Welcome to the first issue of our new Transition Times Newsletter!

To help spread the news about the variety of health and exercise programs offered in our studios we have created “Transition Times”. After brainstorming many options for an appropriate title for our newsletter we arrived at Transition Times for two reasons: One, due to the fact that one of our studios is name “Transitions” and two, it is our staff's mission to help people “transition” from a state of inactivity or injury to improved health, fitness, independence and quality of life. We hope that with our help we can positively influence the well-being of everyone we come in contact with whether they participate in our Pilates, Yoga, Functional Fitness for Older Adult class or a Personal Training session.

Also, in each edition we will spotlight a special member who has benefited in one way or another by participating in our programs. For a complete list of classes and services you can review the last page of the newsletter or visit our website.

Thanks again to all of our patrons and we look forward to meeting those who have yet to discover us!

Sincerely, Britt Michel
Transitions Program Coordinator

Points of Interest:
- Transition Times - new to you!
- Check out our website: www.med.umich.edu/pmr/patient/classes.htm
- BioCored has arrived!
- August is Family Fun Month!
- Research says “get mov’n”!

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What’s New at PM&R—BiCored– System of Corrective Movement

This form of exercise utilizes suspension movements and controlled instability to improve biomechanics, gait, structural issues, muscle inhibition and enhances functional movement through sensory motor integration.

The BioCored equipment is a system of bungees and slings that are suspended from a freestanding or fixed mount. The bungees allow for larger ranges of movement and variation in resistance without significant stress on joints.

To find out more about BiCored visit www.biocored.com. Private lessons are now being offered by certified instructors in the Pilates & Movement Studio, Suite11 in the Burlington Building on Eisenhower Parkway.

To learn more or to schedule an appointment call one of our certified instructors:
- Linn Sandberg (734)395-5035
- Amanda Wolf (734)395-5035
- Lynnette Rasmussen (734)615-1744

Amanda hard at work on BioCored!
What Exercise Researchers are saying lately....

In a study published in the American Journal of Health Promotion, researchers at Oregon State University who looked at over 6,000 adults, reported that physically demanding everyday tasks such as raking the leaves and vacuuming the house may be just as beneficial in reducing the risk for diabetes, obesity and cardiovascular trauma as regular scheduled exercise. Researchers showed that adults who participate in regular scheduled exercise as recommended by the American Heart Association, 150 minutes of moderate exercise per week, only represent about 10% of the population. This figure jumps to over 40% when factoring in healthy individuals who participate in active lifestyles and make everyday choices such as parking further away in the parking lot, taking the stairs, and walking the golf course instead of using the cart. Most importantly, researchers observed that the general feeling of exercise was that “if 30 minutes isn’t achieved in an allotted timeframe, then you may as well not exercise at all.” This is not the case unless you need to lose excessive body fat, add muscle or become more fit. When making active movement choices, short bursts of exercise such as running alongside your child’s bike for a block or pacing while talking on the telephone are just as effective for reducing risk factors. In short, “get moving and keep going!” See our Transition Studio staff to learn more!

Source: American Journal of Health Promotion, 2/2013

Here are 8 ways to participate healthy family activities

1. Go for a bike ride together!
2. Prepare a healthy snack! Getting the kids involved helps their understanding of where their food comes from and what goes into their snacks.
3. Organize a block party with fun games such as kickball, scavenger hunt, or a friendly softball game.
4. Grab your swimsuits and head to the pool or run through the sprinklers!
5. Take your dog for a family walk. Don’t have a dog? Ask a neighbor if they need any help walking theirs. They may enjoy a break.
6. Volunteer at a local park cleanup. You’ll be beautifying the community while shedding some calories.
7. Pack your backpack and go for a hike. If you’re in the mood for camping, pack your overnight gear and don’t forget the bug spray!
8. Head to the library, pick out your favorite book and relax on a park bench while you exercise your brain.

Healthy Recipe of the Month: Asparagus and Radish Salad

Ingredients
1 bunch asparagus, (about 1 pound), trimmed
2 tablespoons white vinegar
1 tablespoon reduced-sodium soy sauce
2 teaspoons canola oil
1 teaspoon toasted sesame oil
1/2 teaspoon grated fresh ginger
2-3 dashes Asian red chile sauce, such as sriracha (optional)
1 bunch radishes, trimmed and cut into wedges
2 tablespoons finely chopped scallion

Preparation
Fill a medium bowl with ice water and place by the stove. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Thinly slice asparagus stalks on the diagonal, leaving the tips whole. Place in the steamer basket and steam until tender-crisp, about 1 minute. Transfer the asparagus to the ice water. Drain. Combine vinegar, soy sauce, canola oil, sesame oil, ginger and chile sauce (if using) in a large bowl. Add the asparagus, radishes and scallion; toss to combine. Serve warm or room temperature.

Nutrition: Per serving: 66 calories; 4 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 7 g carbohydrates; 0 g added sugars; 3 g protein; 3 g fiber; 181 mg sodium; 359 mg potassium.

Nutrition Bonus: Folate (43% daily value), Vitamin A & Vitamin C (25% dv). Source: www.eatingwell.com
8 Steps to maintaining energy levels throughout your day

**Eat Smarter** Your daily food intake should look like a Pyramid, with the largest and most filling meal being breakfast (the base of the pyramid) when your body has not had food in 6-8 hours and the smallest meal being at dinner or evening snack when your body is preparing for sleep (the tip of the pyramid).

**Get Snacking** You should be eating frequently, ideally every 2-3 hours. These are not large meals but preferably something high in protein and complex carbohydrates between your normal breakfast, lunch, and dinner. Fruit, Protein Bars, Yogurt and Nuts all make great snacks.

**Drink More Water** Staying hydrated is the simplest and cheapest way to keep your energy levels high throughout the day. Buy a container that fits your water capacity needs and keep it with you daily, preferably somewhere out in the open where you won’t forget about it. Drinking more water will also help you cut back on not so healthy beverages that give you short bursts of energy followed by a crash, (i.e. coffee and soda), because if you’re drinking a gallon of water a day, there won’t be much room for anything else.

**Don’t Just Sit There** Add some exercise to your daily work routine, even if it’s just a quick walk, to keep the blood flowing. If you are someone who sits at a desk, stretching and walking around every few hours can make all the difference in energy.

**Go to Sleep** A proper night of sleep is important to recharge your mind and body for the next day. If you have trouble sleeping at night, try turning off the television and the computer an hour before bed, as these activities rev you up.

**Take a Deep Breath** Proper breathing can significantly alter energy levels. Breathing from the diaphragm and taking deep intentional breaths when you need a pick-me-up can keep you from the energy slumps you feel throughout the day.

**Think Positive** Ever notice how the happiest people always have the most energy? We often overlook how our thoughts can affect energy on a daily basis. Negative thoughts and emotions can physically drain you. By becoming aware of your thoughts and shifting your line of thinking towards the positive when you’re feeling drained, you can recharge your “emotional” battery.

**Set Personal Goals** By mentally preparing yourself for the day ahead every day, you can change the way you utilize your energy throughout the day. Redirect your focus on to the tasks at hand, and actively work against becoming overwhelmed and maintain that positive outlook.

Source: www.webmd.com

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**Trainer TIP of the Month**

**Chrissy says**, “Don’t wait for the sprinkler to save you, make sure you are staying hydrated when performing any physical activity in the heat!”

- Start hydrating 4 hours before activity by drinking 16-24 ounces of fluid.
- If you’re still feeling dehydrated, drink another 1-2 cups (8-16 ounces) 2 hours before activity.
- Drink 6-12 ounces every 15-20 minutes of activity.
- After activity, drink 3 cups (24 ounces) for each pound lost.

“Don’t wait for the sprinkler to save you, stay hydrated in the heat!”

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Christine Robert, MS, C.S.C.S., is an Exercise Physiologist and Personal Trainer at the Transitions Studio. She is a certified NSCA Strength & Conditioning Specialist and ACSM Certified Cancer Exercise Trainer. When she isn't training others at our studio she's out running, swimming or cycling with her husband Michael.
Our medically based exercise programs are specifically designed to attend to our customers’ health and fitness needs and goals. We offer a variety of classes and services at our studios including Mat and Reformer Pilates classes and Private lessons, Bio-Cored classes and Private lessons, Yoga Classes, Older Adult classes, Bariatric (pre/post surgery) exercise classes and Personal Training.

Fall will be here soon! Get ahead and register for a fall class TODAY!

Member Highlight: Lisa Danielson

Each month, we will be highlighting a member participating in one of our programs. This month we would like to highlight Lisa Danielson, a participant in the Bariatric Conditioning Program offered in the Transitions Studio. The Bariatric Conditioning Program is an exercise program for pre & post bariatric surgery and clinically diagnosed obese patients. Here is what Lisa had to say about the program:

“Since I joined the Bariatric Conditioning Program, I have increased my independence and endurance in my every day activities.

By losing weight, gaining muscle, and increasing my flexibility, I am more capable of doing what I need to do and what I want to do. I am able to complete my work days and be more productive without my feet aching or experiencing low energy levels. I sleep better at night. Even simple tasks like bending over to tie my shoes are easier. For recreation I participate in activities I haven’t done in years because of pain, low endurance, motivation, or the confidence I needed to try. My posture is improved. My mood and outlook and life is more positive. These are just some of the outcomes from being a participant in the program.

As far as the trainers and instruction, I couldn’t have asked for more! Emily, Interns, and Britt are extremely knowledgeable of fitness, exercises, and the restrictions an overweight client might have. They are attentive to form, challenge you when you need to be, and offer alternative exercises or movements when needed if there are physical limitations. The routines make sense with a combination of cardio and weight training and are easy to follow at home without expensive equipment or gym memberships. The trainers are respectful, maintain a positive attitude, and create a motivating atmosphere in the studio to help you do your best.

Thank you for the opportunity of joining this program. My quality of life has been greatly increased and I am very pleased with the results so far.”

Exercise of the Month: Seated Hamstring Stretch

Begin by sitting tall with one leg extended out in front of you. Keep your ankle flexed and toes toward the ceiling, bend forward from the hips (figure 2). Be sure not to flex your back, but rather keep it nice and straight. Keep looking forward. As always, if you feel any pain in your back, stop. Reposition and try again. You should feel a stretch on the back of your upper thigh, knee and calf area when performed correctly. Hold the stretch for 30 seconds and repeat with opposite leg. Perform 1-2x/day.

Perform this exercise at your desk or while watching TV!