

# THE MEDFIT MONTHLY

Official Newsletter of the Adirondack Health Medical Fitness Center

## NUTRITIONAL CLEANSE SANS "CLEANSING DIET"

WITH JONI GERKEN

Cleanse and Detox diets have been quite popular in recent years. Detox diets tend to be short term, very strict diets, often consisting of a period of fasting that supposedly rid the body of toxins. The truth is that there is very little research behind detox diets, and our bodies are quite effectively designed for continuously removing toxins.

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## **From the Director,**

Growth and change – those two words play a major role in my day-to-day life. I am tested every single day to either stay where I am, or grow and change. In life, we cannot grow without change and we cannot change without growth.

Hello! I am the not so often seen face behind all that is the Medical Fitness Center. But, I must say - the Medical Fitness Center really wouldn't be what it is without all of the faces you do see every day far more often than mine; and for them, I hold so much gratitude – our pool staff, our front desk team, fitness coaches, maintenance crew, EVS team, our dietitian, group fitness instructors, and screeners; without every single one of them, the facility would not be what it is. This team impresses me every day and over the years, what I have enjoyed most, is watching that team grow right along with the facility. I am extremely proud of them.

I hope everyone who doesn't know me, gets to know me here with my words; and I hope those words help shed some light on whatever you may be going through in life. Michelle Berger, our fabulous front desk liaison, happened to stumble on my writings and said: "you have to share yourself with our membership!" So, with gratitude, I will share a little bit each month.

This month brought a lot of unplanned change for me. I had to choose, between remaining the same or letting go of the life I already knew in order to step through the door to the unknown – to something more. I opened that door and paused for a long time; toeing the line until eventually I let go and stepped through.

Sometimes in life, we are so caught up in where we are, that we completely forget where we came from. Then, something comes to us taking us back down memory lane, and we remember where we have been, the lessons learned, the waves we have rode out, the storms we have weathered to see the light again. It's amazing how easy it is to forget; it is also remarkable how great it is to then remember, and find your strength all over again, even if remembering hurts. In a way, we teach ourselves the lesson again – or we realize we already have the tools to use from what we learned long ago to navigate through what is in front of us now. I read in a book of koans a long time ago while living in the Caribbean in my early twenties: "Learn to love the questions themselves and live

your way into the answer." This my friends; is gold, and I have carried this with me ever since that moment. I hope you sit with these words for a moment and then carry them with you too. Sometimes, we have to simply stop trying to find the answer and live with the question itself until the answer finds us. We have such a profound ability to create an unbearable amount of weight in stress in our lives purely from the questions swirling in our minds we don't have answers to yet. So, don't answer them. Let them go, and with that, let go of a little bit of that stress, and learn to love the question itself. See how that might make you immediately feel just a little lighter.

This month surprised me with a huge life-changing question; and after weeks of stress trying to find my answer, I remembered all of this. So, I sat with the question. I let go of trying to find the answer. I walked down memory lane to relive some of my lessons and remember where I have come from to guide me on where to go. And then I did nothing; I lived my way into the answer.

Getting a second dog was a whopping life-changing decision for me, and now here we are a pack of three learning to navigate this life together. I have learned this month that love only grows; all we have to do is open the door for it.

*Traci Marie Wagner*

Traci Marie Wagner  
General Manager



*Traci & her pups, Zelda and Moku*

# SEPTEMBER

*What's happening?*

1

## Back to School



School teachers and staff, sign up for a membership in September or October and save 20% on monthly membership fees for 12 months.

2

## Day Passes



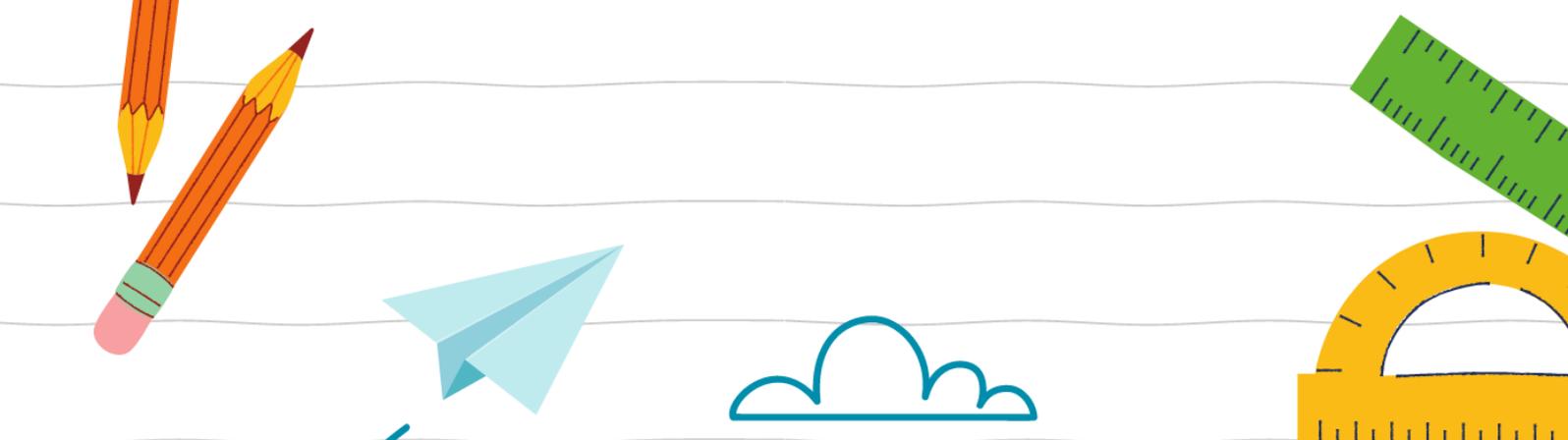
For the month of September, we are offering \$30 guest passes for anyone visiting our facility. Bring your friends and family during their stay!

3

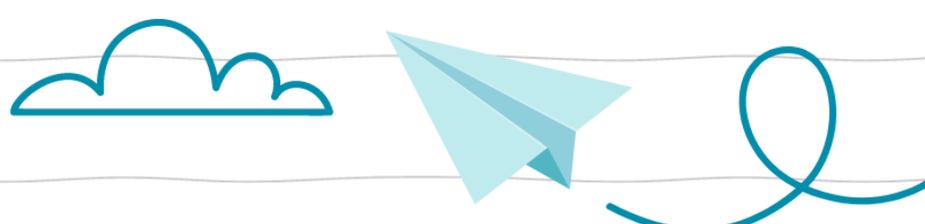
## Fitness Coaching



Save on fitness! Purchase a package of 10 fitness coaching sessions, receive 2 for FREE! Let us help you reach your goals.



# BACK TO SCHOOL



Help us support our schools!



**Donations accepted in the  
bin at the Front Desk!**



# POOL SCHEDULE UPDATES

*September*

## Water Exercise

### What's staying the same?

Water Exercise w/Justin 10-10:45 a.m. Tues/Thurs

### What's adjusting?

Due to instructor availability, there will be no additional Water Exercise classes added to the schedule as previously planned.

Thank you for your understanding!

*To register for Water Exercise:  
call the front desk at 518-523-8521 or log into your member portal*





## **FALL CLEANING**

*with AHMFC Staff*

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The changing seasons ignite an instinctual drive in us to want to shift with our surroundings. We find

ourselves inspired to get rid of the excess in our lives. What is no longer serving us is either transformed, or let

go of, just like the falling leaves in autumn; they've served their purpose and it's time for them to move on.

This month the AHMFC team decided to share one thing we're all doing to clear out, simplify, or mindfully transform in our lives.

From Jared:

*I am working on cleaning up my lifestyle. I was a smoker for thirty years and today is day 138 without one. Some medical issues have come about from quitting and I am working to clean those issues up. With the support of my Adirondack Health Doctor and the services our health care system provides, I am working towards finding out what it is next that I need to do to be 100%. Going to a doctor appointment and having tests performed on me has been really hard since I am not use to having to do that, but it has been made easier cause of*

*the wonderful support I receive from our colleagues and members here and my family/friends at home. This by far has been the hardest thing for me to do but the best thing I have done.*

From Erik:

*The thing that I have been working on cleaning up this year has been my running form. I was reading an article about how most professional runners stick to a cadence of around 180 steps per minute, and that a faster cadence can help decrease injury risk by keeping impact forces lower by decreasing stride length and increasing tempo. When I measured my own cadence, I found out that I was plodding along at a sluggish 145 steps per minute. So I made it my number one priority while running to work on my cadence. I started out by listening to a metronome at 160 beats per minute and tried to sync my foot steps to the beat. At first, it was really difficult and felt super awkward, but*

*the more I did it, the more natural it started to feel. So then I jumped the tempo up to 170 beats per minute. Again it felt a little awkward, but I soon found my stride at this higher tempo. Now I naturally have a cadence of 165 without any cues or listening to a metronome. Still a ways off of the 180 mark used by the pros, but it was a big jump to raise my cadence up 20 steps in just one summer. Now instead of a metronome, I listen to a playlist of songs with tempo's around 175 beats per minute, and that little subconscious cueing helps to put a little more pep in my step.*

From Justin:

*One thing I'm really trying to be better about or "deep clean" is my relationships. I'm one of those people who is guilty of getting so caught up on what is going on in my own day to day life that sometimes I lose track of how important it is to nurture and*

*maintain good communication with longtime friends or distant family/relatives that I may not be as close with as I once was. Everyone has staples in their life, such as parents or best friends that you see frequently or talk to every single day because they are part of your inner circle and main support system. But making an effort to acknowledge and check in on others who maybe you don't talk to as much or only see once in a blue moon is important too. Just a phone call or message just to let somebody know you're thinking about them and wishing them well goes a long way. I'm trying my hardest not to be that person that only reaches out to somebody when Facebook reminds me it is their birthday. Especially if I value what they have done for me and the lessons they taught me at any point in my life.*

From Joni:

*This seasonal change for me also*

comes with turning 40 in September. This birthday feels like I officially hit the benchmark of being middle aged, yikes! I have been reflecting on what is important to me that I want to continue as I approach the second half of my life, what in my life is more stress than value, and what I am missing. As I prepare for a deep clean, I am focused on what I can get rid of to make more time for my family. And not just time, fully engaged time with them, without stressing over what task I must complete next.

From Anna:

I am the type of person who wants to do everything at once. Even writing this, choosing what it is I want to focus on clearing out was difficult because I found myself wanting to write about five different things. And the fact of the matter is that I could very well use work in all of the areas that came to mind because I do have a good amount of

areas I can work on, but something I have learned over the years is that if you try to do everything at once, you in fact wind up not being able to do anything at all. I use this concept to help my clients success - baby steps, one thing at a time - and I am working to be better at consistently heeding my own advice as well. So I am choosing to focus on decluttering my big picture, reducing how much is in my life - todos, projects, jobs, commitments, relationships - so that overall I just have less, and what I do have is meaningful. I want to have less so that what I do choose to keep and maintain can have more of me, more of my energy, more of my full attention and presence. And I know the first step with a goal like this is getting really comfy with the word "no."

From Traci:

Sometimes we have to let go of something to see how valuable it really

*is. I joined the Essex Farm share last year around this time and continued to get all of my food from the farm up until February. I was doing something so good for myself, but it became exhausting – the drive, and processing all of that food. I decided to let it go. As the months went on, I started to miss the fresh produce, I missed going to the farm and how it felt picking up my food. I decided to change my routine around food again and I started back up with the farm to kick start the end of summer transition into fall with a more well-rounded healthier approach to eating again, and I love being back! I have found that by letting it go for a while and then going back I appreciate it a lot more for what it is. It is so hard to know what is really in our foods nowadays, and what I appreciate most about the farm, is knowing how fresh and pure the food is. I also find value in supporting the farm and its mission.*

From Michelle:

*I am working to let go of the picture of what things *\*should\** look like and to be perfectly happy in what the imperfect picture *\*does\** look like.*

# CLEANING TOGETHER

*What's staying and what's going this fall?*

**Get yours at the front desk!**



Stop by the front desk this month and let our team know what you're hoping to clear out and what you're hoping to cultivate in your life. The change of seasons is a great time to take stalk and make change, let's do it together!



## **NUTRITIONAL CLEANSE SANS “CLEANSING DIET”**

*with Joni Gerken*

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Cleanse and Detox diets have been quite popular in recent years. Detox diets tend to be short term, very strict

diets, often consisting of a period of fasting that supposedly rid the body of toxins. The truth is that there is very

little research behind detox diets, and our bodies are quite effectively designed for continuously removing toxins.

Rather than a strict diet or fasting that is probably going to lead to overeating after, consider how you can improve your everyday diet. Small changes over a long period can make significant changes in your health. Think about your typical diet, possibly even write down what you eat for a couple of days and see where you can improve.

- Ideas for improving your daily diet are getting enough fruits and vegetables, choosing unsweetened beverages over sugary beverages, or choosing mostly whole grains over refined grains.
- Goals could also be weekly based, such as cooking more meals at home, having a meatless day once a week, limiting sweet deserts to three days a week.



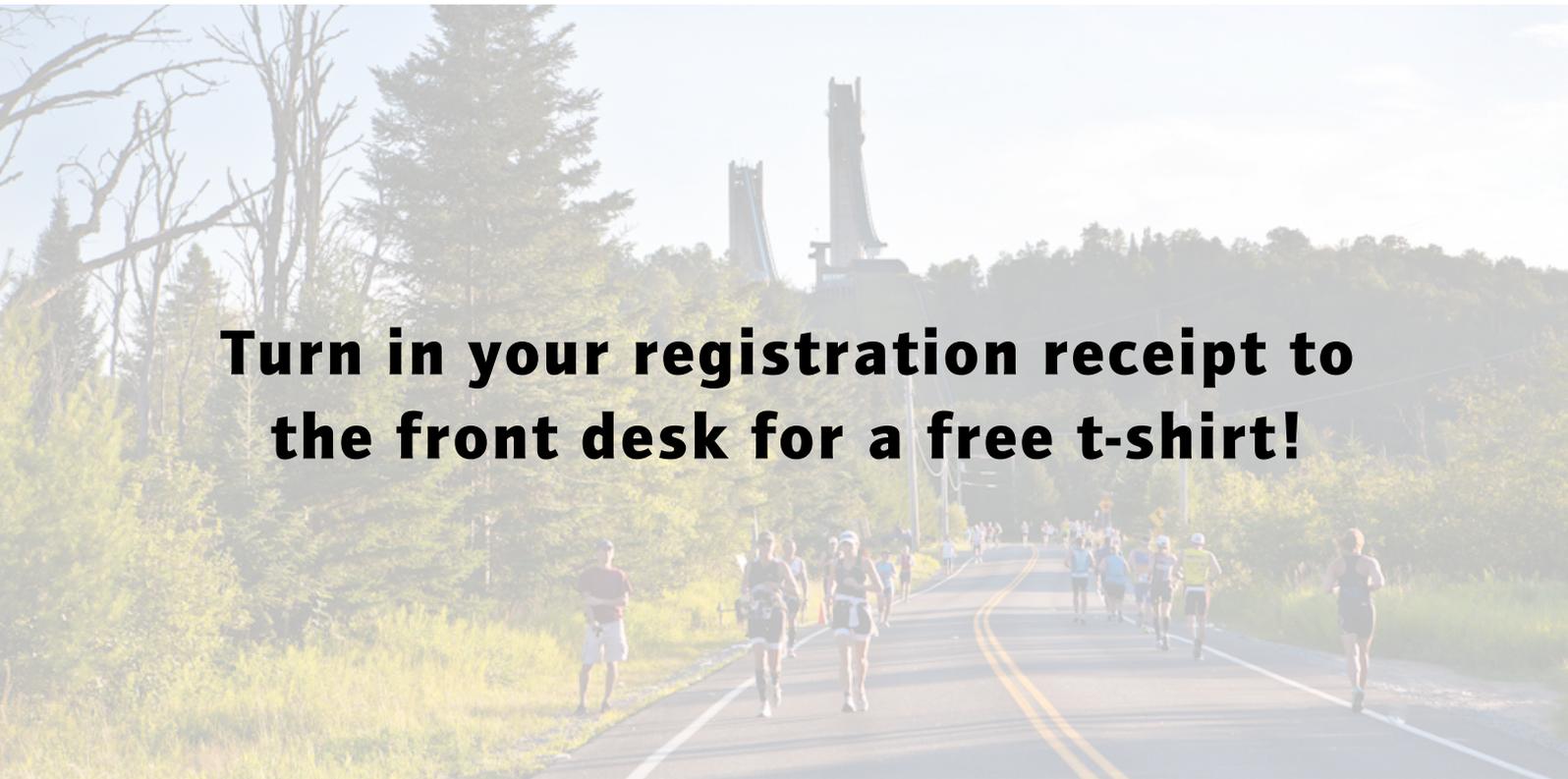
It is important to choose goals that are sustainable for you, and not a quick fix. One or two goals at most helps with the sustainability, rather than making it feel like a diet overhaul.



# Lake Placid Classic

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

*Saturday, October 8, 2022*



**Turn in your registration receipt to  
the front desk for a free t-shirt!**

*Thank you to this year's Title Sponsors*



ADIRONDACK HEALTH





## **DECISIONS**

*with Michelle Berger*

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Decisions, decisions, decisions ....  
everywhere we look there are decisions  
to be made: what to eat, what to wear,

what to watch .... the list of options and  
decisions is nearly endless and quite  
frankly it's an awful lot! How can

one not become overwhelmed!

If we struggle to make the small choices, then how can we ever hope to make the big decisions like buying a house, accepting a job or committing to a partner?

I once knew a man who decided where to live by throwing a dart at a map of the US. I heard a couple say they played rock, paper, scissors to decide who would get up to change their babies' diapers during the night. How many over-burdened decisions are made by flipping a coin? Life is a party, but should we let games make our decisions!?! There must be a better way!

My personal party trick is taking any conversation and making it understood through yoga philosophy. So my friends, put on your party hats and let's make some decisions!!

The Vedas, ancient texts on yogic philosophy, explain that there are three modes of material nature: goodness, passion and darkness. Actions in the mode of goodness are said to result in happiness and knowledge, those born of passion are fueled by unlimited desires and longing, while those of darkness breed ignorance, frustration and disappointment. How exactly does this correspond to decision making? The thing is, what happens in the space between action and response makes all the difference. When faced with a desire or a decision, if we pause, take three deep breaths and consider which mode we are acting and deciding from, it will help us determine an outcome for growth, happiness and knowledge.

Let's look at this from a practical application. If I am starving and acting in the mode of passion (desire and longing), I might race to a vending machine for a bag of chips or a

snickers bar. Both options quickly fill the senses with crunchy, salty, and sweet flavor. But, with an empty wrapper in hand, will I actually feel satisfied: probably not. If a choice is made in goodness, if I take those three deep breaths and remember this is about nourishment not craving and instead I calmly retrieve the nuts or apple I packed the night before, then as I toss the apple core in the compost I feel satiated and happily return to the task at hand. However, if the night before I act from darkness, if I choose to stare at Instagram instead of packing an apple and nuts; well, then I'll find myself frustrated in front of the vending machine without enough quarters.

Remember that party hat? Well, I wear mine on the yoga mat to PRACTICE taking those three deep breaths, to PRACTICE listening to my breath and to PRACTICE feeling what my body needs. The Yoga Sutras, another

ancient text, teach us that: "Practice becomes firmly grounded when well attended to for a long time, without break and in all earnestness" (Sutra 2.14) By continuous practice on the mat, we can develop the mode of goodness to carry off the mat and into our day! From this peaceful state of listening we can begin to understand what we are feeling, what we need and peacefully make decisions to support those needs.

Maybe one day I'll see you on the mat!

*Join Michelle for Sunrise Yoga Mondays & Thursdays at 7 a.m. (on the patio until weather won't permit).*

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