

# THE MEDFIT MONTHLY

Official Newsletter of the Adirondack Health Medical Fitness Center

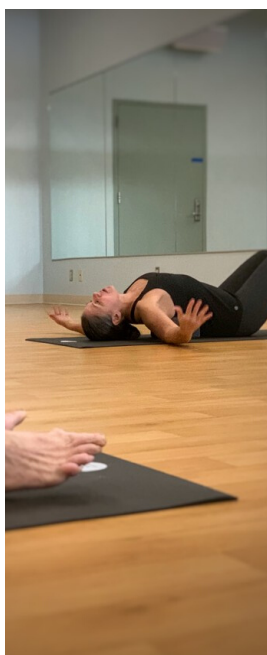
## THE 3 PILLARS OF HEALTHY LIVING

BY ANNA IZZO, MICHELLE BERGER & JONI GERKEN

Healthy can be deceiving, and also very confusing. What does it even mean to be healthy anymore? Does it mean you have to buy that supplement your friend mentioned, or does it mean you have to run every day, or eat zero fats?

Anna (Fitness Coach), Michelle (Yoga Instructor) and Joni (Registered Dietitian) are all here to help untangle and simplify this topic of healthy. Hopefully their perspectives will help ease your confusion on how to lead a healthy life amidst all the noise that's out there.

**PAGE 11**



## This issue:

2022 Catalogue  
*PAGE 02*

Spring Solstice  
*PAGE 03*

March in Motion  
*PAGE 04*

How is a Medical Fitness  
Center Different?  
*PAGE 05*

Focused Group Training  
Programs  
*PAGE 18*

Take a Look  
*PAGE 19*

Work Hard, Play Hard  
*PAGE 20*



# 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)



# SPRING SOLSTICE

*Let's Celebrate!*



## Spring Solstice Hike & Yoga

Join Medical Fitness staff and community for a hike in Henry's Woods, followed by yoga outside (weather permitting) on the Spring Solstice.

Meet outside the facility entrance and be ready to depart for the hike as a group at 2 p.m. on Sunday, March 20.

Yoga will immediately follow. Mats provided (but if you have one you prefer feel free to bring)!

*It's time we celebrate as a community.  
Pray for sun!*



# MARCH IN MOTION

## *Happenings This Month*

1



**APRIL IS ON US  
WHEN YOU  
JOIN IN  
MARCH**

Join our facility any time in March, and April dues are on us! Also enjoy an extended grace period to decide if the facility is right for you; you will have until April 27 to notify us of your intent to cancel or continue.

*\*All joining fees are applicable and nonrefundable; if you decide to cancel you have from the day you join until April 27 to notify the front desk of your cancelation and you won't be charged any cancelation fees. If you choose to wait to cancel your membership after April 27 all normal termination of contract fees will apply.*

2



**FREE  
15 MINUTE  
DIETARY  
CONSULTS**

Looking to dial in your nutrition? We are now offering FREE 15 minute dietary consults for all members.

Additionally, if you choose to follow up (during March only) receive 30% off dietary follow up sessions with our Registered Dietitian, Joni Gerken. Learn more and register through the front desk, 518-523-8521.

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





## HOW IS A MEDICAL FITNESS CENTER DIFFERENT?

*by Traci Wagner*

---

*"There is no intervention with more potential to prolong and enrich life than exercise." (1)*

You are a part of something special, but do you know exactly why a Medical Fitness Center is so different from your



ordinary gym? The Medical Fitness Center concept is relatively new and progressive. It is tied into the healthcare industry and leads the way for preventative health which positively impacts the overall healthcare system.

There is no intervention with more potential to prolong and enrich life than exercise. (1) Medically integrated health and fitness centers are defining the future of healthcare. Growth throughout the medical fitness industry becomes more apparent every year. Based on industry surveys and other sources, the number of centers has grown from 79 centers in 1985 to 950 in 2008. (2) From aging to chronic disease, increased health-risk factors to improving outcomes for clients/patients' procedures and recovery; Medical Fitness Centers help members become educated and physically empowered in the "why" and "how" to promote wellness as a lifestyle.

So, what makes a medical fitness center so different? Each center has a highly trained, properly credentialed, and degreed staff of health/fitness professionals whose primary focus is to provide high-quality assessment and exercise programming based on the individual needs, goals, conditions, and health-risk levels of each member. Medical Fitness Centers, like Adirondack Health Medical Fitness Center (AHMFC) position themselves as being a part of the continuum of care working closely with a hospital. (1)

"The pioneers in the Medical Fitness Industry believe the future of hospitals and other wellness/fitness organizations is in improving the health status of the communities they serve." (2) Medical physicians play a very important role in the healthcare system by treating disease. However, physicians don't have the time nor background in exercise as medicine for



prevention to provide fitness programs tailored to members individual needs. That is where a Medical Fitness Center's expertise comes in. Physicians work in tandem with exercise professionals to refer patients to begin exercising with a trained professional by providing recommended restrictions and goals. Adirondack Health Medical Fitness Center was created for just that reason.

It is no surprise that America is facing an explosion of health-related issues. Due to the Medical Fitness model healthcare is beginning to trend away from "sick care". Medical Fitness Centers play an important role for their associated hospitals on population health management by preventing illness and the accompanying costs. (2) Medical Fitness Centers are leading the way in the healthcare epidemic. Unlike your ordinary health/fitness facility that targets and attracts 15 percent of

the American population that exercises regularly, Medical Fitness Centers uphold the mission to provide genuine opportunities to be physically active to include the other 85 percent; more specifically the large population of people who have a desire to exercise, but just don't know how to get started. (2)



Medical Fitness centers and their professional staff strive to provide relevant and expert information not only to their members but also to the community as a whole on how to be physically active as well as providing the means (facility, equipment, and structured activity opportunities) to dramatically change their "want-to

feelings” into “I did it” behavior patterns. (2) This transformation is the exact mission of American College Sports Medicines' “Exercise is Medicine” philosophy. That is why Medical Fitness centers stand out as such a unique operation compared to ordinary health clubs. They provide a viable avenue to success for everyone.



Adirondack Health Medical Fitness Center(AHMFC) is even more unique than a standard Medical Fitness center. Many of us at the Medical Fitness Center say, “we are here for you, we do the work with you; so you can continue to do what you love out there”. Whether it be a seasoned athlete, someone who has recently rehabilitated from knee surgery, or

recently suffered from a stroke and has been cleared to exercise; we are truly here for everyone! Our professional staff guide each member to individualized advancement with their health and wellness.

For example, an AHMFC member joined the fitness center in January of 2020 as part of a New Year promise to herself. Her goal was to become more physically and mentally healthy so she can continue to do the things she loves like working in her flower beds. “I love to swim, but when I wasn’t getting the results, I was looking for, I asked for help. I met with a member of the coaching staff and a fitness program was designed to help me with my specific needs. Seeing a coach has proved to be very helpful, and it is so nice that staff are available in the gym when you need assistance.”

There is endless documented evidence



and compelling literature on how physical activity can impact a person's ability to perform and enjoy activities of daily living, as well as minimize the risk of an individual suffering from disease or illness. Adirondack Health Medical Fitness Center's mission is to provide lasting lifestyle change to our members and surrounding communities by employing education and professional assistance. There is no doubt that AHMFC provides a solid foundation for achieving the benefits of exercise by educating members on what to do and then helping members do it. Exercise professionals aren't just for those with underlying disease, they are here to support the advancement in physical conditioning and health for everyone, even those who believe to already be well conditioned or know what to do.

I am a perfect example of the continuum of care. Even with an

exercise background, and years of training for Ironman's and other endurance events, I too have started to work with one of our fitness coaches. I always had an endurance coach that provided me guidance-training for major events like Ironman, but I never had a strength and conditioning coach to work one-on-one with. Over a year and a half ago, I had a mountain bike accident and sprained my low spine. I went to a physician, then physical therapy, and then following a good year "off" from being as active as I typically was used to being I have started to work with a fitness coach. Due to my time with significantly reduced physical activity, I lost a lot of my conditioning and started to feel generally unwell most of the time. I registered for Ironman 2022 and decided it was time to get moving again not only for the race but for my health. This time, I decided where I would gain the most benefit was

working one-on-one with one of our highly educated and knowledgeable coaches. I have been working with Coach Erik for four weeks and right away, I began noticing the benefits.

1. He motivates me to strength train; as an endurance athlete it can often be easier to just decide to get on the bike instead.
2. My overall wellbeing and health have increased: less pain in my low spine, knees and less 'achy bone syndrome.'
3. My strength is noticeably increasing.
4. He can pick up on when my form is slightly off; which I would otherwise not be able to on my own, and the corrections, although maybe only a sliver of an adjustment, make a huge difference in proper muscle engagement.

My point is: oftentimes people think "I

don't need to work with a trainer" and perhaps it's true for some, but I guarantee you, for most, you will walk away learning something new to advance where you are currently at. That is what makes Adirondack Health Medical Fitness Center unique: we meet you where you are and then walk with you to where you want to go!

By being a part of Adirondack Medical Fitness Center, you are a part of something special: a very important shift and movement in America towards better health. We celebrate and thank you!

Resources:

1. Conviser, Jason; Roy, Brad; Skinner, James; Tharrett, Stephen. (2015). Medical Fitness Association's Resource & Planning Guide. Healthy Learning
2. Medical Fitness Association. About Us. Medical Fitness Association. Retrieved February, 24, 2022 from <https://www.medicalfitness.org>.





## THE 3 PILLARS OF HEALTHY LIVING

*by Anna Izzo, Michelle Berger & Joni Gerken*

---

Healthy can be deceiving, and also very confusing. What does it even mean to be healthy anymore? Does it mean you

have to buy that supplement your friend mentioned, or does it mean you have to run every day, or eat zero fats?



Anna (Fitness Coach), Michelle (Yoga Instructor) and Joni (Registered Dietitian) are all here to help untangle and simplify this topic of healthy. Hopefully their perspectives will help ease your confusion on how to lead a healthy life amidst all the noise that's out there.

## **Pillar I: Movement**

*by Anna Izzo*

Would you rather drink water from a stagnant murky pond or a clear flowing river? Unless you have a strange affinity for unsanitary beverages, I'd imagine you answered you'd rather drink from a clear flowing river. This is one of my favorite analogies to use in explaining the importance of daily physical activity.

When we spend the entirety of our days sitting still with little to no movement, our bodily systems become ressemblant of the stagnant murky pond. Simply put, less movement means functioning less optimally.

Whereas when we take what a friend of mine likes to refer to as "movement snacks" throughout the day, we are functioning much more like the clear flowing river. Our heart pumps, our blood circulates, our lymph drains and our bodies function optimally.

The American Heart Association recommends 150 minutes of moderate to vigorous intensity exercise each week, and for good reason. Exercise has been proven to decrease risk and exacerbation of many diseases, however less than 25% of the nation's population is in fact meeting these recommendations. Meaning there are more of us functioning like murky ponds than flowing rivers. It might not be fun to hear, but it's our reality.

Use it or lose it isn't just a tough love saying, it's true. Whether we want to live a simple healthy life, achieve lofty fitness goals or perform at a high level



of competition, a component that cannot be substituted is exercise.



That doesn't mean we have to run a marathon every single day or suffer through exercise that we really don't like (although there is something positive to be said about the things that challenge us), but it does mean we need to prioritize finding movement that we do love - better yet movement that we look forward to - and do it consistently often.

One of the best ways to create new habits - whether a newcomer to exercise or someone trying to reach new heights in their fitness journey - is to stack the new habits on top of old habits that we already have established (i.e. when you drive home

from work - something you already do every day - pack a bag and pull into the gym and get in a workout before going all the way home). The easier we make the beginning of a new habit, the more likely we are to carry through on it.

So stop and think for a second? What movement do you enjoy? How can you stack it on top of something you already do? If you're already fairly active, how can you change up your regimen to reach your goals?

As always, our fitness coaches are here for you and are always more than willing to help you find ways to stay active, move better and feel your absolute best. No matter where you're trying to go, the best place to start is exactly where you are.

## **Pillar II: Nutrition**

*by Joni Gerken*

Whether you consider yourself an athlete or simply an active individual, nutrition plays a key role in performance and overall health.

Increased activity burns more calories, allowing you to eat more without adding the pounds, but nutrient needs also increase with activity. It is important to make sure that your food choices are nutrient rich and not just high in calories.

A great start to meeting nutrient needs is to incorporate foods from all food groups, focusing on:

- Lean meat, poultry, fish, or plant-based protein
- Low-fat dairy foods
- Colorful fruits and vegetables
- Whole grains
- Heart healthy fats such as olive oil, canola oil, avocados, and nuts

It is also important to minimize those foods that are high in calories but provide few additional nutrients, such as:

- Fried foods
- Sweetened beverages
- High sugar foods
- Alcohol

To maximize performance and recovery, timing your nutrition can help. Before exercise or strenuous activity, eat a carbohydrate-rich snack. Good choices include:

- Small bagel
- Pretzels
- Handful of dried fruit, such as raisins

If your activity lasts more than an hour, you should consider snacks during exercise. Snack choices might depend on what type of exercise your doing based on convenience and digestive system comfort.



A good goal is for 30-60g of carbohydrates for every hour you are exercising. Good choices include:

- Granola bar
- Sports Drink
- Banana



Nutrition is an important part of recovery to get back to training or simply not be stuck on the couch the next day. After exercise, you should focus on snacks that combine protein and carbohydrates. Good choices include:

- Low-fat chocolate milk
- Turkey Sandwich on whole grain bread
- Whole grain toast with peanut butter

Lastly, do not forget about hydration.

Hydration can be even more important for athletes and individuals as they age with sensation of thirst declining as well as decline in kidney function.

Some good rules are:

- Drink 16 oz of fluid 30 minutes before exercising
- Drink 8 oz of fluid every 15 minutes of exercise. This is of most importance when temperatures are hot and humid.
- If you have not been able to maintain hydration during exercise, drink 16-24oz of fluid for every pound of body weight that was lost during exercise.

### **Pillar III: Rest & Recovery**

*by Michelle Berger*

Walk on the gym floor, take a look around and action instantly catches the eye: the strike of feet on the treadmill, pumping of iron with free

weights, pushing and pulling on nautilus equipment; ACTION is everywhere!

Now, walk into a yin yoga class: the body is completely supported by bolsters, blocks and blankets. It appears the participants are taking the easy approach to fitness; after all, they aren't even moving. Inaction is all we see!

*One who sees inaction in action and action in inaction is intelligent among men, and he is in the transcendental position, although engaged in all sorts of activities.*

### **-Bhagavad Gita 4:18**

You see, the thing is, if we go to the gym, there is a result; yet, if we stay home there is also a result: both action and inaction have an outcome. They each have an appropriate place in our practice; both physically and mentally.

During active training, the body is in full exertion while the mind is in a heightened state of focus and determination. Muscles are engaged, the heart is pumping, respiration is intensified. We are pushing to the edge of our ability with the goal of transformation. Scientifically, during weight training, muscle fiber is being torn so it can rebuild stronger. But, if we tear it over and over again without giving the body the opportunity to repair we end up injured, fatigued, and seeing a lack of progress or results in desired improvement.

Now, let's think back on that yin yoga class. Students use bolsters, blocks and blankets to fully support the body; transitioning through maybe 6-8 poses in a class. The muscles are able to relax and release from the body, the heart and respiration are able to take a slower pace. The mind can hopefully settle into a meditative state of peace.

Nowhere to go, literally nothing to do!  
Without being called to exert additional energy, the body can finally focus solely on the work of repair.



- Eat a nutrient fortifying meal
  - Limit or eliminate caffeine and sugar
  - Self or professional massage
- 

You may recall last month, when we spoke about Ayurveda: like increases like and opposites balance. The active state of exertion is necessary to build muscle, increase respiration and heart function; but, equally important is the inactive state which enables recovery of the muscles, heart, respiration and mind to pause, soften and regroup.

Following are some ways to incorporate recovery into your practice:

- Yin or Restorative Yoga
- Meditation
- Get to bed before 10 pm



## GROUP FITNESS PROGRAMS

*Together we can*



### TEEN TIME YOGA W/MICHELLE

*March 6 & April 3*

A free not for profit program held one Sunday per month through April. specially designed for teens (age 13-15 from 10-11:30 a.m. and ages 16-18 from 12-1:30 p.m.). Each class is developed to teach teen's in beginning to learn meditation, breath work and physical postures to aid in navigating the challenges of this current world associated with adolescents.



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

*March 1 - April 7, T & Th 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.



### SENIOR FITNESS TESTING W/KERI

*March - April, first Th 10:30 a.m.*

Measure your functional fitness with Coach Keri through strength, flexibility, and aerobic exercise. The test involves everyday activities such as getting up from a chair, walking, lifting, bending and stretching. Take the test each month for four months and see your gains.

## TAKE A LOOK

*From Our Members*

### LOVE THE POOL

*We have enjoyed coming to the pool and fitness center very much. It really helped to keep swimming from mid-December through the end of February while we were in Keene (our second home). So grateful to continue our training this winter [as we prepare for all of our upcoming races this calendar year]. Love the salt water pool, and Ward really enjoyed the stroke improvement class.*

**-Ruth K.**



### SO CLEAN & ACCOMMODATING

*I love my new membership! I love the cleanliness and atmosphere of the gym and feel like all staff have been very helpful, welcoming, and accommodating.*

**-Theresa P.**





## WORK HARD, PLAY HARD

*by Dino Angelopoulos*

---

Why should I go to the gym?

This is an interesting question that is

asked quite frequently. It is a misconception to believe that you have adequate strength as a result of being



active, e.g. running, biking, skiing, etc. You may be fit for a specific sport because of the volume of time spent doing it, but your muscles may not be as balanced in strength as you think they are. The muscles that go unused actually may get weaker from mass volumes of repetition without variation.

General fitness has a handful of different components, and we all need all of them. Cardiovascular fitness, muscle endurance, flexibility/ mobility (a topic for a different conversation), and muscular strength - these all make up the general categories of fitness.

There is another aspect called performance fitness, that is more sport-related; agility, speed, and power - these rely on a good base of general fitness to be contributing factors.

Now when you train one aspect of general fitness, the others decrease. The more cardiovascular work you do (e.g. running), the weaker your muscles actually get in producing power. So there is a need to do both strength and fitness work as they co-

benefit each other.

Strong muscles are also efficient muscles. The more efficient your muscles are, the better you can do your chosen activities. And this is why you should go to the gym, to keep your strength up inside, so you can continue to recreate in true fitness outside.

---