

THE MEDFIT MONTHLY

Official Newsletter of the Adirondack Health Medical Fitness Center

REDUCING FRAILTY COULD HELP PREVENT DEMENTIA

SOURCED FROM THE INTERNATIONAL COUNCIL OF ACTIVE AGING

Frailty is a strong risk factor for dementia, even among people who are at a high genetic risk for dementia, and it might be modified through a healthy lifestyle, a recent study suggests. The findings provide more motivation to intervene early with members and residents at risk.

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What's your



From the Director,

September brought a very drastic change in the season; as the leaves changed, the weather turned from sunny gold and hot - to cold, damp, and grey; and I too found myself changing. By learning from the leaves and letting go - I allowed myself to have more honest conversations with myself, and I began opening up to more.

How often do you let a month go by without reflecting on all that happened? Before you know it, half the year has passed you by. Time goes by quickly; and I have found that without reflection, we can miss so much of life's little signs that are trying to guide us. This month had one very prominent theme present. Your Why. With all the changes happening around me I was triggered to remember my why; the person I was before tragedy struck. The definition of tragedy is an event causing great destruction, suffering, and distress. Everyone in life evidently experiences tragedy in some shape or another - it is an unavoidable part of our human existence. More so than ever - we have all experienced forms of tragedy over these very unordinary past few years. Tragedy can pull us far away from the person we were before; it changes us, but it can also help define us in a way that we never would have grown to become otherwise. I reflected on who I was before, who I am now, my values, and My Why behind everything I do. I was brought back to clarity, to my innermost honest self, to light, to love, and to abundance.

This led to the profound need to get quiet and disconnect from all the noise around me. To leave behind the constant buzzing of text messages, scrolling on social media, and the chitter chatter nonsensical complaints from others. I pulled far away from anything that felt negative. I made a very purposeful decision to not engage in others' negative actions or words; and to be more aware of my own actions, reactions, and words. I was reminded that one of my values in life is to lead with my positive foot forward first. Our thoughts, actions, and reactions are what create our reality. How we perceive the world is our choice. We have the power to live in the positive of life - or to choose to live in the negative. When we start to pay attention to every little thing around us and notice or ask ourselves: does that make me feel positive or negative? You then begin to gravitate towards what feels light and good and leave behind what is dark and heavy.

As the month went on, I saw this theme of Your Why present around me more with others seeking to find or reconnect with their Why in life as well; choosing to listen to their values to carry them through to the other side of whatever it is they are going through. I then remembered how important it is to recognize that everyone has layers to them, what you see on the surface is far from whatever is going on deep inside the many layers that make up a human life. To hold compassion and love towards everyone helps shed some positive light out into the world where many may be suffering from their personal tragedy on the inside and you would have no idea because all you see is what they choose to draw as the cover page of their story.

Something I learned long ago, was to not judge a book by its cover; to hold compassion for those around you; you are in control of the energy you put out into the world and absorb from the world; to define and know what your values are, what your Why in life is - and to hold true to it with all that you do; with every decision you make. Knowing your Why can be your most powerful tool in life.

A handwritten signature in black ink that reads "Traci Marie Wagner". The signature is written in a cursive, flowing style with a large, sweeping flourish at the end of the name.

Traci Marie Wagner
General Manager

OCTOBER

What's happening?

1

Active Aging Series



Keep an eye on your inbox for a weekly email with resources on how to live an active lifestyle in honor of Active Again month.

2

Fall Group Fitness Schedule



Our NEW group fitness schedule running from October through December is now LIVE! Visit ahemedicalfitness.org/groupfitness to explore what's returning and what's new! See pg. 5

3

Recurrent Fitness Coaching



Not keen on having to keep up on when you're out of sessions? Commit to the package that is right for you and your sessions will be renewed automatically when they run out. Ease of mind for all, plus up to 2% off dependent on package chosen.

4

Focused Group Training with Coach Erik



Coach Erik will be leading two group training programs this fall: Downhill Ski Strength & Fit Through the Holidays. For cost, details and registration call 518-523-8521.

OCTOBER • NOVEMBER • DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7-7:45 a.m.  Circuits w/ Justin</p> <p>7-7:45 a.m.  Sunrise Yoga w/ Michelle <i>*outdoors until Autumn weather won't allow</i></p> <p>8-9 a.m.  Spin w/ Erik</p> <p>10 - 10:45 a.m.  Chair Yoga & Tone w/ Michelle</p>	<p>7:45-8:30 a.m.  Barre w/ Tish</p> <p>8:30-9 a.m.  TRX w/ Justin</p> <p>9-10 a.m.  Gentle Yoga w/ Joan</p> <p>10-10:45 a.m.  Water Exercise w/ Justin</p> <p>4-4:45 p.m.  Kettle Bell Pilates w/ Michelle</p> <p>5-5:45 p.m.  High Intensity Rhythmic Dance w/ Vicki</p>	<p>7:45-8:30 a.m.  Tabata HIIT w/ Joan</p> <p>9-10 a.m.  Therapeutic Yoga w/ Marci</p> <p>10-11 a.m.  Yoga 4 Cancer w/ Marci <i>*October 5 - 26</i></p> <p>11 a.m.-12 p.m.  Yoga w/ Michelle</p> <p>5-5:45 p.m.  Zumba Step w/ Vicki</p> <p>5-6 p.m.  Adult Swimming Fitness Class w/ Tom</p>	<p>7-7:45 a.m.  Sunrise Yoga w/ Michelle <i>*outdoors until Autumn weather won't allow</i></p> <p>7:45-8:30 a.m.  Barre w/ Tish</p> <p>8:30-9 a.m.  TRX w/ Justin</p> <p>9-10 a.m.  Qigong Infused Vinyasa w/ Marci</p> <p>10-10:45 a.m.  Water Exercise w/ Justin</p> <p>4-4:45 p.m.  Kettle Bell Pilates w/ Michelle</p> <p>5-6 p.m.  Yin Yoga w/ Joan</p>	<p>7-7:45 a.m.  Circuits w/ Justin</p> <p>9-10 a.m.  NIA w/ Marci</p> <p>10-10:30 a.m.  Pilates w/ Marci</p> <p>11 - 11:45 a.m.  Someone Special! & me YoGa! w/ Michelle <i>*children ages 2-4 yrs</i></p>
				<p> Pool</p> <p> Group Fitness Studio</p> <p> Turf/Main Fitness floor</p>

FALL RECIPES

A community collaboration



Do you have a favorite fall recipe you would like to share with our community? Submit your favorites via email to aizzo@adirondackhealth.org and we will include them in our Fall Recipe digital cookbook.

For past editions, visit ahmedicalfitness.org/digitalcookbooks. With this many cooks in the kitchen, there's bound to be something for everyone to cherish for years to come.

CLOTHING DRIVE

Share your extras to help others stay warm through winter and get back on their feet.

ADIRONDACK HEALTH MEDICAL FITNESS CENTER

**WE ACCEPT NEW AND GENTLY USED
CLOTHING FREE FROM STAINS AND TEARS.**

DONATIONS CAN BE LEFT IN THE BIN BY THE FRONT
DESK & WILL BE DONATED TO THE ADIRONDACK
COMMUNITY CHURCH TO BENEFIT THOSE IN NEED IN
OUR COMMUNITY

YOGA 4 CANCER

at the Adirondack Health
Medical Fitness Center



ABOUT Y4C

Tyoga4cancer 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

Y4C IN LAKE PLACID

At the Adirondack Health Medical Fitness Center in
Lake Placid, 203 Old Military Rd.

Wednesdays in October
October 5, 12, 19 & 26

10 - 11 a.m.

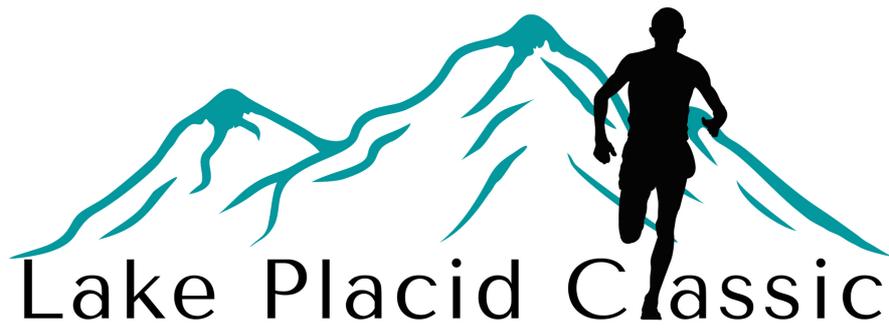
YOUR INSTRUCTOR



Marci Wenn | Certified Bhakti,
Yoga Nidra and yoga4cancer
instructor.

CONTACT US

203 Old Military Road,
Lake Placid, NY 12946
518-523-8521
medicalfitness@adirondackhealth.org
www.ahmedicalfitness.org



Lake Placid Classic

The Original Lake Placid/North Elba Half Marathon & 10k

Saturday, October 8, 2022

Race, volunteer, or donate from afar! You do not have to tie up your shoes on race day to take part in supporting a worthwhile cause.

All proceeds will go to benefit our local youth center and our Fitness Center's scholarship fund program to benefit community wide wellness for those who may not be able to otherwise afford membership cost.

Thank you to this year's Title Sponsors



ADIRONDACK HEALTH



OUR SCHOLARSHIP FUND

What's it for?

Our Scholarship Fund not only aids our community members who might not be able to otherwise maintain membership at our Medical Fitness Center, but it also helps fund those moving through the Exercise Component of our Bariatric Program. Adirondack Health's Bariatric Program is renowned. Patients travel to us from far and wide, and we are constantly working to improve the quality of the program. That is why in Spring of 2022, Director, Traci Wagner & Fitness Coach, Anna Izzo, developed an exercise component to enhance the Bariatric Program further.

Coach Anna, working with the physicians, dietitians and nurses on the team, supports each and every patient moving through the program in developing healthy habits around exercise and nutrition leading into and following surgery. Our Scholarship Fund has been crucial in supporting those moving through the program who cannot otherwise work with someone like Coach Anna at such a crucial time.

Below are some words shared by some of the participants who have had the privilege to work with Coach Anna throughout the process:

My name is Britney and I'm 30 years old. August 2021 I broke my foot and it took me almost a year to heal. I was depressed, lethargic, and miserable in every way. I decided that it was time for a change. In January 2022 I made an appointment with the bariatric center, who later recommended that I make an appointment with a fitness coach. May 2022 I met with Anna Izzo, who educated me first about health and fitness. During this meeting Anna and I first established my "why". I was focused on becoming healthy. My biggest goals included: 1. having more energy to keep up with my 6 year old son (and my 1 year old retriever) and 2. I wanted to travel. With Anna's expertise, she set up a routine where I would workout 4 times a week and a walk on the weekend. Honestly, the first week of working out was difficult. My legs felt like jello and I was weak. Luckily, Anna was there every step of the way, encouraging me after each workout. Not only does she customize my workouts (including images/videos of strength training moves) based on how I am feeling, she also is able to work with my schedule and my accessibility to a gym. Thus, creating workout routines both at the gym and at home to accommodate my needs on that particular day. Fast forward to over a month later and I can feel that I am

OUR SCHOLARSHIP FUND

What's it for?

getting stronger and I have so much more energy. The workouts are still challenging. Anna takes how I'm feeling after each workout into consideration, but she always makes sure the workouts challenge me. Not everyday is easy, and some days life happens and Anna is simply there to send messages of encouragement and to always remind me of my "why". I truly have so much gratitude for all of the hard work Anna continuously puts forward to help me in my journey to become healthier. In such a short time I have changed in so many ways becoming both physically and mentally stronger and I can't wait to continue this program, with Anna Izzo, the real MVP. Thanks, girl!

-Britney T.

Before working with Anna I was feeling a lot of sadness. I had minimum confidence and rarely found joy in anything I did. In the last two weeks I feel like I am starting to get my life back. I am already feeling healthier and I am getting confidence in all areas of my life, including work! I started yoga with Anna and it is helping with my scoliosis. I've been getting back into Zumba and walking, all thanks to Anna and her support. It feels amazing knowing that someone is there for me and cheering me on, that they want to see me better myself. Anna is a wonderful motivation for me. From her daily texts just checking in, to her reminders to set my alarm and to stay hydrated. I'm so excited to continue my healthy journey with Anna!

-Sarah R.

By supporting our Scholarship Fund, you are choosing to support real people and impact lives like Britney's & Sarah's.

For more information, contact the front desk - medicalfitness@adirondackhealth.org / 518-523-8521. We are so thankful for your support.



THE BENEFITS OF EXERCISE AT EVERY AGE

Sourced from Ponom Valley Health Center

No matter your age, you can take small, easy steps to improve your quality of life today. Maintaining a

healthy lifestyle and staying physically active has lasting effects on your heart health, mental health and overall

longevity.

If you've ever felt too old to start something new, let Ernestine Shepherd be your inspiration. At almost 81 years old, she is the oldest competitive body builder in the world – but she didn't start exercising until she was 56. She is living proof that age is just a number.

What can you do to improve your overall fitness?

Don't worry; you don't have to become a competitive bodybuilder to improve your quality of life. Here are a few easy things you can do today to start improving your physical and mental fitness:

1. Reduce your intake of sugar.

Eating too much sugar can cause weight gain, abdominal obesity, high blood pressure and high cholesterol, and serves as a stepping stone to insulin resistance and diabetes.

2. Try different types of physical activity.

Activities like hiking, walking, cycling, jogging or swimming may improve your cardiovascular health and increase your energy levels. Alternating between different types of physical activity is not only beneficial for your body; it helps keep your mind engaged as you look forward to something different each day.

3. Exercise regularly.

Regular exercise helps regulate your body's sugar, fat and insulin levels, and strengthens your immune system and muscles. So head outside or to the gym for a regular dose of health.



What are the benefits of being physically fit?

Physical fitness helps you live longer, prevent chronic disease, and is also one of the most effective ways to improve your mental health. Regular exercise can:

- Reduce your risk of heart disease, high blood pressure, high cholesterol, stroke, type 2 diabetes, and colon and breast cancers
- Have a profoundly positive effect on those suffering from depression, anxiety and ADHD
- Relieve stress, improve memory, help you sleep better and boost your overall mood

Take advantage of warmer weather this season by starting a new exercise routine and eating a healthier diet. Before you get started, consult your primary care physician. They can advise you on an exercise routine and diet that is right for you.



REDUCING FRAILTY COULD HELP PREVENT DEMENTIA

Sourced from the International Council of Active Aging

Frailty is a strong risk factor for dementia, even among people who are at a high genetic risk for dementia, and

it might be modified through a healthy lifestyle, a recent study suggests. The findings provide more motivation to

intervene early with members and residents at risk.

The researchers analyzed data from more than 196,000 adults over age 60 in the UK Biobank. They calculated participants' genetic risk for dementia and used a frailty score that reflects the accumulation of age-related symptoms, signs, disabilities and diseases. They analyzed this alongside a score on healthy lifestyle behaviors, and looked at who went on to develop dementia.

Over the 10-year study period, dementia was detected in 1,762 of the participants – and these individuals were much more likely to have a high degree of frailty before their diagnosis compared with those who did not develop dementia. While genetic risk factors exerted their expected effect on risk of dementia among participants who were healthy, genes were progressively less important among

those who were the frailest. In frail participants, risk of dementia was high regardless of their genes.

Even in those at the highest genetic risk of dementia, risk was lowest among the individuals who were fit, and highest in people who were in poor health. However, the combination of high genetic risk and high frailty was particularly detrimental, with participants at six times greater risk of dementia than participants without either risk factor.

Compared with study participants with a low degree of frailty, risk of dementia was more than 2.5 times higher (268%) among those who had a high degree of frailty – even after controlling for numerous genetic determinants of dementia.

Coauthor Dr. Janice Ranson of the University of Exeter Medical School, said: "Tackling frailty could be an

effective strategy to maintaining brain health, as well as helping people stay mobile and independent for longer in later life."

SOURCES: University of Exeter

(December 22, 2021); Ward DD, et al.

Frailty, lifestyle, genetics and dementia risk Journal of Neurology, Neurosurgery

& Psychiatry Published Online First: 21

December 2021. doi: 10.1136/jnnp-

2021-327396

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EAT RIGHT FOR BONE STRENGTH

with Joni Gerken

Our bodies reach their maximum bone mass around age 30. Bone mass usually stays stable for awhile with the

rate of bone breakdown and rate of bone regeneration being equal until about age 50. After age 50, our bones

do not regenerate as quickly as they breakdown and bone mass declines. There are key nutrients our body uses to build bone, which help maximize the rate of bone formation to help compensate for the breakdown and hold onto bone mass. Two major nutrients in the bone building process are calcium and Vitamin D.

Calcium:

Calcium makes up a substantial part of our bones. We do not make calcium within our bodies, so we need to get it from our diet. Calcium is also used for other functions in our body, such as muscle contraction, including our heart beating. If calcium is low for these other functions, then our bodies take it from our bones. It is very important for bone strength to get enough calcium in our diets.

Daily calcium intake goals:

Children ages 9-18 years: 1300mg

Adults ages: 19-50: 1000mg

Men 50+ : 1000mg

Women 50+ (Postmenopausal):

1200mg

Hands down, the richest dietary sources of calcium are dairy products. One cup of milk contains 300mg of calcium. If you do not consume dairy due to lactose intolerance or preference then dairy alternatives such as soy, almond, rice, or oat milk can be a good option. Dairy alternatives do not naturally contain as much calcium as milk but are often fortified. Read the label of your milk substitute to make sure it has close to 300mg of calcium. Another great source of calcium is canned fish that is packed with bones, such as sardines or salmon. Some plant-based calcium sources are tofu, almonds, collard greens, bok choy, kale, and white beans. Spinach is another vegetable that is high in calcium, but it is also high in oxalates, which binds with calcium and prevents absorption of calcium in the intestines. If you

cannot get enough calcium in your diet then calcium supplements can be a good option, but always talk to your doctor before taking supplements.



Vitamin D:

Vitamin D helps our intestines absorb the calcium from our food. Our bodies make Vitamin D from sunlight, but we can also get it from the foods we eat. For those of us living about the 37th parallel line that cut between North Carolina and Virginia, it is more important to get Vitamin D from our diet due to reduced sun exposure

Daily Vitamin D intake goals:

Children and adults ages 1-70 years:

15mcg

Adults >70 years: 20mcg

Fatty fish such as salmon, mackerel, and tuna are great sources of Vitamin D. Cod is a lean fish, but its fatty liver is packed with vitamin D, giving cod liver oil a long history as a Vitamin D supplement. Beef liver, egg yolks, and cheese also contain some Vitamin D. Relatively new on the market are mushrooms that have been treated with UV lights to increase their Vitamin D content. There are also Vitamin D fortified foods such as milk, juices, and breakfast cereal. Like calcium, supplements can also be an option and there are many that combine both Vitamin D and Calcium.

It is never too late to focus on bone health. If you are lucky enough to start early, you can maximize your bone mass. If you are starting later in life, then you still have opportunity to slow down the rate of losing your bone mass.



RECAP: A MATTER OF BALANCE WITH COACH JUSTIN

with Justin Kellett

For the past nine weeks, Coach Justin has led A Matter of Balance, a focused group training program to address all

aspects of balance. It was a low intensity progression geared towards improving functional mobility, as well

as stability. It also addressed how to properly improve strength, coordination and total body awareness.

Coach Justin highlighted three of the biggest takeaways from the program:

Confidence

A major objective with this program was to increase the confidence of each attendee. Fear of falling or injury greatly impacts day to day decision making. Performing these exercises in a progressive format both increased confidence and self-belief that skills learned in the program can directly translate over into an increased confidence in everyday life.

Accountability

Another major goal for this program was to provide members with all the tools and resources to continue to develop strength and balance outside the program. Balance is something that needs to be practiced very frequently if

somebody is determined to improve it.

Knowledge

Knowing the "why" is important in everything that is done. With each class and different exercise or variation, Coach Justin tried to help members understand the "why should I be doing it this particular way." If your goal is to improve something you must first understand it in every aspect.

Some of the exercises the group focused on throughout the duration of the nine weeks are:

- Static Single Leg Balance- grab a stable surface, lift one leg off the ground, flex knee ~30 degrees and try to maintain balance. To progress, cross arms on chest and turn head side to side, then turn shoulders side to side with head.
- Static Tandem Balance- standing close to a wall or stable surface

- (continued from pg. 19) place one foot directly in front of the other and try to maintain balance. Progression begins with turn of the head, then adding both shoulders side to side with the head while keeping weight centered directly over your feet
- Dynamic Heel/Toe Walks- walk 20 feet forward and backward on toes, then repeat on your heels. This strengthens the shin and calf muscles which are very important in balance.

You can give these exercises a try if you want to start, or continue, working on your balance. A little bit of work goes a long way!

Finally let's hear what someone who who took part in the program had to say about their experience:

"I took the balance class because my balance was way off! Justin made us aware of all the things we need to accomplish to stay mobile and active in our daily life. He was able to assess the ability of the class and adjust the exercises for all of us. The slogan we are all taking away: "Use it so you don't lose it!"

It's SO true!"

-Nancy Dubay

If you are looking to improve your balance, start simple, and keep an eye out for future sessions of A Matter of Balance with Coach Justin to come! Congratulations to those who devoted their time and energy to the program these past nine weeks. Your hard work will surely pay off!

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