you can help you to stay focused. Do you want to have more energy to play with your children or grandchildren? Do you want to lose weight to better control your blood sugar to avoid diabetes complications? When it gets hard to stick to you a goal, you can remember why it was important in the first place.

Find support to help you stick to your goal. Sometimes we need outside motivation and accountability to stick to a goal. Find a friend or two that are also trying to accomplish a goal. There is power in numbers.

Lastly, a resolution does not need to be all or nothing. Even if you have a

couple of days that deviate from your resolution, you can always steer your focus back towards your goal. A healthy diet is about making good choices most of the time. A strict diet is rarely sustainable.



If you're looking to make strides in improving your nutrition this year, reach out to our front desk at 518-523-8521 for more info on working with Registered Dietitian Joni Gerken. We are here for you.

JANUARY POP UP CLASSES

Group Fitness



January 8 & 29 | Spin & Sculpt

with Deb Reilly

Spin to some motivating tunes, then grab some weights and enjoy a short but impactful workout. Open to all fitness levels.

January 8, 15 & 22 | Zumba Trio

with Colleen Parker

Join Colleen for her Zumba Trio: Aqua Zumba, Zumba Tone & Zumba Dance. Aqua Zumba is a great low-impact workout, while Zumba Tone & Zumba Dance will challenge you on your feet to the rhythm of the beat.

January 22 | Classic Step with a Little Yoga

with Marci Wenn

Feel alive and energized with classic step moves that flow into rhythmic yoga ending with a well-deserved Savasana.

UPCOMING PROGRAMS

Group Fitness



JANUARY 5 - FEBRUARY 23 | WINTER MUSCLE GAIN
with Coach Justin, Wednesdays 4 - 5 p.m.

Assess your body composition, address nutrition, and make strides toward your muscle gain goals both individually and as a group.

\$180 members / \$280 nonmembers

JANUARY 3 - 24 | LEARN TO HIP HOP WORKOUT
with Vicki Kirchner, Mondays 5:30- 6:15 p.m.

Do something new and fun this New Year. Challenge your mind, body, and soul to learn to move in a new way.

\$35 member / \$55 nonmember



JANUARY - APRIL | SENIOR FITNESS TESTING
with Coach Keri, First Thursday of the month 10:30 a.m.

Measure your functional fitness through strength, flexibility, and aerobic exercise. Stay encouraged to keep moving by seeing your progress over the months

\$60 members / \$80 nonmembers



FEBRUARY 2 - 28 | STROKE IMPROVEMENT
with Tom Kilroy, Wednesdays 6 - 7 p.m.

Improve your stroke through drill and application, while getting a great workout. Prerequisite: able to swim at least 1 length of pool.

\$120 members / \$180 nonmembers



Register in your member portal, or call 518-523-8521



INTENTION, THE NEW RESOLUTION

by Anna Izzo

Resolutions are tempting, but to get right to it, who has ever felt overwhelmed by the pressure to choose

resolutions - essentially to-dos that will last 365 days - by January 1 when there are one million and five things

you'd like to achieve, so instead of achieving any of them, you decide to shy away from the idea of resolving into the New Year altogether?

I'd have to raise my hand to that. And I'm sure I'm not alone, which is why I'm writing this for all of you to read before 2022 hits.

Let this year be the year of intention, not resolution.

I said it. Toss those resolutions to the side and instead set an intention.

We all know deep down what it means to be our best selves, which is why when we head into this New Year with the intention to be that version of ourselves every moment of every day rather than with a list of overwhelming to-dos, we are actually much more likely to see positive change and growth in ourselves that we likely

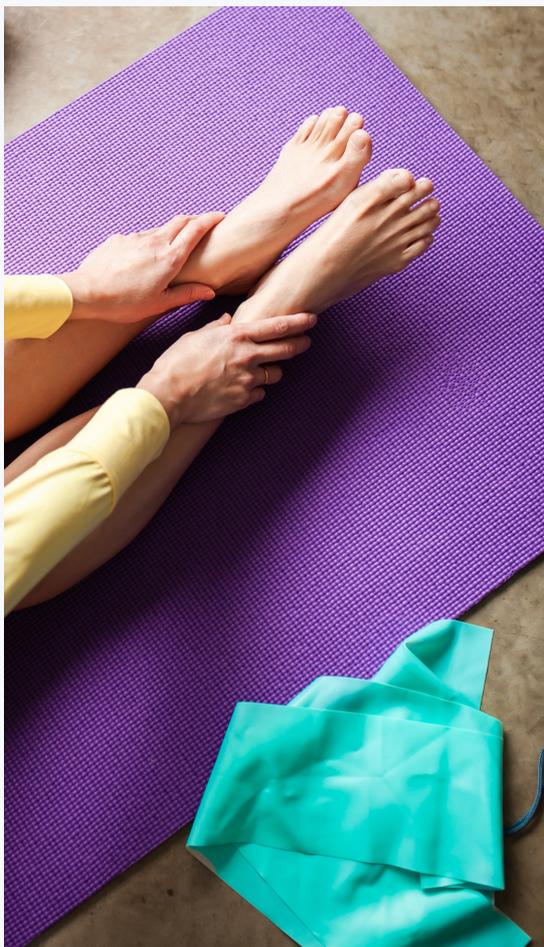


would not see otherwise. Setting intention offers a consistent reminder of what you're really after: living and being your best day in and day out, while to-dos add to the already large queue of energies to be spent

For some that will look like showing up better for exercise, or nutrition, or relationship, for others it may mean they will be setting better boundaries for themselves around social media, finances, or self-care. But for all, it means saying yes to the things that are an absolute yes, and saying no to the things that are not an absolute yes. In this way, the things preventing you from being your best self are weeded out and you're left with the best version of yourself.

And just like that by the end of 2022, there is the power to become a completely heightened version of yourself because you are focused on whom you want to become rather than what you want to achieve all year long.

To-dos are exhausting, which is why resolutions are often left behind by January 2, but intentions are transforming.



They inspire us because they come from a place of meaning inside of us all. Set out to be your best self this New Year and you just might love the results.

Let us know how we can support you on the journey. We are here for you not just now, but all year long

—

MEMBER TESTIMONIALS

What members are saying

THOROUGH & PERSISTENT

Fitness Coaching with
Coach Justin

Justin has worked with me all Fall 2021 and into the holidays. I have found him very thorough and persistent in working all sections and muscles of my body, with special emphasis on weak or unstable parts of my body. He has a great memory, a wonderful sense of humor and is always personable and helpful. I feel like I am improving every week and look forward to seeing him for my regular sessions.

-Ben K.

POSITIVE & PROFESSIONAL

Group Fitness with
Coach Keri

I come to exercise classes with Keri because I am 86 years old and one hundred pounds overweight. There are many things that the other people do that I cannot do, Keri always helps me adopt those things. She is always attentive and helpful - also very fun and cheerful. I enjoy my times at the gym because of her positive and professional attitude.

-Barb M.

SWIM LESSONS

They're back!

Starting Wednesday, January 5, 30-minute session swim lessons are available for scheduling.

Learn to swim in our state-of-the-art saline swimming pool from only the best instructors.

Book with the front desk by calling 518-523-8521 or stopping by in person.





YOGA4CANCER

Sourced article from yoga4cancer™

Cancer in Our World

- 40% of the world's population will receive a cancer diagnosis in their lifetime.
- 17 million new cases of cancer were diagnosed worldwide each year.
- 68% of people will survive.

The cancer survivor population is large and growing due to the advancements in treatments. However, cancer treatment cause short and long-term side effects that require management to improve long-term health and survival.



Oncologists recommend yoga.

Yoga seems an obvious path for cancer patients and survivors coping with difficult treatments and their ongoing side effects. In fact, oncologists and cancer organizations are recommending yoga and exercise as part of a cancer survivor's recovery and management plan.

Both the American Cancer Society and the U.S. Department of Health and Human Services recommend between 150 – 320 minutes of yoga per week to speed recovery or defend against cancer occurrence and reoccurrence. The 2018 guidelines highlighted that an active yoga practice (mentioning Vinyasa) was necessary.

But, not all yoga is the same and for cancer survivors the needs are different.

- True compassion flows from knowledge and facts.
- Without specific training, a yoga professional is not equipped to understand the unique physical and emotional needs and challenges of those touched by cancer.
- Over the past decade, the volume of research to support yoga as a safe and effective way to manage cancer side effects has grown.

Our evidence-informed Oncology Yoga method and training programs provide the education, support, and advocacy so that cancer patients and survivors achieve the exercise guidelines in safe and effective ways.



What is Oncology Yoga?

Oncology Yoga is an evidence-informed yoga method tailored to address the specific physical and emotional needs left by cancer and cancer treatments. It is an active practice that matches breath and movement to mitigate the short and long term side effects that cancer patients and survivors face like bone loss,

lymphedema, scar tissue, constipation, neuropathy, fatigue, anxiety, and many more.

yoga4cancer is Oncology Yoga.

yoga4cancer is designed to help cancer survivors achieve the oncology and healthcare organization recommendation to speed recovery or defend against cancer reoccurrence.

Each session will:

- build strength and flexibility
- strengthen the immune system and the lymphatic function
- reduce cancer-related fatigue
- improve sleep and reduce anxiety
- increase bone density
- help manage common side effects like lymphedema, constipation, and neuropathy
- and encourage survivors to participate in their wellness plan



The above article is entirely quoted and sourced from y4c.com. Adirondack Health Medical Fitness Center takes no credit for the original creation of the information presented.

Marci will be beginning a yoga4cancer class at the Adirondack Health Medical Fitness Center in the New Year. Keep an eye out for dates and times, we are thrilled to be able to bring this class to our community for those in need.

—

FACILITY UPDATES

Just a bit of housekeeping



SHOES

Please bring indoor shoes to change into; leave outdoor shoes out of the gym. Why this is important? Outdoor shoes have sand/salt/dirt/even water on them. Those elements will quickly ruin equipment. Any water tracked in creates a slip hazard on the gym floor and even equipment. Thank you to those who are already so diligent about helping us keep our facility safe and clean!



LOCKERS

Small day-use lockers are available for member use again! Please be considerate and wipe down the locker you use to maintain cleanliness and health safety for those behind you. If you prefer to not share a locker, small and large lockers are still available for rent (\$15/\$20/month). Stop by the front desk to claim yours!



MASKS

Per NYS Mandate, The MFC currently requires proof of vaccination to utilize the facility. Please continue to be screened and wear your masks when entering and leaving the facility, in hallways, common spaces, and locker rooms; for right now during the current COVID-19 surge in our community, we are also recommending that our members wear a mask again while working out.

2022 PROGRAM & GROUP FITNESS CATALOGUE

Winter Edition



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

FOR MORE INFORMATION, FOLLOW US ON: