October brings fall colors, shorter days and great opportunity!

Don’t “FALL” into October without identifying a plan to succeed with your exercise program. As I awoke to a 30 degree morning a few weeks ago I found myself digging for my “cold-weather” running gear and trying to resist climbing back into bed. Well, truth is, the days are getting colder and before you know it you'll have to substitute some of your outdoor activities like mowing the lawn, biking, paddling, gardening and running with indoor activities. You might find some do-it-yourself home improvement projects occupying some of your October and November months but I’d like to propose another “honey-do-list item”...you sitting down for this one….OK, here it is... STRENGTH TRAINING! Yes, you heard me! Statistically, less than 29% of Michiganders perform any form of strength training at LEAST 2 times per week, which is also below the national average. Whether it's pumping iron, pulling bands or tubes or simply performing squats in your office chair, we all need more of it!

If I've kept your attention this far you might be interested in knowing that you can benefit greatly from strength training just 2 times per week. Numerous studies demonstrate benefits for the Gen X'r, Baby Boomer and especially our Greatest Generation folks! In fact, in a review article published in The American Journal of Medicine by our own Mark Peterson, PhD it was found that an average of 18-20 weeks of progressive strength training can lead to a 2.42 pounds of lean muscle and overall strength by 25-30 percent.1 Considering that we can lose approximately 3-5% of muscle after the age of 30 it’s never too early or late to start. Whether your looking to improve your physical function, increase metabolism, lose weight, diminish muscle loss (sarcopenia) or fight the effects of aging then strength training needs to be a part of your weekly schedule this season. I know it will be on my Outlook calendar!

For more information on how to get started contact our Transition Studio for a free consult.


This Month’s Featured Program: Bariatric Conditioning Program

The Bariatric Conditioning Program is for people looking to lose significant weight, prepare for bariatric surgery or get in shape after surgery.

The Transition staff is here to help you get started on a regular exercise program and stay with it! Here’s what one of our program graduates had to say:

“I enjoy the different routines and never get bored with it. In fact, the strength training and cardio workouts have helped me continue to lose weight week by week. I am stronger than ever before and have never felt so good in my life. Kudos to the Transition Studio at U of M.”

Program includes:

- Fitness assessment at start and finish of program.
- Orientation to equipment and various exercises to keep it interesting.
- 8 weeks of supervised exercise sessions of 2x/week.

Program Fee: $199.00

Supervised program hours: Monday-Thursday: 3:00 -6:00pm

Open studio hours: Monday -Friday at various times. Contact us for more information.
What Exercise Researchers are saying lately....

In a study published in The Journal of Aging and Physical Activity, researchers from the Institute of Gerontology at the University of Michigan reported that regular physical exercise reduces the risk of falling in people 70 years or older. For 4 months, researchers followed 119 elderly individuals that reported at least 3 falls in the prior 12 months. Participants were given an multimodal (several different types of exercise) exercise routine. Participants were randomly placed into 1 of 3 groups: fully-supervised exercise (FS), minimally supervised home based exercise (MS), and no exercise (C). The fully supervised group attended class 3-4 days per week. The minimally supervised group attended the FS group class 1 day per week and exercised at-home 50 min. for 3-4 days per week performing a mixture of stretching, dynamic and static balancing, resistance training, and dual-task exercises. Researchers found increases in gait stability and speed in the MS and FS groups compared to group C. No exercise resulted in a decrease in gait speed and balance. Limb velocity and balance control increased the most in the FS group but those in the MS group still had gains but not as significant. Falls in older adults can lead to serious injuries and can increase risk of hospitalization by 10 times. Diminished strength and balance are leading causes of falls for this population. Research has found that physical activity is beneficial at any age and supervision can help increase gains, motivation, and safety. 

Source: Journal of Aging & Physical Activity

Answering the Six W’s of Exercise and Breast Cancer Treatment

Who?
You, your mother, sister, friend, neighbor, etc.

What?
Flexibility: 2-7 days per week
4 reps. Hold 10-30 seconds per stretch
Resistance: 2-3 days per week
1-3 sets of 8-12 reps
Aerobic: 3-5 days per week
20-60 minutes daily

When?
At least every other day. Grab a friend and start today!

Where?
Local gym, community center, backyard, neighborhood, etc.

Why?
1. Reduce risk of developing breast cancer/recurrence
2. Ease treatment side-effects
3. Maintain healthy weight
4. Improve quality of life
5. Sleep better
6. Strengthen bones, muscles, and immune system
7. Boost energy and self confidence!

How?
- Ask your physician, start slow
- Consult an expert at the Transitions Studio
- Work up to 30-60 minutes
- Moderate intensity
- Pick activities you enjoy!

www.breastcancer.org/tips/exercise

Family Favorite Recipe Upgrade: Hot Chile Grilled Cheese

Ingredients (4 Servings)

- 4 poblano peppers
- 1 can of pinto beans (14oz)
- 3 tbsp. salsa
- 1/8 tsp. salt
- 1/2 cup shredded Monterey Jack or Cheddar Cheese
- 2 tbsp. low-fat plain yogurt
- 3 scallions, sliced
- 2 tbsp. fresh cilantro, chopped
- 8 slices sourdough bread

Nutrition: Per serving: 415 calories; 6 g fat (3 g sat, 1 g mono); 13 mg cholesterol; 70 g carbohydrates; 0 g added sugars; 19 g protein; 39g fiber; 761 mg sodium; 307 mg potassium.

Nutrition Bonus: Vitamin C (163% daily value), Folate (39% dv), Iron (20% dv)
10 Easy Ways to Exercise at Work

Desk-cising is becoming more popular in work places. Demanding work weeks and long meetings are contributing to an increase in stress, bad eating habits, and health issues in today's working population. These simple exercises can be done discreetly in your office to reduce stress and help keep off the pounds.

1. **The Magic Carpet Ride:** Sit in your chair with your legs crossed and your feet in your seat. Squeeze your abdominals and use your arms to push up on the armrests. Hold your bodyweight a few inches above the chair for 10-20 seconds (s). **Repeat 5 times.**
   - Works core and arms

2. **Tricep Desk Dips:** Find a clutter-free edge of your desk and face away from it. Place your palms on the edge of the desk. Keeping your knees together and slightly bent, start bending at the elbows. Dip down until your elbows are bent 90 degrees. Hold for 10 s at the bottom of the dip and repeat 20 times. For variation you can put your feet on a stable chair. **Repeat as needed.**
   - Stretches wrist and arms

3. **Carpal Tunnel Reliever:** Stand with your arms straight. Place your palms on the desk with your fingers pointed towards you. Lower your body down slowly until you feel a stretch in the wrists. Hold for 15 s and **repeat as needed.**
   - Stretches wrist and arms

4. **The Wooden Leg:** Sit in your chair, extend one leg out straight and hold for 2 s. Without resting on the floor, raise that same leg up as high as you can and hold for 2 more s. Repeat 5 times each leg. **Repeat as needed.**
   - Works upper-body and triceps

5. **Sitting Spinal Stretch:** Sit tall in your chair, with one hand grab the desk and with the other grab the back of the chair. Push against the desk and twist towards the chair. Hold for 10 s. **Change directions.**
   - Stretches hamstrings, lower back, and calf muscles

6. **Back Scratch:** Sit tall in your chair and reach one hand, palm out, behind your back (between shoulder blades). Raise the other hand above your head and bend it down towards your open palm. Grab onto that hand or your shirt (if you cannot reach) and hold for 10 s. Repeat the same for both arms. **Repeat as needed.**
   - Works core and lower-body

7. **Hamstring Stretch:** Sit in chair and put your foot on the edge of your desk. Can also be done with foot on floor. Flex foot back and bend forward while keeping your back straight. Hold for 10 s. Point toes and lean forward again, holding for 5 s. **Repeat as needed.**
   - Works core and lower-body

8. **Invisible Chair:** Stand 1 yard away facing your desk with your feet together. Place palms shoulder width apart on the desk and lower your chest to an upright posture. Repeat 5 times on each side. **Repeat as needed.**
   - Core flexibility and strength

9. **Overhead Arm Stretches:** Sit in chair and hold one wrist above head with other hand. Pull wrist and bend torso to the side. Hold for 10 s then return to an upright posture. Repeat 5 times on each side. **Repeat as needed.**
   - Helps shoulder flexibility and range of motion

10. **Desk Push-ups:** Stand 1 yard away facing your desk with your feet together. Place palms shoulder width apart on the desk and lower your chest to the edge. Exhale as you push back up. Repeat 20 times. **Repeat as needed.**
    - Works upper-body and arms

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**Trainer TIP of the Month**

Jackie Kosnik-Downs is a student intern working in the physical activity lab and the Transitions Studio. She is a student from Grand Valley State University, and is working on her Bachelor of Science degree in Clinical Exercise Science. Jackie will be graduating from Grand Valley State University this December.

Jackie says, “Exercise to sleep or sleep to exercise? Sleep is a way for the body to recharge after the days activities, and for those of you that suffer from insomnia exercise can help!”

**Things to consider:**

1. The National Sleep Foundation recommends 7-9 hours of sleep for adults and 8.5-9.25 hours of sleep for teenagers. Find the perfect number for you!
2. Sleeping pills can help for a while, but can have nasty side effects. Exercise helps to tire out the body and will improve sleeping habits over time.
3. When getting ready to work out, people rarely consider amount of sleep as a contributing factor to their “good” or “bad” days. In a sleep/exercise study, researchers found that amount of sleep had a direct correlation to the duration of the next day exercise. Even an extra hour of sleep boosted participants mood and energy level.
4. Create a consistent sleep schedule for you and your family. **Make sleep a priority!**

Check out the study I mentioned:

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, BioCored classes and Private lessons, Yoga Classes, Older Adult classes, Bariatric (pre/post surgery) exercise classes and Personal Training.

Fall is here! Register for a fall class, personal training, or a Transitions Studio membership today!

Member Testimonial: Gordon Bigelow

My bladder cancer was diagnosed in October, 2012. It was biopsied in November, and by early December a surgery/oncology team at UM Hospital had run a gauntlet of tests on me and a treatment plan was being formulated. A consultant advised me on my diet, and chemotherapy began later that month. The hospital was doing all the work. What could I do?

Dr. Cheryl Lee, an extraordinarily resourceful surgeon, had a suggestion. “Would you take part in a study to investigate the effects of a physical conditioning program on the outcome of abdominal surgery?” she asked me.

That was my entré to the PM&R Transitions Studio. Chrissy Parker, Exercise Physiologist, and Katie Zurales, student intern, guided me through a rigorous sequence of pushes, pulls, lifts, squeezes, stretches and grinds on the treadmill using the ample machinery of the studio. When an exercise seemed to be getting easy, the difficulty level was increased.

It was demanding work, but I looked forward with enthusiasm to every session. The routine was closely supervised, and they kept detailed records of my progress. Their encouragement and stimulation were integral to my motivation. When I entered surgery in late March I was in top shape.

After the hospitalization, I sought a post-surgical study on physical conditioning to continue the workouts, but found none. When my scars had healed sufficiently, I signed up for a monthly Transition Studio membership. Chrissy laid out an exercise regime similar to my pre-op program, and I was turned loose to operate on my own.

I have returned to my pre-diagnosed high-energy outdoor lifestyle, and I still look forward to the MWF sessions at the studio. Tests show my immune system to be robust and my general health excellent. I am now free to fine-tune my exercise scheme, and the staff are always there with counsel, correction departures from proper technique and suggesting further exercises to meet my needs.

The atmosphere in the studio is like family. People came there to do what appears to be grueling, tedious repetitions of body-stressing activities, but they are cheerful and disciplined as they astride machines that face a grassy arbor with a pong, a family of ducks, and an occasional visit by a Great Blue Heron.

~Gordon Bigelow

Exercise of the Month: Stationary Chair Lunge

Start by standing upright with one foot forward and one foot back, with heel of back foot off floor (Figure 1). You may hold onto a chair or another stationary object for balance, but can also be performed without them. Weight should be evenly distributed between front and back foot. Keep torso upright. Bend both knees until the back knee lowers towards the floor, and the front knee is inline with the front ankle (Figure 2). Knee should not travel past the toes. Do ten repetitions, switch sides and repeat. Challenge yourself over time by moving your legs farther distance apart.

Perform this exercise at your desk or while watching TV!