

THE MEDFIT MONTHLY

Official Newsletter of the Adirondack Health Medical Fitness Center

THE BEAUTY OF A SUMMER'S MARKET

BY ANNA IZZO

There's nothing quite like the sun shining down on your weekend morning while walking through the farmer's market with friends and family. Every other step is met with ooo-ing and ah-ing at the fresh produce, the vibrant colors, and the one-of-a-kind designs. But although a farmer's market is a great excuse to escape the house with friends - something we all look forward to after taking it for granted before the past two years hit - these markets can be much more than a trendy pastime with good company.

So why should you visit a farmer's market this summer?

Read more on pg.12



This issue:

Lifeguard Course

PAGE 02

Solstice Yoga & Paddle

PAGE 04

Refer a Friend

PAGE 05

Focused Group Training

PAGE 06

Member Highlight:

Karen Keasler

PAGE 07

New Swim Lessons

PAGE 08

Eat the Rainbow

PAGE 09

June Nutrition Challenge

PAGE 11

Why Your Walking Legs May be Weaker than You Think

PAGE 17

Five Resistance Exercises for Beginners

PAGE 20

Hydration

PAGE 25



LIFEGUARD COURSE CERTIFICATION

June 10-12 & 17-19

This June, earn your Red Cross accredited Shallow Water Lifeguard Certification, with the 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

FOR MORE INFO CALL THE FRONT DESK 518-523-8521

MEMORIAL DAY

Facility Hours

*We will be open 6 a.m. until noon on Monday, May 30,
closing early in recognition of Memorial Day.*



REMEMBER & HONOR



summer kickoff yoga & paddle

June 21 • 4 p.m. • \$5

100% of proceeds will go toward our Adirondack Health Medical Fitness Center Scholarship Fund, helping those who wouldn't normally be able to afford a monthly membership have access to the same health and wellness as those who do.

Help us reach our goal to support community wide wellness for all!

**Bring your
own mat &
paddle board!**

MEET AT MIRROR LAKE TENNIS COURTS

To RSVP call 518-523-8521

REFER A FRIEND

*10% off for you &
your friend*

**DOWNLOAD THEIR
REFERRAL VOUCHER AT
AHMEDICALFITNESS.ORG
& PRESENT TO THE
FRONT DESK**



Refer a friend and you receive 10% off your next month's dues. When they sign up for their membership, they receive 10% off their first month's dues. Must download and present voucher to the front desk staff at the time of new member sign up and provide the name of current member referring to apply the discount.

Maximum number of referrals per current member: 10

FOCUSED GROUP TRAINING

Let's move!



YOGA FOR YOUR WHOLE BODY

*April - May,
Wed 11-12 p.m.*



LIFEGUARD CERTIFICATION

June 10-12 & 18-19



F.A.S.T. HIGH SCHOOL ATHLETE TRAINING PROGRAM

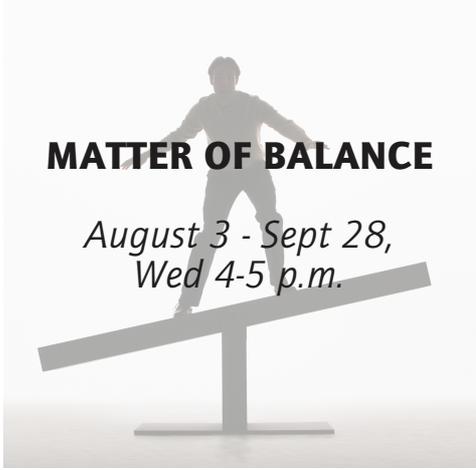
*June 14 - Aug 4,
T & Th 4:30-5:30 p.m.*

**REGISTER IN
YOUR MEMBER
PORTAL!**



HALF-MARATHON PREP

*July 6 - Oct 5,
Wed 5-6 p.m.*



MATTER OF BALANCE

*August 3 - Sept 28,
Wed 4-5 p.m.*



5K-10K TRAINING

*Aug 9 - Oct 4,
Tues 4:30 - 5:30 p.m.*

Focused Group fitness Training is where progress is made. Choose the program that fits your schedule and goals.

For more info and to register, log into your member portal, call the front desk at 518-523-8521, or email medicalfitness@adirondackhealth.org.

MEMBER HIGHLIGHT

Karen Keasler



Karen Keasler is a member of the Medical Fitness Center and she has set a goal for this calendar year (2022) to swim 100 miles. She does the majority of it here at our facility; when she travels on vacation or to see family (the photo to the right is her most recent trip to St. Thomas in the U.S. Virgin Islands) she finds a local pool and keeps plugging away with this goal.

Our pool measures 35 laps to a mile (1 lap being down and back) and it takes Karen 56 strokes per lap. She swims a mile in roughly 45-minutes, which means her end goal will result in approximately 4500 minutes, or 75 hours, spent on this goal. That's 3500 total laps or 196,000 strokes to reach 100 miles!

She marks the distance she's added on her calendar every night when she gets home. Karen expects to reach 50 miles before June.

What a feat! Way to go Karen, we're cheering for you!

NEW SWIM LESSONS

with Marietta



Adult Learn to Swim

June, Tues/Thurs 6-7 p.m.



Aqua Baby

June, Tues/Thurs 11 a.m. - 12 p.m..

(ages 6 mo - 3 yr, parent must accompany child in pool)

Learn to Swim

June, Tues/Thurs 12 - 1 p.m.

(ages 4 - 6 yr)

Cost: \$100 (per program, per person)

Register in your member portal or by calling 518-523-8521!



EAT THE RAINBOW

by Joni Gerken

Not only is it important to eat plenty of fruits and vegetables, it's also important to include a variety. An easy

way to think about variety is based on colors to get all of the benefits. Phytonutrients give fruits and

vegetables their bright colors and each pigment has different health benefits.

Red: These are rich in lycopene which helps rid the body of gene damaging free radicals and has been shown to reduce the risk for some cancers.

Examples: tomatoes, strawberries, peppers, and cherries

Orange / Yellow: These are rich in beta carotene which also helps your body get rid of free radicals, but also helps cells communicate with each other and can prevent heart disease. Examples: carrots, sweet potatoes, winter squashes, and oranges

Green: These are full of sulforaphane, isocyanate, and indoles which help block the effects of carcinogens to help lower cancer risks. Examples: spinach, kale, green beans, and broccoli

Blue / Purple: These contain

anthocyanins, which are antioxidants believed to delay cellular aging and reduce stroke risk by preventing blood clots. Examples: blueberries, beets, grapes, cabbage, and figs

White / Brown: These have quercetin and kaempferol which are found to have anti-tumor qualities and also prevent cardiovascular disease.

These are just a few of the benefits of the different color categories of fruits and vegetables. It's fun to mix it up and even try new things!

If you're looking for a fun way to hold yourself to trying to eat the rainbow this month, head to page 11 and take part in our nutrition challenge this month to eat the rainbow!

EAT THE RAINBOW

Celebrating Pride Month

Let's take this month - being the beginning of summer and farmer's markets, plus Pride Month - to join together for a nutrition challenge! We encourage all of you to eat one serving of fresh fruits or vegetables a day with the assigned color schedule below! Can you do it?

Monday - Red

Tuesday - Orange

Wednesday - Yellow

Thursday - Green

Friday - Blue

Saturday/Sunday - Purple

Here are some ideas for each color! Have a favorite we forgot? Let us know!



*Strawberries
Beets
Raspberries
Watermelon
Radishes
Red Cherries
Red Apples
Red Peppers
Tomatoes
Pomegranate
Cranberries
Red Potatoes
Red Grapes
Red Onion
Radicchio
Blood Orange
Grapefruit
Rhubarb
Guava
Nectarine
Cherries*



*Pumpkin
Carrots
Apricots
Cantaloupe
Oranges
Tangerines
Orange Pepper
Clementines
Sweet Potatoes
Yams
Squash
Peach
Papaya
Kumquats
Persimmon
Orange Pepper*



*Bananas
Mangoes
Yellow Peppers
Acorn Squash
Star fruit
Pineapple
Lemon
Corn
Ginger
Potatoes
Onions
Apples
Yellow Pears
Golden Beets
Yellow Beans
Yellow Apple
Cauliflower*



*Spinach
Kale
Collard Greens
Bok choy
Swiss Chard
Lettuce
Brussel Sprouts
Cabbage
Avocado
Edamame Beans
Seaweed (Nori)
Kiwi
Broccoli
Sprouts
Arugala
Cucumber
Celery
Artichokes
Green Beans
Green Pepper
Jalapeno
Peas
Asparagus
Fiddleheads
Green Apple
Green Grapes
Limes
Zucchini
Okra
Cilantro
Honeydew Melon*



*Blueberries
Elderberries
Concord Grapes
Black Currants
Plums
Blue corn
Purple Potatoes
Figs*



*Blackberries
Quinoa
Purple
Cauliflower
Purple Carrots
Redbor Kale
Eggplant
Passion Fruit
Mangosteen
Asparagus
Acai Berries
Cabbage
Grapes
Prunes
Raisins*



THE BEAUTY OF A SUMMER'S MARKET

by Anna Izzo

There's nothing quite like the sun shining down on your weekend morning while walking through the

farmer's market with friends and family. Every other step is met with ooo-ing and ah-ing at the fresh

produce vibrant with color and one-of-a-kind designs. But although a farmer's market is a great excuse to escape the house with friends - something we all look forward to after taking it for granted before the past two years hit - these markets can be much more than a trendy pastime with good company.

So why should you visit a farmer's market this summer?

Farmer's markets get us outside.

Whether it's Saranac Lake (Riverside Park, Saturdays), Lake Placid (Green Goddess parking lot, Wednesdays), or Keene (Marcy Field, Sundays), the farmer's markets in our Adirondack region are all in the great outdoors. Meaning if we go, we are outside soaking in the fresh air and sunshine (hopefully!). Who wouldn't want to do their grocery shopping for the week getting their daily dose of vitamin D at

an outdoor market over rolling around a cart in a fluorescent-lit grocery store?

Your food will be more nutritious.

The foods we buy from the supermarkets are largely processed and packaged and if they are fresh produce, we can bet our selections have often been frozen and defrosted, or transported hours, sometimes days, to be put on that shelf. These groceries are bought and shelved for another few days, or even months until we wind up preparing them for a meal. All the while, the percentage of nutrients in those foods - especially the fresh produce - is dwindling each day. When you buy from a farmer or vendor at the market, the produce is much more reliably fresh, having been harvested likely just hours before you purchase it. By shopping locally and more frequently (weekly, rather monthly) in this way, your food is bursting with nutrients at every meal.

Who doesn't want that?

Next up, you'll actually save.

Just hear me out.

Who has done grocery runs only to find ingredients purchased weeks ago going bad in the back of the refrigerator? Or who has done grocery runs where you only needed one item but you left as a partial owner of the grocery store chain itself due to buying 25% of the inventory that you 100% did not need for dinner.

everyone reading silently raises their hand in their head

Grocery stores enable this - they give you every option of every ingredient and food item you could want in a moment's notice, increasing the likelihood that you will buy things you don't need, or overbuy things in trying to project needs weeks out. Where

farmer's markets solve this problem is they require you to contemplate what you can realistically buy and prepare and eat within a week's time, rather than allowing you to buy ingredients with extended shelf lives. The vendors you buy from help with that by reminding you to only take what you need. Not only are the foods with shorter shelf lives healthier for you, but when bought from a local farmer rather than a grocery store, the price of production, relocation, and resale is lower, so you're saving on ingesting ingredients that are harmful to your system, plus you're saving dollars. And on the topic of dollars, let's talk about the next reason farmer's markets rule.

It speaks volumes.

Sure you can brag to your friends about being a farmer's market frequenter, but that's not what I mean by this one.

What I mean is that by buying from a farmer's market (when

you can - because let's be real, sometimes Hannaford or Price Chopper has what you need and well, mid-January the farmer's market just doesn't) you're voting with your dollars. Now we all know how important this concept is, because by voting with our dollars we - even down to the individual - can make a huge impact on the world. When we avoid buying from supermarket chains when we can, we are supporting the local economy, AND ensuring our supply chain hears us loud and clear that we want slow quality living, not fast convenient living.

Finally, farmer's markets rule because they teach us to eat seasonally.

Humans weren't meant to eat the same thing every day in and day out! We just weren't. We all have favorites and daily go-tos, but if we were farmers on a ranch back in Little House on the Prairie days, you would be eating

neither strawberries at Christmas time, nor fall apples in the summer. It's a great luxury to have access to the foods we like year-round, but there is something to be said for learning to eat the produce that is fresh and in season. It only grows at that time of year for a reason (hint hint, it syncs with the nutrient needs of humans in their specific region and climate). The vendors at the farmer's market provide just that - fresh produce that is meant to fuel you in the present season to thrive in your environment.

And if you're not convinced yet, let me share a personal story to shed a bit more light on the topic. When I started using the farmer's market as my "grocery store in the summer" I was MUCH more intentional about food. It's easy to stalk up on pasta and frozen pizza, but that's the thing. Food, real nourishing food wasn't meant to be easy in the sense that it required no

time or preparation or effort at all. Digestion begins when you catch that first whiff of something delicious cooking in the kitchen. This is why the actual ritual of preparing food is actually very important for our bodies to digest fully and properly.

I noticed a shift in mealtimes not only in my body, but also in my mindset. Food became more of a healing art than a stressful decision, because I knew the food I was bringing home each week and eating throughout the week was thoughtfully prepared and actually supported me in my daily exercise and to-dos.

This summer I'm eager to be registered for a share with Fledging Crow Farms, meaning unlimited (of course only what I will eat in a week to avoid food waste) fresh produce from June until October. I hardly can wait. I hope to see you there!



WHY YOUR WALKING LEGS MAY BE WEAKER THAN YOU THINK

by Erik Lewish

Walking on two legs is a distinctly human activity. We are the only species since the dinosaurs to cover

vast distances only by walking on two legs. From the time our early ancestors took their first steps about six million

years ago, humans have expanded to every corner of the globe. So at first glance, you may think that walking (the very activity that defines our species) is the perfect way to strengthen our legs. However, while walking is a great aerobic activity and can help prevent muscle wasting in older adults, it doesn't mean that you can skip leg day.

We primarily engage our Type I muscle fibers when we walk. These muscle fibers are smaller and more fatigue resistant than our stronger and more powerful Type II fibers. Since our Type II muscles are larger and stronger, they burn more calories when using them. Working our Type II muscle fibers helps to increase lean body mass which results in an increase in basal metabolic rate and more favorable body composition – a benefit we don't achieve by walking alone. Also, when walking, we only move our joints performing the activity through a

minimal range of motion. This can make things like walking upstairs, getting out of a chair, or getting down and up off of the floor feel harder since we are not used to working our muscles and joints in that way. Walking is mainly an aerobic activity and therefore doesn't engage our anaerobic energy systems, meaning we lose our ability to create power through the legs. Less power means we can't move our bodies quickly enough to keep our balance or catch ourselves to prevent a fall. Strength is directly tied to balance, as one improves, so does the other. Since walking is something we do every day, our bodies are very efficient at it, and therefore it doesn't stress our muscles very much. We become habituated to it and burn fewer calories when performing the activity.

When we strength train, we engage both our Type I and Type II muscle fibers.



Strength training generates a greater load on our bones, cartilage, ligaments, tendons, and muscles. It helps us to strengthen all of these tissues.

Strengthening all of the tissues makes us more durable and resistant to injury.

Strength training not only strengthens the peripheral tissues, but also strengthens our neural connection within the brain and at the neuromuscular junction. This can lead to greater movement efficiency, proprioception, motor unit recruitment, balance, and reaction time.

If walking is the only exercise you are using for your lower body, then you are leaving strength gains on the table.

Talk to one of our coaches about how you can incorporate leg strengthening exercises into your workout regime; because you can't spell legendary without "leg day."

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FIVE RESISTANCE TRAINING EXERCISES FOR BEGINNERS

by Coach Justin

Who has been told how great resistance training is to incorporate into an exercise routine, but you are

just not sure where to start? Sometimes we all just need a little help from the right people in order to

jumpstart a health habit. So listen up and check out these five exercises you can start with if resistance training is new to you.

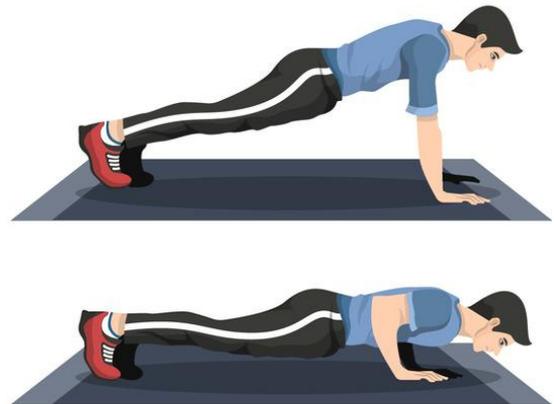


SQUATS -

Squats are an extremely effective lower body movement that targets all muscles of the lower extremity. To perform a squat, stand upright with your feet shoulder-width apart with toes pointed slightly outward.

Maintaining an upright position, flex your knees while lowering your hips and glutes to the ground. The goal is to have your torso parallel to your tibia or as close to it as possible. Keep your

weight evenly distribute through the whole foot. When you have reached the bottom of the movement, engage your quads to power yourself up to a standing position. If you have never performed a squat before start by simply performing this movement in a chair. We call these sit to stands. Once you feel comfortable with these progress to squatting with your body weight and eventually adding resistance in the form of a dumbbell or kettle bell.



PUSH UPS -

Push ups are a very popular upper body “push” motion that targets the chest, shoulders and core. A typical pushup begins in the prone (face down) position with your arms and legs

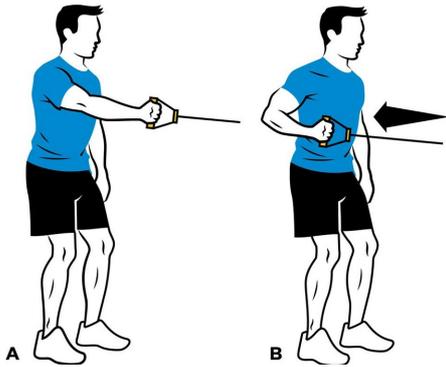
extended so you are balanced on your hands and toes with feet hip-width apart. Slowly bend your elbows lowering yourself to the floor until your elbows are at a 90 degree angle. Push through your hands extending the elbows and return to the start position. If you have never performed this motion before begin standing upright and doing this against a wall. Once you begin to feel comfortable with the movement, progress to a stable countertop or elevated surface. When you have worked your way all the way down to feeling comfortable in the prone position perform the exercise with your knees bent, eventually working towards a traditional pushup. Remember to keep your hips level. Try not to let your hips sag or elevate. Maintain a straight line from your ears to your ankles. We call this "Strong Posture".



DEADLIFTS -

Deadlifts are a compound hinge movement in which you are picking up an object from the floor, standing up, and then returning it back to its original position all while maintaining proper form and alignment. The movement aims to strengthen your glutes and hamstrings as primary movers and your upper and lower back as stabilizers. To begin this movement start standing upright with your feet shoulder-width apart. Sit your hips back and bend your knees slightly, while leaning your torso forward and keeping a neutral spine and head position. Push through your whole foot and stand up tall keeping your arms straight. Bring hips forward keeping glute and core engaged then return to the original start position. If you have never performed this exercise before, start with your arms across your chest and focus on the hip hinge motion alone. The goal is

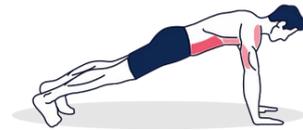
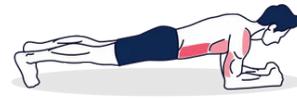
to limit movement from all other joints except flexion and extension in the hip joint. Once you have a grasp on the hinge then you can effectively load the movement.



ROWS -

Rowing with a cable/sports cord row is a compound exercise intended to target your back with some shoulder and arms involvement as well. Starting either seated or standing with arms fully extended, pull your shoulder blades together while bending your arms and driving your elbows backward, bring the cord or cable to your lower chest with both hands keeping your posture upright and your elbows in line with the body. Squeeze the shoulder blades together before

relaxing and extending the arms to complete the exercise. Begin with a light resistance and emphasize the contraction of the back muscles and retraction of the shoulder blades before progressing to higher resistance bands and cables.



PLANKS -

Plank is a very useful core stability exercise. Using one's body weight, the goal is to hold the trunk of your body in a straight line off the ground. It engages several muscle groups at the same time which makes it extremely effective at strengthening your core as well as other accessory muscles such as the shoulders, arms, and glutes. Plant hands or forearms directly under

shoulders just like a pushup. Ground your toes while engaging your core and glutes to stabilize your midsection, your legs should feel like they are working too. Keep neutral neck and spine while being mindful not to let your shoulder blades retract. If a normal plank is too difficult, try doing one on your knees just a modified push-up. From there, progress to the pushup starting position and eventually drop to your forearms. Look to hold for 20-30 seconds

These five exercises are the perfect place to start for anyone looking to incorporate resistance training into their exercise regime. Our professionally trained and certified fitness coaches are here to support you. Stop by the front desk to learn more about your yearly coaching consult to help keep you on track to reach your goals. We are here for you.



HYDRATION

by Joni Gerken

As the sunny days of summer come and the heat rises, ensuring you are hydrated can be critically important.

It is important to not rely on thirst alone because dehydration may have already started before you notice you

are thirsty. Children and elderly individuals are at increased risk for dehydration, especially because they tend to be less sensitive to thirst sensation. Lasting damaging effects of dehydration are more likely for those with kidney or heart conditions.

Mild dehydration can effect mood. If you are outside expecting to be enjoying a beautiful sunny day but find yourself irritable and having a hard time focusing, you might be dehydrated. Mild to moderate symptoms of dehydration also include dry mouth, decreased urine output, sleepiness, and dizziness. Severe dehydration not only has a higher degree of these symptoms but can cause rapid heart rate, hyperventilation, fever, diarrhea, and even loss of consciousness.

Regular and frequent intake of water is an obvious solution to prevent

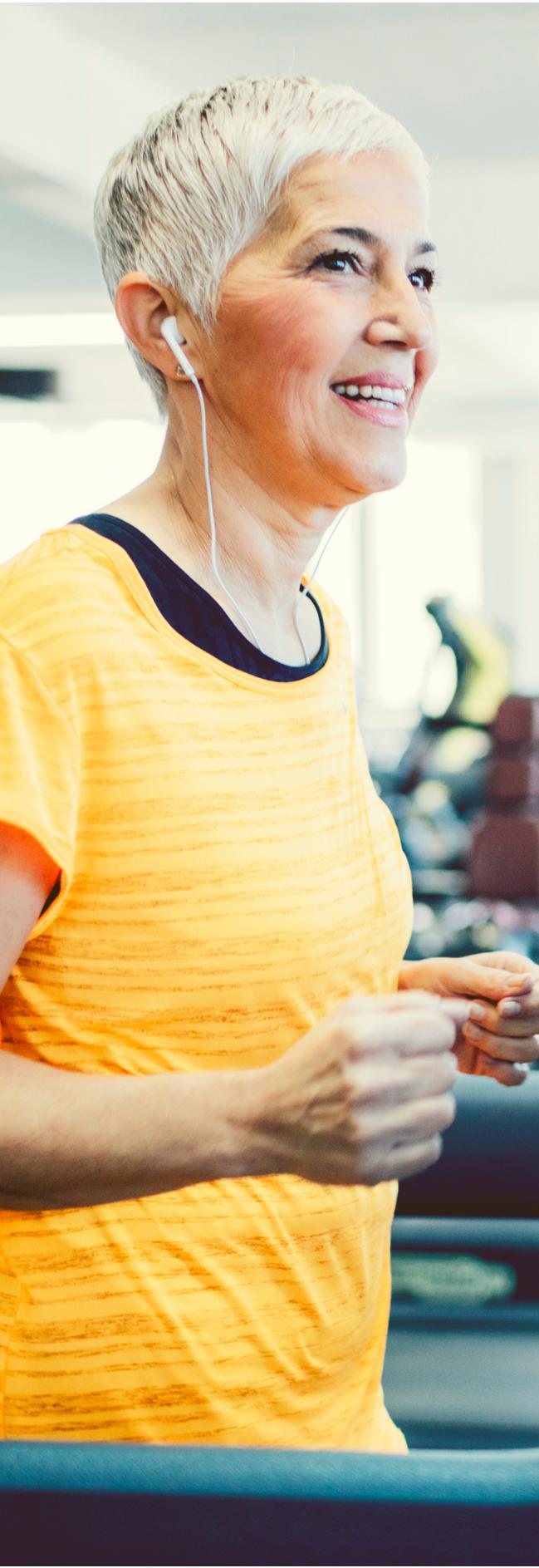
dehydration, but other beverages can work too. Juices, milk, and sports drinks can provide lost electrolytes if you are heavily sweating, in addition to meeting hydration needs. Though, be conservative with sugary beverages to not add unnecessary calories. Recently, caffeinated beverages have been included in hydration options, especially if you consume them regularly which makes your body less sensitive to the diuretic stimulation of caffeine. Even fresh fruits can help give you a boost of fluid.

General recommendations for fluid intake for adults is 35mL of water per kilogram of body weight. So a 150 lb (68 kg) person needs about 2400mL or 10 cups of water. Fortunately, this includes the water that comes from the food we eat too. On a hot day to be safe, the old rule of 8 glasses a day isn't a bad idea.

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TAKE A LOOK

From Our Members for Our Members



LISTEN UP

Q: Do you have any recommendations for podcasts to listen to while working out?

A: Here are some of our team's favorites!

Coach Anna: Alpha Health & Wellness Radio

Coach Justin: Squat University

Coach Erik: Stronger by Science

Traci: The Happiness Lab

Some other great listens: The Office Ladies, The 46 of 46 Podcast, and Dirtbag Diaries.

Have a favorite we didn't mention? Let us know!

