Happy New Year! For those of you who have not yet met me, my name is Theresa Kossey. I am a Personal Trainer and Fitness Specialist for Transition Studio. I earned my Bachelor of Arts at Bellarmine University in Louisville, KY along with a Personal Training Certificate through ACE.

This is the time of year to start fresh, to set new goals and get a start at becoming a better you. Have you made any New Year Resolutions?

According to the Journal of Clinical Psychology at the University of Scranton, out of the 45% of Americans who usually participate in making New Year resolutions, only 8% of them are successful.

Most of us have made some resolutions in past years that have slipped off the list and have not lasted long enough to see Valentine’s Day! Why is it that these things we are so excited for fall off the radar?

All too often, we become the main barrier in accomplishing our resolutions. Do any of these excuses sound familiar? “I tried, but just got too busy/I have a lot on my plate,” “It became too difficult,” or “I didn’t feel like I was succeeding so I stopped trying.” Although there might be some legitimate reasons as to not follow through with a few resolutions, most of the excuses that we come up with can easily be overcome.

Here are 5 recommendations to help you succeed with your New Year Resolutions for 2015!

1. Make the resolutions realistic and meaningful. Realize that we do not change overnight. It takes time and effort to make life changes that we keep. By making meaningful resolutions, we are more likely to pursue them.

2. Be specific when you make a plan. “I plan to lose 10lbs by February 1st” rather than “I plan to lose weight”.

3. Tell people about it! The more support we have, the more likely we are at success! Telling people and writing it down also helps hold us accountable for following through.

4. Plan for roadblocks and have a way to refocus. Not everything is going to go smoothly and it is going to get difficult as we run out of the initial excitement of the New Year. Write down your goals and reasons they are so important to you in order to reference them when you are discouraged.

5. Track your progress. Throughout the year, reflect back on the initial goals and see what you have accomplished. If not much has changed, it’s never too late to continue where you left off, or even to start. Find the positive!

I challenge you to try these techniques to keep your resolutions for the next two months. Here at Transition Studios, we are always happy to help you succeed in health fitness! Drop by to see our programs and get support from some friendly people!

Kind Regards,
Theresa Kossey,
Fitness Specialist,
Personal Trainer
Transition Training Studio
Are we becoming MORE unhealthy as a society?

One factor that has garnered a lot of attention recently is obesity trends. Obesity is the leading cause of preventable death in the United States. Obesity rates have steadily increased since 1990 to almost 3 out of every 10 individuals becoming obese. Obesity rates are seemingly abated in the very young, however, overall obesity rates continue to increase for the entire population.

The United Health Foundation recently released its “America’s Health Rankings” which details trends in physical activity, obesity, and cardiovascular deaths among many other criteria. For the 3rd year in a row, Hawaii topped the list as the healthiest state. Ranked 50th, Mississippi came in as the most unhealthy state, and Michigan was ranked as the 34th healthiest state.

The UHF listed Michigan’s strengths as “low incidence of infectious disease, ready availability of dentists, and high immunization coverage among teens.” Conversely, Michigan’s challenges were “high prevalence of obesity, high prevalence of binge drinking, and high rates of heart disease.”

Judging by the trends of obesity, our society is clearly becoming more and more unhealthy.

So what can you do to improve your own health? The CDC suggests 4 strategies to take action to combat person obesity. They include:

1. **Know Your BMI**
   Knowing your body mass index is an easy way to determine whether you are overweight or not. It gives you a good idea of where you stand with your fitness.

2. **Healthy Weight**
   The best way to achieve and maintain a healthy weight is not about short-term dietary changes. It is more about eating healthy, getting regular physical activity, and balancing calories consumed with calories burned.

3. **Move More, Be Active**
   Regular physical activity not only increases the number of calories burned, but it also increases your physical fitness and reduces risk for many chronic diseases.

4. **Get Started**
   Evidence shows that individuals who lose weight gradually (1-2 pound per week) are more successful at keeping that weight off in the long run. Cutting weekly food intake by 500 calories, and increasing physical activity by burning 500 calories per week will help you to reach that 1-2 pound loss per week.

**Healthy Recipe: Lemon & Dill Chicken**

**Ingredients:**
- 4 boneless, skinless chicken breasts
- Salt & freshly ground pepper, to taste
- 4 teaspoons extra-virgin olive oil, or canola oil, divided
- 1/4 cup finely chopping onion
- 3 cloves garlic, minced
- 1 cup reduced-sodium chicken broth
- 2 teaspoons flour
- 2 tablespoons chopped fresh dill, divided
- 1 tablespoon lemon juice

Total prep time: 30 minutes

Nutrition: 173 calories; 6 g fat; 64 mg cholesterol; 3 g carbs; 24 g protein; 236 mg sodium; 219 mg potassium

**Preparation:**
1. Season chicken breasts on both sides with salt and pepper. Heat 1 1/2 teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides. Transfer chicken to a plate and tent with foil.
2. Reduce heat to medium. Add the remaining 1 1/2 teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice separately and add to pan. Cook, whisking, until slightly thickened.
3. Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill.
Stay Active and Prevent Injuries this Winter

As we mentioned in the last newsletter, it is important to stay active during the winter months to maintain your physical fitness level. Although this is important, it is even more important to prevent injury along the way.

Injuries can range from a sprain or strain to a serious injury that could sideline an individual for at least a year. It is vital to take steps to prevent injuries from occurring and maintaining your physical well-being. Here are 7 steps that you can take to prevent injuries.

Perform adequate warm up and cool-down sessions – The incidence of injury is significantly higher when an individual does not perform a warm up session. The best warm up is a cardio warm up on either the treadmill, elliptical, or NuStep machines.

Be mindful of how your body is functioning – Nobody understands your body better than you do. If you are in pain or are feeling under the weather, take it easy. Over-exertion increases your risk of injury. In a situation like this, it is better to take a few days off until you are feeling better.

Lower weight and higher reps trumps higher weight and lower reps – Higher weight with fewer reps puts a great deal more strain on your joints. That’s why we at the Transition Studio have you perform 10-15 reps per set.

Stretching is a must – Having tight muscles can put strain on joints and soft tissue, increasing risk for injury. Stretching also increases blood circulation throughout the body which aids in recovery after a workout.

Hydration – Even though the air outside is very dry and sweat production is decreased, it is still important to hydrate. Dehydration can lead to fatigue and an increased risk of injury.

Sleep at least 6 hours every night – Not getting an adequate amount of sleep can lead to increased rates of fatigue. Research has demonstrated that injuries are most likely to occur when fatigued. Counteract fatigue by sleeping at least 6 hours and eating a balanced diet.

Understand your limits and stay in control – Although pushing your limits is sometimes a good thing, pushing too far can lead to injuries. Maintaining control over your body is essential to stay protected and decrease your risk for injury.

With ice covered sidewalks and driveways approaching, it is important to take precautions. Injuries can be very serious, and the best way to stay healthy is to prevent injuries.

Sources: [http://www.dovkolkermd.com/articles/prevent-winter-sports-injuries/](http://www.dovkolkermd.com/articles/prevent-winter-sports-injuries/)  

Featured Program of the Month - Weight Management Bariatric (WMB) Conditioning Program

More, now than ever, health professionals are encouraging exercise for overweight patients in an effort to prevent and/or reverse the health and functional risks associated with obesity. If you are looking to lose weight, preparing for bariatric surgery, or have already had surgery, you can benefit greatly by starting an exercise program under the supervision of a qualified Exercise Specialist. Whether you have little to no exercise experience, lack motivation, or simply need continuous encouragement, then the WMB Conditioning Program may be right for you!

Many studies have demonstrated the benefits of supervised exercise prior bariatric surgery. For example, a study published in *Obesity Surgery* (February, 2013) demonstrated significant benefits in the areas of weight loss, BMI, physical fitness level, and quality of life scores. It also showed benefits in the subscales of emotions, social interactions, and sexual life. In addition, fear of injury and embarrassment during physical activity were significantly decreased to participants that had enrolled in a program prior to bariatric surgery.

Here is what one of our Transition Studio members had to say about getting started before his surgery:

“Bariatric surgery means major changes in your life and a commitment to developing habits that will maximize the impact of the surgery on your health. An important part of those changes has been the U of M team that adapted an exercise regime to fit my preparation for surgery and my post-operative recovery. I started my exercise with Britt Michel at the Transition Studio a month prior to my surgery. I feel the activity had a major role in getting me ready for the surgery and also for the continuance of the program after a few weeks of recovery. In the five weeks since surgery I have lost 55 pounds. I’m sure the exercise plan has played and important role in the weight loss and level of energy I have experienced.” - Darryl Ziegler

Our medically based exercise programs are specifically designed to attend to our customers’ health and fitness needs and goals. We offer a variety of services at our studios including Mat and Reformer Pilates classes and Private lessons, BioCored lessons, Yoga Classes, Older Adult exercise classes, Weight Management and Bariatric (pre/post surgery) exercise classes and Personal Training for special populations.

Register for any of our classes, personal training, or membership today!

Member Testimonial:  Michael Geisser

How did you hear about he Transition Studio?
I used to work out in the PT gym on the second floor, Britt encouraged me to move to the Transition Studio when it opened a couple of years ago.

Is there anything about the Transition Studio that separates it from other gyms?
It basically has a “small town” feel. When I exercise at 7:30am it is typically not crowded, I know the people that are typically there, and if I have any questions, Britt and the staff are there to provide me with appropriate expertise.

Tell us a bit on what you’ve been able to accomplish since participating at the Transition Studio?
I started exercising regularly about three years ago. Over that time, I have lost about 25 pounds while adding some additional muscle. My endurance and strength have greatly improved, which has helped my level of energy and daily functioning. Other people have noticed my change in body shape, which is flattering. My golf game has been getting better as well!

What do you enjoy about your workouts at Transitions?
Going regularly has become a routine. I enjoy leaving knowing that I put in a good workout. The staff and other members are very friendly and supportive.

Exercise of the Month: Hip Abduction

Strengthening hip abductors, the muscles on the outside of the hip, is essential in helping with fall prevention. These muscles are responsible for the side to side motions we use to catch ourselves when we lose balance and stumble sideways.

As with most standing exercises, focus on posture and standing upright and tall. Keep the belly drawn in with the shoulders back and the buttocks tight. Stand by a chair, table, or counter for support if needed and stand with feet shoulder width apart. While pointing the toes forward, raise the leg to the side (away from the other leg and support). It is important that when you raise the leg straight to the side that your pelvis/hip bones and shoulders do not move; meaning the action only comes from the one leg rather than the whole body. Lower the leg and repeat ten times on each leg.

If the exercise is too easy, try adding resistance with an ankle cuff weight or a theraband of appropriate resistance.

If you experience any pain, stop the exercise and feel free to contact one of the Transition Studio’s staff members for further instruction.