Spring is on it’s way and a great time for new fitness goals

Some of the reasons I’ve managed to be compliant with an exercise program (don’t ask my wife please) is that I try to keep my routines fun and interesting. For me, it’s not enough to just change up my workouts and activities, I also like to set new goals in order to give me something to look forward to while also establishing a degree of accountability. You too? :)

Well, with winter behind us (we hope) and spring just beginning, now is a great time to revisit your health & fitness goals and try something new - especially if it involves Michigan’s great outdoor recreational locations. Here’s a few fitness ideas that are perfect for spring, the season of rebirth.

1. TRAIN FOR A RACE! Spring is the ideal time to dust off your running shoes, hit the pavement and train for a race. Whether you’re walking, running or a combination of the two, the weather is perfect. Having a deadline like a race date looming over you might be all the motivation you need to stop hitting snooze each morning and make your workouts a priority.

2. BIKE IT! Spring is the perfect time to bring your bike out of hibernation. Whether you like to bike casually on a local trail, bike seriously in races or long tours or even commuting to work.

3. HIT THE TRAILS! Ann Arbor and its surrounding areas host a number of beautiful hiking and waking trails. From the Nichols Arboretum in Ann Arbor to the Potowatami Trail in Pinckney, you can find a variety of terrain and elevation challenging enough for the expert hiker yet forgiving enough for beginners.

See you OUTSIDE!
Britt Michel
Transitions Program Coordinator

Why wait! Get your body in SHAPE!

Our Michigan winter has been especially challenging temperature-wise and has created difficulty for many to get outside or to their local fitness facility. The cold weather creates an easy excuse to remain at home and indoors. However, as the temperatures start to warm up, these excuses begin to “melt away” and it’s time to start looking at a spring workout routine in an effort to be better prepared for your spring break trip, outside gardening, home improvement projects or simply enjoying many great outdoor activities!

As you start your exercise program it is important to diversify your workouts with cardiovascular exercise, resistance training and stretching. Cardiovascular exercise will help you improve your endurance and assist with lowering blood pressure and heart rate and cholesterol levels while also helping with the ½ pound of muscle we start to lose per year (yes, per year) after the age 30. So, by the age of 70 we could lose approximately 20lbs in lean muscle (active tissue) in exchange for 20 lbs. of fat and slower metabolism if we’re not doing anything to prevent it. Sorry, you can’t turn fat into muscle but you can improve your fat loss efforts by gaining muscle. Adding resistance training to a workout routine is critical to increasing and maintaining muscle mass as we get older. Increased muscle mass will not only allow you to do more work overall but it will also improve your metabolic rate. This in turn assists with “winter” weight loss and increased muscle definition (tone). Whether it is gardening, mowing the yard, or getting that summer body back, balancing cardiovascular exercise with resistance training is a must!

If you need help kicking “Old Man Winters” weight gain to the curb this spring or simply have exercise questions contact our Transitions Studio Staff!
What University of Michigan Exercise Researchers are saying lately....

Greg Cartee Ph.D. is a professor at the University of Michigan School of Kinesiology. He specializes in research of diet, exercise, and aging effects on insulin signaling and glucose in skeletal muscles. Insulin is an important hormone used to regulate blood sugar (glucose). Insulin moves sugar from the bloodstream to cells in the body. In the cells, the sugar is able to be used for energy. Insulin is a key component in assisting the sugars we eat convert to a usable form of energy.

Due to the obesity and insulin-resistant diabetes epidemics, Dr. Cartee hopes to find methods to improve insulin sensitivity in insulin resistant individuals. Exercise has an impact on insulin transmission. A single-dose of acute exercise has been shown to improve insulin regulation for several hours to several days after exercise. Dr. Cartee’s team found a signaling protein that elevates insulin signaling post exercise. They continue researching to understand the exact effects of this signaling protein and how it is controlled by exercise.

Cartee’s team also researches the effects of calorie restriction and insulin secretion. Calorie restriction can enhance insulin sensitivity for skeletal muscle sugar intake. This means that the body will respond well to insulin and move the sugar in the bloodstream to skeletal muscle cells for energy. The research team has found an important signaling protein that is essential for calorie restricted insulin-stimulated sugar transportation. The team has recently discovered a way to measure sugar transportation and muscle fiber type in a single skeletal muscle cell. With this research, they hope to gain knowledge on the calorie restriction effects of exercise, diet, aging and obesity in skeletal muscle cells.

In another study, Ashira Hiruntrakul, a researcher in the U of M School of Kinesiology, examined the effects of 60 minutes, once per week moderate physical activity in sedentary young men. After the 12 weeks of once a week exercise, Hiruntrakul found that the mean weight, body mass index, and body fat of the men did not change. However, aerobic capacity significantly \( \text{VO}_{2\text{max}} \) improved in addition to resting heart rates.

While one hour a week of exercise may increase aerobic capacity and produce a lower resting heart rate, the current recommendation for healthy adults is to engage in moderate-intensity exercise for a minimum of 30 minutes five days a week, or vigorous-intensity exercise for a minimum of 20 minutes three days a week. This will not only increase aerobic capacity and lower heart rate, but it can help reduce body weight, body mass index, and body fat. However, as proven in this study, every little bit of exercise can help and it might be just what someone needs to do in order to begin feeling the benefits of regular exercise.

Sources: The University of Michigan, School of Kinesiology; Muscle Biology Laboratory and J Med Assoc. Thai Vol. 93 No. 9 2010

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**Healthy Recipe: Clementine & Five-Spice Chicken**

**Ingredients** (Makes 4 servings)
- 8-10 clementines, divided
- Generous 1/4 teaspoon Chinese five-spice powder (see Tips)
- 1/4 teaspoon Szechuan peppercorns, crushed (see Tips, optional)
- 2 teaspoons canola oil, divided
- 4 large bone-in chicken thighs (about 2 pounds), skin removed, trimmed
- 1 teaspoon kosher salt
- 1/4 cup small fresh cilantro leaves
- 1 tablespoon thinly sliced scallion greens
- 1/4 teaspoon toasted sesame oil

**Nutrition**
*Per serving:* 270 calories; 13 g fat ( 3 g sat ); 92mg cholesterol; 11g carbohydrates; 0 g added sugars; 26 g protein; 1 g fiber; 359 mg sodium; 387 mg potassium. **Nutrition Bonus:** Vitamin C (84% daily value), Zinc (18% dv)

**Preparation**
1. Finely grate 1 teaspoon zest and squeeze 1 cup juice from 6 to 8 clementines. Combine the zest, juice, five-spice powder and peppercorns (if using) in a small bowl.

2. Heat oil in a large nonstick skillet over medium-high heat. Season chicken with salt. Cook the chicken, turning frequently, until brown on both sides, about 5 minutes. Pour in the juice mixture; bring to a simmer. Reduce the heat to maintain a simmer, cover and cook until the chicken is just cooked through, 16 to 18 minutes.

3. Meanwhile, peel 2 of the remaining clementines and slice into 1/4-inch-thick rounds.

4. When the chicken is done, transfer to a plate and tent with foil to keep warm. Increase the heat to high and cook the sauce, stirring often, until thickened and reduced to 1/2 to 2/3 cup, 2 to 4 minutes. Stir in the clementine slices, cilantro, scallion greens and sesame oil. Serve the chicken with the sauce.
Healthy Eating for SPRING!

The weather may still be chilly, but March and April are appropriately deemed National Nutrition and Food Months as the winter holiday gatherings have left many of us with some unwanted weight gain. Spring allows us a simple reminder of how important healthy eating is year-round. With the hopeful warming temperatures and disappearance of this dreadful winter, here are some helpful eating tips to maintain a nutritious diet this springtime.

1. INCREASE WHOLE GRAINS
Whole grains are full of fiber, so it is important that at least half of your daily grain servings are whole grain. Look for 100% whole-grain breads, cereals, crackers, pasta and brown rice.

2. UP THE VEGGIE INTAKE
Adults need at least 2 1/2 cups of vegetables per day. Eating a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas will help you be nutritionally fit. If fresh vegetables are not available, choose “reduced sodium” or “no-salt-added” canned vegetables.

3. 2 CUPS OF FRUIT
Like vegetables, adults need fruit in their daily diet. Try adding fruit to meals and snacks. Buy fruits that are fresh, dried, frozen or canned in water or 100% juice to get about 2 cups a day.

4. REDUCE SODIUM INTAKE
Look out for salt (sodium) in foods you buy. Add spices or herbs to season foods instead of salt. Eat fresh, lean meats, poultry, fish, dry and fresh beans and peas, unsalted nuts and eggs.

5. REDUCE FAT INTAKE
Try and reduce your intake of solid fats and trans fat by replacing them with monounsaturated and polyunsaturated fats. Solid fats are found in poultry skin, bacon, sausage, butter and whole milk. Trans fat is found in cookies, donuts, pastries, and crackers. To increase your polyunsaturated or monounsaturated fat intake use canola, olive, corn, peanut and soybean liquid vegetable oils. Eat plant-based foods like nuts, olives, and avocados.

6. LOW-FAT OR FAT-FREE DAIRY
Adults need 3 cups a day of calcium and Vitamin D to keep their bones healthy. Switch to low-fat or fat-free milk, yogurt, or cheese. If you are lactose-intolerant, try lactose-free milk or calcium-fortified soy beverages.

7. EAT BREAKFAST
A healthy breakfast is the most important and helpful meal of the day. Try oatmeal cooked with low-fat or fat-free milk, sliced almonds and berries.

8. DINNING OUT
You don’t have to give up your springtime healthy eating plan when you go out to eat! Plan ahead and look for the grilled, baked, steamed, or broiled items of lean meat, poultry, fish, vegetables or fruits. Control your portion size and take home or share large portions.

9. DRINK MORE WATER
Ditch those sugary drinks and grab the water. Not only will this save you money, but our bodies also depend on water to regulate temperature, transport nutrients and oxygen to cells and more. The Dietary Reference Intakes from the Institute of Medicine recommends a daily water intake of 13 cups for men and 9 cups for women.

Tips taken from the Academy of Nutrition and Dieticians: National Nutrition Month® 2014

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Trainer TIP of the Month

Lydia Proctor
Winter 2014 Intern

Lydia is a student in the School of Kinesiology at the University of Michigan and is scheduled to graduate this spring with a Bachelors in Movement Science. Currently she is interning in the PAL Lab and Transitions Studio.

Have you gone on vacation only to come back and realize you have fallen behind in your exercise program? Losing the strength you have gained from training is frustrating, but there are ways you can maintain fitness while away from home.

1) Plan ahead! Before leaving home, search out hotels that have exercise facilities. Many hotels will offer fitness facilities with cardio and weight equipment to help you stay active. If you are going on a cruise, check in advance to see if they have exercise equipment onboard.

2) Pack a theraband and a list of body weight exercises. There are many activities that can easily be performed without access to equipment. These exercises can maintain your fitness and strength while you do not have access to your normal gym.

3) Be open to new activities. You may not have access to the exercise equipment involved in your normal routine, but be willing to try a new activity. For example, while away you may choose to swim or walk in the pool instead of your normal biking workout.

4) Ask for advice. Before going on a big trip, ask for recommendations on exercises that can give you maximal benefits while leaving you time to enjoy the scenery!

Do not let your travels deteriorate your fitness. Be proactive in finding alternative methods of maintaining your fitness while away from home.

Taking a break from your busy schedule doesn’t have to include taking a break from your exercise program.
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 classes and Private lessons, Yoga Classes, Older Adult exercise classes, Weight Management and Bariatric (pre/post surgery) exercise classes and Personal Training.

**Spring is here! Register for any of our classes, personal training, or membership today!**

**News from the Pilates & Movement Studio**

Want to learn more about Pilates and BioCored...read on!

Pilates is a contemporary approach to the mind-body exercise German athlete Joseph Pilates developed in the 1920’s. An emphasis on movement quality, posture and breathing makes Pilates a safe, challenging and revitalizing workout.

Our highly qualified instructors make an effort to accommodate those with physical limitations through modification of movements while maintaining an effective and safe workout.

**BioCored** is a form of exercise that utilizes suspension movements and controlled instability to improve your biomechanics, gait, structural issues, muscle inhibition while also enhancing functional movement through sensory motor integration.

BioCored equipment is a system of bungees and slings that are suspended from a freestanding or fixed mount. The bungees allow for larger ranges of movement and variation in resistance without significant stress on joints.

Private lessons and classes are offered by certified instructors in the Pilates & Movement Studio, Suite11 in the Burlington Building at 325 East Eisenhower Parkway.

To learn more or to schedule an appointment call one of our certified instructors:

Linn Sandberg  (734)395-5035  
Amanda Wolf    (734)395-5035  
Lynnette Rasmussen  (734)615-1744

**Member Testimonial: Leslie Atzmon**

I've always worked out. A few years ago I had to stop because of pain caused by spinal stenosis. For some reason, after spinal surgery my routine plateaued way below my previous exercise level. When I came to Transition Studio after first going through PT, my hope was that I could at least get close to the level of my pre-back-trouble workout. Working with Britt Michel, my personal trainer, I have far exceeded my expectations! I just turned 60 and I'm more fit than I've ever been!

Thanks Leslie! You’re one of our most dedicated and hard working members!

**Exercise of the Month: Heel Raises**

Keep your back straight while performing this exercise!

Stand a few steps away from a chair or table with your feet shoulder width apart. Slowly lift your heels off the ground so that your weight is on your toes. Hold your heels up for 2-3 seconds then lower them back to the ground. Start by performing 8-12 repetitions; increase the number of repetitions or perform multiple set as strength increases.

This exercise will help improve your balance and strengthen your calf muscles. To increase the difficulty of this activity, try to perform the calf raises without assistance from a chair or table for balance. Additionally, you can perform the exercise on one leg at a time while maintaining balance.

http://www.med.umich.edu/pmr/patient/classes.htm