Spring is coming! The flowers will start to bloom, the air will warm up, and longer days will be upon us. As the season changes, we might start to notice the little things that we may have forgotten about, or put off in the winter; such as losing track of our healthy lifestyle and fitness goals. Though schedules always seem to get a little busier when the weather improves, be it gardening, spring cleaning, or just getting out of the house to socialize, make sure you stop along the way to exercise and eat right!

March is National Nutrition Month. A well balanced diet can improve our energy and mood, as well as helping to prevent and control some health problems, such as heart disease, high blood pressure, and diabetes. Poor nutrition can lead to fatigue, poor sleep, and increased symptoms of malnutrition. Even though we may go out more to socialize, we still need to take the time out to be conscious of what we are eating. The United States Department of Agriculture has released some of the following helpful tips for eating healthy when we go out to eat!

- **CUT OUT THE POP** Typically, at restaurants, we spoil ourselves with a pop. Try something different! Maybe an unsweetened tea, milk (low-fat or fat-free) or even just water.
- **WHEAT OVER WHITE** If you're grabbing a sandwich, go for whole wheat instead of white.
- **START WITH A SIDE SALAD** It will help you feel more satisfied and fuller, you won't have to eat as much, making your portion sizes smaller.
- **ORDER DRESSING ON THE SIDE** Most dressings are high in calories and fats. If you order your dressing on the side, you can control how much makes it onto your salad.
- **STAY AWAY FROM THE BUFFET** The buffet is asking you to try a little of everything and over eat. Also, buffets typically don't offer as much of a healthy variety as we may get from just picking an item from the menu.

These tips and more can be found at: [http://www.choosemyplate.gov/healthy-eating-tips/tips-for-eating-out.html](http://www.choosemyplate.gov/healthy-eating-tips/tips-for-eating-out.html).

Submitted by Alexa Anderson
EMU Exercise Science Intern

As mentioned above, with spring coming, we often find our schedules filling up. We have to find time to make up for possible winter laziness, along with keeping up with our daily tasks. We also need to make sure we are being physically active, as well as maintaining a healthy diet.

However, not all stress is bad stress. Eustress, the stress we experience when we’re excited, competitive, or motivated, is a good stress. The bad stress is the stress that makes us feel like overwhelmed. Bad stress can actually have physical implications – such as headaches, backaches, upset stomachs, weight gain or loss, susceptibility to sickness, and sleeping problems.

**Stressed Out? Get Active!**

What can we do about it? Stay organized and plan ahead. Plan out your day, and make sure to include time for physical activity or a workout, because it might reduce your overall stress as well! Getting active and working out can increase your body’s endorphin levels and you may feel in a better mood! Stress may also attribute to built up muscle tension, which can be reduced by getting active. If you’re experiencing higher levels of stress or anxiety try something new, like yoga, cardiovascular exercise or a stretching class to help reduce some of that tension! Recognize April, Stress Awareness Month, by getting ahead of the game and reducing stress in your life!

Submitted by Alexa Anderson
EMU Exercise Science Intern
What Exercise Researchers are Saying Lately...

New research out of the University of Toronto has looked in to the importance of maintaining physical activity outside of planned exercise time and the effect that it has on an individual’s quality of life. The meta-analysis published on January 15, 2015 in the Annals of Internal Medicine reviewed the studies available on the link between physical activity and sedentary behaviors.

The current recommendation for adults with regards to physical activity is at least 150 minutes of weekly physical activity in bouts of at least 10 minutes in duration. Individuals who consistently reach this amount have been shown to have improved cardiovascular health, improved type 2 diabetes, reduced obesity, and reduced risk of cancer.

A new topic getting a lot of attention lately is not how much time you spend in physical activity, but rather, how much time you spend in sedentary activities. Any sedentary activity is an activity performed in a seated position for a long duration, such as watching TV or using a computer. Research has shown that more than half of an average person’s waking day involves sedentary activities.

The meta-analysis demonstrated a negative correlation with sedentary activities and overall health. Individuals who spend more time in sedentary activities have increased risk in deleterious health effects such as all-cause mortality, cardiovascular disease, cancer, and type 2 diabetes. This association was seen independent of physical activity level. This means that the interaction seen between being sedentary and overall health occurred independently of an individual’s physical activity.

Given these results, there is a greater need for public awareness of the effects of sedentary activities on overall health. It is true that being more physically active is associated with being healthier, but if the rest of your time is spent on the couch or sitting at a desk, you are negating or even reversing all health benefits you gained through the physical activity. It is vital to maintain a level of physical activity throughout the day.

It is true that rest is important, and taking a break for a couple of hours is necessary on some days, but prolonged sitting or laying down should be avoided. Getting up and going for a walk, or running in place to break up that prolong sedentary time will result in greater health benefits over the long run.

This breakthrough study aims to overhaul the current public health initiative focusing on maintaining a certain amount of physical activity, and advocating for the increased understanding of how your time outside of planned exercise time can impact your overall health. Staying active with planned exercise and integrated during your normal day will improve your cardiovascular health, reduce cancer risk, and reduce type 2 diabetes risk. Taking a walk to break up the work day, or just to get away from everything will have a long lasting impact on your overall health in a positive way!

Healthy Recipe: Roast Salmon with Salsa

**Ingredients:**

2 medium plum tomatoes, chopped  
1 small onion, roughly chopped  
1 clove garlic, peeled and quartered  
1 fresh jalapeno pepper, seeded and chopped  
2 teaspoons cider vinegar  
1 teaspoon chili powder  
1/2 teaspoon ground cumin  
1/2 teaspoon salt  
2-4 dashes hot sauce  
1 1/2 pounds salmon fillet, skinned and cut into 6 portions

**Nutrition:** 227 calories; 13g fat; 65mg cholesterol; 3g carbs; 23g protein; 269mg sodium; 474mg potassium

**Preparation:**

1. Preheat oven to 400 degrees F.
2. Place tomatoes, onion, garlic, jalapeno, vinegar, chili powder, cumin, salt and hot sauce to taste in a food processor; process until finely diced and uniform.
3. Place salmon in a large roasting pan; spoon the salsa on top. Roast until the salmon is flaky on the outside but still pink inside, about 15 minutes.

Great meal with asparagus and quinoa!

For Asparagus:

Bring 1 inch of water to a boil in a large saucepan. Put asparagus in a steamer basket, cover and steam until tender-crisp, about 4 minutes.

Quinoa:

1c quinoa, 2c water

Bring quinoa and liquid to a boil in a medium saucepan. Reduce heat to low, cover and simmer until tender and most of the liquid has been absorbed, 15 to 20 minutes. Fluff with a fork.

Spring 2015 Kickoff Tips

New Year, New Me: That’s what we always say. For our New Year’s resolutions, many of us always choose the resolution of going to the gym and eating better. With these artic temperatures we are experiencing, how many of us are actually following through with our 2015 healthy habit resolutions? If you haven’t, there is still plenty of time. Spring is quickly approaching and it offers us many opportunities to restart our engines!

Shape Magazine gives us several tips to kick off spring the right way and help us get in gear and maintain our efforts for fitness goals. Some of the most helpful tips are:

- **CHANGE YOUR THINKING** by focusing more on how you feel, rather than paying so much attention on how much weight you’re losing. Find something to do that allows you to enjoy yourself, don’t focus on counting calories and change it up and walk outside if you are tired of the treadmill.

- **STEP OFF THE SCALE** because although you may be burning calories, you are probably also building muscle, but the scale can’t tell you that. It’s easy to get discouraged when the numbers aren’t what you are expecting.

- **SET A REALISTIC SCHEDULE** because if you start out saying you are going to work out every day of the week and can’t do it, you will get easily frustrated. Start slow, make time, and keep your calendar handy so that you can follow through.

- **BUY NEW SHOES** because odds are if you are using them frequently, and wearing them other places, they probably are experiencing some wear and tear, exceeding their lifespan. Try a running store to get the best shoe for you.

- **HIT THE FARMERS MARKET** because not only are you able to pick out some fresh fruits and vegetables, you are getting a little extra cardio in walking around, as well as soaking up some sun. Don’t forget the sunscreen!

These tips and more can be found at: http://www.shape.com/fitness/20-ways-spring-clean-your-fitness-routine/page/2

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**Trainer Tip of the Month**

Spring is just around the corner! It is a time for new growth; cleaning out the old to make room for the new. This can apply to much more than your yard...or closet! It can include how we treat ourselves!

One of the misconceptions to health is that all we need is exercise and we don’t have to worry about what we eat! In reality, nutrition is a very important factor to one’s health. Everyone needs a healthy balance of exercise and nutrition!

During the month of March, try to fuel your body with more healthy foods and less processed and sugary ones!

Along with eating well this spring, another great way of improving body and mind is to exercise! Increasing physical activity can help decrease stress levels, which in turn can reduce the levels of cortisol, the body’s “stress hormone”. Cortisol is a healthy and necessary hormone, but can have negative impact if levels remain too high. Today’s society is so quick paced, that we need time for relaxation! Incorporate time for stretching or quiet meditation at the end of a long week, if not day, to help your body regain balance!

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**Featured Program of the Month: BIOCORED**

BioCored combines sensory motor integration of the visual, vestibular, proprioceptive, joint feedback and muscle activation to help with correcting various issues that lead to pain and immobility, such as dormant and atrophied muscles and incorrect muscle firing patterns.

The suspension and buoyancy of the equipment system maximizes the body’s efficiency, decreases risk of injury, and increases strength, ROM, & stability by tapping into the brain’s plasticity. The result is a proven therapeutic exercise modality that is fun, challenging and extremely effective for all ability levels.

Whether you struggle with chronic back or shoulder pain, have difficulty achieving daily tasks and movements or simply want to regain ease in your body, this type of movement exercise is designed to meet each client’s personal goals.

Private lessons are offered by our certified instructor, Lynnette Rasmussen in the Pilates & Movement Studio. She can be contacted by calling (734) 232-1208 or email at lrax@umich.edu.

For more information on BioCored visit the website: www.biocored.com
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!

We're on the web! Check out our new website!

pmr.med.umich.edu/.transitions

Member Testimonial: Richard I. Mendel

Richard Mendel has been burdened with chronic back pain issues and had discovered our services following a course of therapy for his sciatic pain. One of our Physical Therapists at The Spine Program made the recommendation to continue his prescribed home exercise program in addition to investing in the services offered at the Transitions Training Studio. Richard stated that Transitions offers “medically based individualized programs that are monitored and can be adjusted at any given time.” He also states that “it is easier maintaining a positive attitude when I am working on improving my physical health. I can see the positive changes in my general physical condition and as a result I have a better “sense of self and feel more confident.”

When asked what Richard enjoys about his workouts at Transitions he states “the immediate accessibility of professional and knowledgeable feedback and the unlimited resource of experienced based guidance.” He also commented that “the social climate of the studio is one of support and not one-upmanship.” When asked what keeps him coming back to the Transitions Studio he states “when I do something that has positive results and room for continuous improvement, it would be counter intuitive to try and find something better.”

Richard’s continued goal “is to be able to enjoy life with less pain and disability as I age. Exercise is a primary tool towards that end.”

Richard, we applaud your efforts to remaining focused on bettering your fitness and overall wellness! Thanks for being an ambassador for our programs and services!

Exercise of the Month: Superman

Many individuals suffer from lower back pain every day. For many of those individuals, the source of pain is weakness in the paraspinal muscles that line the lower area of the spine. Simple strengthening exercises can help to alleviate these symptoms and help to return an individual to a pain-free way of life.

The Superman exercise works to strengthen the lower back spinal muscles. To achieve the most optimal affect, voluntarily contract the lower back muscles while performing this exercise. As you contract your lower back muscles, lift you legs and arms simultaneously. Hold this position for 2 seconds before slowly lowering you arms and leg back to the ground. If this is too easy for you, try performing the exercise by lifting only your legs, while leaving your arms on the ground. If this is still too easy, try adding an ankle cuff weight.

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

http://www.bodybuilding.com/exercises/detail/view/name/superman