Get Ready for Fall Fitness! 7 Steps for Success!

The end of summer can sometimes be upsetting for those who think that anything colder than 50 degrees qualifies as "arctic." Still, you must admit, there's something special about a crisp, cool, and clear fall Michigan morning, especially when it comes to outdoor activity.

With kids back in school and the holidays just around the corner, it may be difficult for you to make the time to exercise, especially when days are getting shorter. Here are a few steps to help you start your fall season on the right foot.

1. Take advantage of our fall weather. Fall can be a treat to the senses with a change in temperature, smells, and numerous activities to enjoy outside. Walking, hiking, cycling, and running are awesome activities to enjoy while the colors are changing and cooler temperatures exist.

2. Get back to the gym! Need we say more! Finding the right trainer, facility equipment, and program is necessary to reaching your health and fitness goals. When the weather starts to turn ugly a fitness facility and a knowledgeable trainer can help you stay on track with your workouts (for more information on our Personal Training services visit pmr.med.umich.edu/transition).

3. Try Something New. When fall arrives many exercisers migrate back to the gym and in some cases workouts can become boring and less effective. The fall is a great time to try a new exercise program or class.

4. Get Fit at Home. Due to the ever increasing demands of life and limited time, “home gyms” have become more popular. No need to spend a lot of money on expensive equipment. Simple resistance tubes, exercise mats, dumbbells, and therapy balls can provide similar results.

5. Strive for the “3 C’s.” Want to establish a successful fitness program? Strive for COMMITMENT, CONVENIENCE, and CONSISTENCY. We all have busy lives pulling us in many directions. Remain committed and schedule regular exercise appointments for yourself. Make exercise convenient, and reduce interruptions. Having trouble being consistent? Read on!

6. Remember the 30 Day Rule, It’s more like 66 days! It will take at least 2-4 weeks for your body to recognize what you are trying to accomplish, so be patient with yourself. Most people give up on exercise within 1 month, so don’t become a statistic. If you’re planning on establishing a habit of exercise, don’t be surprised if it takes you more than 66 days (according to a 2010 UK study). Exercise should not be considered a temporary investment; instead, it should become a part of your lifestyle!

7. Find Your Motivation. Individuals are motivated by different things. “Find your Play” by identifying activities that you enjoy and keep you moving. Creating a personal challenge, asking a friend to hold you accountable, and rewarding yourself periodically are all excellent ways to help you remain motivated. It's helped me, especially with self-rewards!

To learn more on how our staff can assist you establish a fall exercise program don’t hesitate to visit our website at pmr.med.umich.edu/transition or call us at 734-232-1262.

As always, be safe, enjoy our Michigan fall, and keep mov’n!

Sincerely,

Britt Michel
Breast cancer is the most common cancer diagnosis among American women. In fact, approximately 1 in 8 women will be diagnosed with breast cancer during their lifetime. Surviving breast cancer is a challenge by itself, but the changes in body composition that happen during chemotherapy and endocrine therapy put an individual at greater risk for chronic diseases. Weight gain is common after a breast cancer diagnosis, combining an increase in fat mass and no change in lean body mass. Chemotherapy and endocrine therapy also result in a decrease in bone mineral density, increasing one’s risk of fractures.

Physical activity has been shown to improve physical function and quality of life in breast cancer survivors, and decrease the risk of a recurrence of breast cancer. This study done by the Yale School of Medicine and the Dana Farber Cancer Institute examined whether aerobic exercise could be a way to counteract the changes in body composition seen following a breast cancer diagnosis.

Seventy-five inactive postmenopausal women were recruited for the study, and half were assigned to an aerobic exercise protocol, while the other half were told to maintain their current level of inactivity.

The aerobic exercise started at 50% of participants predicted heart rate max, and slowly increased in intensity up to 80% of their heart rate max by week 5. To figure out your predicted heart rate max, subtract your age in years by 220. Exercise routines were performed 5 days a week for 30 minutes at a moderate intensity. Walking made up most of the aerobic intervention, but participants could choose to perform other aerobic activities based on their preferences.

Following the study, the researchers discovered statistically significant differences in percent body fat and amount of lean body mass between the two groups. The exercise group saw a decrease in percent body fat and an increase in lean body mass. The non-exercise group saw an increase in percent body fat and a decrease in lean tissue mass. Also, both groups saw relatively no change in bone mineral density.

This study shows that aerobic exercise can counteract the body composition changes that are typical for breast cancer survivors. A decrease in percent body fat and an increase in lean body mass are favorable for heart health, and overall well-being. Also, a maintenance of bone mineral density will help to reduce risk of fractures, and possibly prevent the development of osteoporosis.

Adding a 30 minute walk to your day is a great way to stay healthy, whether you are a survivor of breast cancer or not! Grab a friend, neighbor, or family member and enjoy the outdoors before mother nature unleashes her fury this winter.


Healthy Fall Recipe: Honey-Soy Broiled Salmon

A sweet, tangy and salty mixture of soy sauce, rice vinegar and honey does double-duty as marinade and sauce. Toasted sesame seeds provide a nutty and attractive accent. Make it a meal: Serve with brown rice and sautéed red peppers and zucchini slices.

**Preparation**
Whisk scallion, soy sauce, vinegar, honey and ginger in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic bag, add 3 tablespoons of the sauce and refrigerate: let marinate for 15 minutes. Reserve the remaining sauce. Preheat broiler. Line a small baking pan with foil and coat with cooking spray. Transfer the salmon to the pan, skinned-side down. (Discard the marinade.) Broil the salmon 4 to 6 inches from the heat source until cooked through, 6 to 10 minutes. Drizzle with the reserved sauce and garnish with sesame seeds.

**Ingredients:**
- 1 scallion, minced
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 teaspoon minced fresh ginger
- 1 teaspoon toasted sesame seeds
- 1 pound center-cut salmon fillet, skinned and cut

**Nutrition Bonus:** Selenium (60% daily value), excellent source of omega-3’s
September is Healthy Aging Month - Reinvent Yourself!

Healthy Aging Month is an annual observance month designed to focus our attention on the positive aspects of growing older. Here are 10 Tips for Reinventing Yourself during Healthy Aging Month:

1. **Don't act your age.** What do you consider to be your best year? 28? 40? Current age? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and it goes a long way toward feeling better about yourself. (Tip: Stop looking in the mirror, just FEEL it!)

2. **Be positive in conversation and actions every day.** When you feel like complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching negative news on your TV.)

3. **Have "Debbie Downers" as friends who complain and are negative?** Instead, surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious.)

4. **Walk like a vibrant, healthy person.** Come on. You can probably do it. Analyze your stride. Do you walk slowly because you have a fear of falling, or simply have become lazy? (Tip: Make a conscious effort to take big strides, with a heel strike first)

5. **Stand up straight!** You can knock off a few extra years in your appearance with this trick that your mother encouraged. Stand in front of the mirror. Are you holding your stomach firm? Do you have your shoulders back and down with your chin up? Fix your stance and practice it every day, all day, until it becomes natural. You will look great and feel better. (Tip: Your waistline may look smaller if you follow this advice.)

6. **Check your smile.** Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening.)

7. **Lonely?** Do something about it now. Pick up the phone and make a call to do one or more of the following: Volunteer your time, take a class, invite someone to meet for lunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends or take a community class.)

8. **Start walking not only for your health but to visit with neighbors.** Have a dog? You'll be amazed how the dog can be a conversation starter. Don't have a dog? Ask your neighbor to walk your dog? Ask your neighbor to walk you!

9. **Make this month the time to set up your annual physical and other health screenings.** Create a list of questions for your doctor and attend your appointments. (Tip: For a list of recommended annual health screenings visit [www.cdc.gov/family/checkup/](http://www.cdc.gov/family/checkup/))

10. **Find your inner artist.** Who says taking music lessons is only for children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for a fall art or music class)

Source: [www.Healthyaging.net](http://www.Healthyaging.net)

---

**Trainer TIP of the Month**

Clemente Herrera, BS
Fitness Specialist
Personal Trainer

Clemente has over 7 years of personal training experience in corporate and medically integrated fitness programs. His background in strength & conditioning lends to his care of post rehab and weight management clients at U of M.

---

Kid Fitness Tip #1: Think outside the playing field. Not everyone is drawn to organized sports such as soccer or baseball. Look for other activities your child will enjoy - like dancing, rock climbing, swimming, or martial arts. Have patience - it may take some trial and error before your child finds the right fit.

Kid Fitness Tip #2: Join in the game.
Kids love it when their parents play with them. So encourage children's fitness by taking a family hike, play a game of catch, play hopscotch, walk or bike to school together.

Kid Fitness Tip #3: Limit screen time.
The American Academy of Pediatrics recommends that kids get no more than one to two hours of screen time a day, whether that's watching TV, surfing the Internet, or playing video games. But many children spend four or more hours each day in front of a screen. Encourage active alternatives to passive pastimes, such as shooting hoops at the local playground, walking the dog, or a game of tag. To help keep temptation at bay, remove TV's from bedrooms and put the computer in a shared space where you can supervise. If you have teens, set guidelines regarding sedentary activities like chatting on the phone and text messaging.
Member Testimonial: John Neville-Andrews

Several months ago, at age 70, I was diagnosed with borderline diabetes. Also, I was overweight and I had just survived blood clots in my leg and lung. I realized that significant changes needed to be made in my health regimen, e.g., diet and exercise. Fortunately, I discovered the University of Michigan Department of Physical Medicine and Rehabilitation’s Transitions Studio not far from my home.

With the first-rate guidance and advice of Britt Michel, Exercise Physiologist, over the past months I’ve pursued an exercise program that has included a cardio workout and fitness training. The excellent co-ordinated and consistent schedule at the Transitions Studio, along with some dietary modifications, have meant that at a recent Physical Check-Up my blood sugars were back to normal, my weight satisfactory, and my general health excellent. I owe all this to the staff, program and fitness machines at the Transitions Studio.

- John Neville-Andrews

Exercise of the Month: Dumbbell Chest Press

The Chest Press is an exercise that you can do to work the muscles of the chest, shoulders, and triceps. It is an easy exercise to do at the gym, or even at home.

First, find a level bench or table to lie down on. Use a weight that pushes you, but still at a weight that you can do up to 10 repetitions. Start at image B on the left, and slowly lower your arms into position A. Pause there momentarily before returning to position B. It is important to lower the weights down slower than when you extend the arms. The eccentric movement of lower the weights in a controlled manner will tax the muscles more, inducing a greater physiologic change, and thereby increasing strength faster. Think of lowering the weights in 4 seconds, and extending your arms in 2 seconds.

Try to use a weight that by the tenth to fifteenth repetition, your arms feel fatigued. Getting to the point of fatigue will ensure that you have adequately stimulated the muscle. Followed with adequate rest the result is improved muscle strength and tone.

This is exercise can be done anywhere with a bench, and you don’t even need dumbbells. Using soup cans or water bottles are a great place to start! You can still get the benefit of the exercise without having to buy anything!