“Sharpen the Saw” it might be best to take a step back to move yourself forward

In Covey’s book, the 7th habit (out of 7) “sharpen the saw” means to preserve and enhance the greatest asset each one of us possesses...our own person, yourself, YOU. Dr. Covey goes on to state the importance of four key areas of our lives: SOCIAL/EMOTIONAL, MENTAL, SPIRITUAL and PHYSICAL (you knew I had to highlight that one).

He suggests that as we renew in each of the four areas we create growth and positive change in our lives. For example, in the area of PHYSICAL, Dr. Covey emphasizes activities such as exercise, healthy eating and adequate rest. In the area of MENTAL activities he encourages seeking opportunities to learn, read and teach.

I’d provide you with examples of SOCIAL/EMOTIONAL and SPIRITUAL activities but instead I suggest you pick up a copy of Dr. Covey’s book to learn about them and read about habits 1 through 6 too! Check the book out at your local library, on-line (stephencovey.com) or borrow from a relative or friend...I’m sure you’ll find one of the 25 million!

In closing, our Transition Team is trained in the areas of exercise science, rehabilitation and health promotion. Although we specialize in these areas we recognized the need for balance. As you embark on this holiday season we encourage you to practice creating balance while also enjoying time with family!

Hope you enjoy the newsletter. If you have any suggestions don’t hesitate to let us know.

To your health!
Britt Michel, Program Director

This Month’s Featured Program: FUNctional Fitness for Older Adults

FUNctional Fitness for Older Adults is an exercise class developed to help participants combat the negative effects of aging such as muscle loss, balance issues, cardiovascular deconditioning, and arthritis.

Program includes:

- Fitness assessment that includes cardiovascular, strength, flexibility, agility, and balance.
- Orientation to equipment and various exercises to help you remain functional and independent.
- 8 weeks of supervised exercise sessions of 2x/week.

Supervised class hours: Classes are held for 1.25 hours at various times Monday through Thursday.

Open studio hours: Monday - Friday at various times. Contact us for more information.

Initial Enrollment: $175.00
Renewals: $105.00

For more information and brochures visit our website or call:
www.med.umich.edu/pmr/patient/classes.htm
(734) 232-1262

*Physical activity may not be the fountain of youth, but it’s the closest thing we have*.

Thomas L. Schwenk, M.D.
UMHS
What Exercise Researchers are saying lately....

Happy November! As some of you may not know November is diabetes awareness month. Diabetes is a disease that causes the body to lose control of its ability to regulate blood sugar levels.

There are two type of diabetes; type 1 diabetes and type 2 diabetes. Type 1 diabetes usually develops during childhood and lasts through adulthood. Type 1 diabetes occurs when the pancreas stops producing insulin.

Type 2 diabetes typically develops in adulthood and is caused by what is called insulin resistance. Insulin helps transport sugar from the blood into the tissues. As the body develops insulin resistance, insulin loses its ability to transport sugar from the blood into the tissues.

Over the years research has shown that exercise can be beneficial for diabetics who have developed insulin resistance. In particular, one research study co-authored by Jeffery Horowitz, Ph.D., in the University of Michigan School of Kinesiology, showed that daily low-intensity exercise may be very beneficial for diabetics. In his study, published in Diabetes Care, he demonstrated an improvement in insulin sensitivity in obese subjects that continued into the next day following a low-intensity bout of exercise.*

Adding exercise into your daily routine can help you gain better control of your blood sugar levels and may reduce your need for insulin.

Be sure to consult your doctor before starting any exercise routine and be sure to follow useful tips for diabetics and exercise found on page 3!

If you are a diabetic or you’re simply struggling to fit exercise into a busy schedule then consider starting small by going for a walk each day. Daily exercise is not difficult to fit in if you prepare and schedule time for it. A simple 20 minute walk each day can be a great way to start adding more exercise and physical activity into your daily life.

Be sure to progress in your exercise habits once you have started by adding strength training and more vigorous cardiovascular exercise into your routine. Progressing to more challenging exercises will allow you to gain muscle and increase your strength, which will allow you to manage the physical challenges and stressors of life in a healthier manner.

*Source: Diabetes Care 36:2516-2522, 2013

Healthy Fall Recipe: Roasted Turnips & Butternut Squash

**Ingredients** (6 Servings)

- 4 medium turnips, peeled
- 1 small butternut squash, peeled and seeded
- 2 Tbsp. extra-virgin olive oil
- 1/2 tsp. salt
- 1/4 tsp. fresh ground pepper
- 1 small red onion, sliced
- 2 Tbsp. molasses
- 1 tsp. Chinese five-spice powder (cinnamon, fennel seed, cloves, star anise, white pepper)

**Preparation**

Position racks in upper and lower thirds of oven; preheat to 450°F

Slice turnips and squash into 3/4 inch-wide strips. Toss in large bowl with oil, salt and pepper. Divide between 2 large rimmed baking sheets and spread into an even layer. Set bowl aside.

Roast the turnips and squash for 10 minutes. Carefully transfer back to the bowl. Stir in onion, molasses and five-spice powder. Return vegetables to the baking sheets; roast 15-20 minutes, flipping halfway through.

**Nutrition: Per serving:** 153 calories; 5 g fat (1 g sat. 4 g mono.), 0 mg cholesterol, 28 g carbs, 4 g added sugars, 2 g protein, 5 g fiber, 264 mg sodium, 757 mg potassium.

**Nutrition Bonus:** Vitamin A (282% daily value), Vitamin C (80% dv), Potassium (22%dv), Magnesium (19% dv).
11 Tips for Injury Free Exercise with Diabetes

If you have diabetes and are currently exercising or considering exercise be sure to check out these 11 helpful tips for making your workout injury free!

1. Safety First: Be sure to check with your doctor and any other members of your healthcare team before starting any exercise routine in order to determine what type of exercise will be safe and effective for you.

2. Warm Up and Cool Down: Warm up by moving around and doing something active for 5 min before your workout and be sure to cool down by doing light physical activity 5 min after your workout.

3. Avoid Hot and Cold: Try to avoid exercising in overly hot or cold conditions. Look for indoor alternatives to avoid making your workout more stressful on your body than necessary.

4. Drink Plenty of Water: Be sure to drink plenty of water before, during, and shortly after your workout in order to stay well hydrated throughout your workout.

5. Be Prepared for Drop in Blood Sugar: If you have diabetes and are physically active be sure to carry a sugary drink with you in case your blood sugar begins to drop. Hard candy can take a while to take effect since it must dissolve in your mouth before being absorbed by your body! If you feel like your blood sugar might fall to a low level during physical activity it is always a good idea to carry a small juice box with you. This is especially important if you have Type I Diabetes or if you have Type II Diabetes and are on insulin.

6. Carry a Water Downed Sports Drink: Carry a water-downed sports drink with you that contains carbohydrates (sugars) in order to maintain your blood sugar levels during exercise. Some sports drinks may contain too much sugar so it may be a good idea to add some water in order to avoid a blood sugar spike. Read the label if you are unsure about how many carbohydrates the drink might contain.

7. Wear a Bracelet: If you have diabetes be sure to wear a medical alert bracelet to inform others that you have diabetes in case of an emergency. This is one safety measure that is a must for any diabetic!

8. Use the Talk Test: When trying to determine how hard your exercise should be use the Talk Test. The Talk Test is simply seeing if you can still talk or hold a conversation during exercise. If you are too short of breath to maintain a conversation then the difficulty or intensity of your exercise may need to be decreased.

9. Use Good Footwear: Since people with diabetes are more prone to blisters, foot ulcers, or pressure ulcers on their feet it is a must that those with diabetes use good footwear that provides support and has a snug fit. It is also a good idea to wear strong shoes when lifting weights just in case one falls on falls on your toes!

10. Check Your Feet: Check your feet for blisters or ulcers before you exercise and after you exercise. If a blister or ulcer is present then check with a healthcare professional before exercising.

11. Proceed with Caution: Stop exercising or physical activity if you feel persistent pain, shortness of breath or light headedness. Talk to your doctor about these and any other unusual symptoms that you experience.

**Trainer TIP of the Month**

June says: As we become older, exercise becomes more beneficial. Little bouts of exercise are more effective in maintaining fitness. The hard part is being consistent with putting exercise into our daily routine. Start by incorporating simple exercises into daily errands and activities. Make sure to keep your safety in mind.

**Here are a few suggestions:**

1. At a red light, perform seated torso exercises. Some examples are shoulder shrugs and presses, gluteal squeezes, and pelvic tilts.

2. Stuck in a waiting room? Perform seated lower leg and foot exercises to improve circulation. Use during plane travel and while standing in line.

3. Pay attention to proper form while standing up and sitting down in a chair. Use leg strength to push up from the chair and to support one’s weight when sitting down in a chair. This will target lower body strength throughout the day.

4. Morning bed exercises. A few stretches and mild exercises before getting out of bed can reduce stiffness. Some suggestions are leg lifts, arm raises, and side stretches.

You can also create an exercise routine that directly addresses your needs. Taking advantage of the mentioned exercise opportunities throughout the day can be very rewarding.

**“Practice proper form when sitting down and getting up”**
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: Jim Craven

I retired in November of 2012 after 63 years working for the University of Michigan, the last almost 40 years as a book conservator at the Bentley Historical Library. Much of my time was spent on my feet, bent over whatever ancient book or map I was working on at the time. I also had some degree of back trouble from a high school football injury. Varicose veins, a knee replacement, osteoarthritis and some balance problems completed my physical profile when I joined my wife as a participant in the Physical Medicine and Rehabilitation Transitions program almost four years ago. Since then Britt Michel has been in charge of keeping my various disabilities at bay. In twice weekly sessions he, and student assistants under his direction, have taken all of these concerns into consideration in devising a program that has been enormously helpful for me. My wife and I call the program “running and jumping” but in fact we really don’t do much of either. Instead I am put to work on various exercise machines adjusted to address my particular difficulties, balance exercises to keep me on the straight and narrow and general exercises to maintain and hopefully enhance my strength, agility and endurance. It is rigorous and demanding, requiring my best efforts to accomplish the goals set for me.

All of this might sound rather grim. In fact it is pleasant and I look forward to it. There is a supportive environment and atmosphere of camaraderie in the gym. We are all trying on some level to do our best, sometimes in the face of rather daunting obstacles. It is a shared experience that I enjoy participating in. I am now 82 years old, at least chronologically. I think the program has actually kept me much younger, functionally, than I could reasonably expect at that rather impressive number of years. I hope to continue with the program for a long time to come. After all the oldest participant that I know of is 100 years young so I have quite a ways to go.

~Jim Craven

Exercise of the Month: Standing Hip Extensions

Start by standing a few steps behind a chair or table. Make sure you are still able hold on while keeping your back straight. Feet should be flat on the floor, shoulder width apart. Slowly lift one leg back while keeping the leg, knee, and back straight. Hold this position for 5 seconds and slowly return your leg to the floor. Repeat 10 times and then switch legs. Challenge yourself: Try to perform the exercise without holding on or try hovering the foot above the floor between each repetition.

This exercise helps improve balance by building strength in your buttocks, hips and lower back.