No matter what happens never stop pursuing your dreams and goals!
- Our own Chrissy Parker tells her story of getting to the 2014 Boston Marathon

I would like to thank everyone at the Transition Studio for your support and cheering me on while I ran my first Boston Marathon on April 21st, 2014. It was once in a lifetime experience. Here is a brief background on qualifying and my race at the marathon.

My goal since 2003 has been to run the Boston marathon. I tried qualifying three times on my own, learning more each race and as close as 1 minute away from qualifying. I became frustrated and was done with marathons until I met my husband. I told him I was finished with marathons, but he also knew my goal was to one day make it to Boston. So, he talked me into signing up for the 2009 Chicago marathon and I did it! Qualification time for the Boston Marathon was 3 hours and 40 minutes for women my age; I qualified with a time of 3:34:48. I was very excited and knew we would be going to the 2010 Boston marathon. We had planned ahead and reserved a hotel room just waiting for registration to open. The day registration opened I had came home from work to find out the marathon had sold out in 8 hours and we missed it! I remember crying and being so upset! Following the sold out marathon the qualifying times were 5 minutes faster and allowing the fastest qualifying times in first. I knew at this point, I had to qualify again. We signed up for the Bayshore Marathon in Traverse City, I qualified again (3:25:51) but also got engaged that July so a Boston trip was out of the question with a wedding to plan. We decided to go back to Bayshore for the 2013 marathon; I qualified once again (3:19:54). We did it, we signed up, and we had our trip planned! I could not believe it! We flew into Boston on Saturday, April 19th, 2014, went to the runners expo and bought our official “Boston Marathon jackets”. The jackets are different this year than previous jackets- they are bright orange, almost like construction worker bright! It was so neat walking around Boston and everyone saying “WOW, your running Boston”, “Congratulations, what an achievement!”. I could not believe how supportive everyone was walking around the city to even the airport TSA and gate staff.

The morning of the race, the weather was nice but still had a chill in the air. A group that we run with in Ann Arbor all met at a hotel and took a bus that was reserved for Michigan folks to the start of the race in Hopkington. It felt like it took forever, but it was neat to be with a bunch of people from all over Michigan. We finally made it to Hopkington with time to barely make into athlete village to go to the porta potty. While waiting, I heard about stories from last year and watched a fly over of four helicopters for a tribute to the emergency crew that helped last year. It was very touching and you could tell that everyone was determined to finish race and enjoy the day! My corral number was called and my group was ready to line up at the start line. It was different than any other race I had been at; you walked about a ½ mile to the start. The fans started right from the beginning of athlete village watching and cheering. The announcer gave me the chills talking about how proud we should be for making it to Boston. He then blew the horn and we were off. I felt like I was running backwards while everyone ran as fast as they could forward. I had to back off at each mile, I felt good! I knew everyone was watching my race though so I knew I had to stay consistent with my pace. I took in the crowds along the way, enjoyed the different cities we went through, felt great until mile 20 in the newton hills, aka “heartbreak hill” arrived with its 4.5% grade. My legs were starting to scream at me! I knew we were getting closer to Boston because my husband had mentioned a Citgo sign I would see all the way to the finish. I struggled from mile 23-26, my legs hurt so bad and it was becoming warmer but the supportive crowds were getting larger and louder while shouting “Boston strong”! I saw people struggling but start running again and I had never seen so many spectators at a marathon. When I turned the final turn to the finish I felt more energy to run as fast as I could to the finish. When I crossed the finish line I was so proud and happy that I had the Boston marathon medal around my neck!

Throughout this experience, I have gained patience, strength and to never give up on my goals. Sometimes, goals are hard to accomplish but if you keep trying you will be able to accomplish what you set your mind too.

The weather is FINALLY starting to break. It’s time to evaluate our summer goals and start working towards accomplishing them!

Chrissy Parker, MS, CSCS
What Exercise Researchers are saying lately....

Laura D. Baker, Ph.D., is the associate professor for Gerontology and Geriatric Medicine at Wake Forest School of Medicine, and has a focus on research. Dr. Baker is interested in how certain bodily functions and treatment options affect elderly individuals, specifically those with dementia, Alzheimer’s, and mild cognitive impairment. Some of her specific work includes how growth hormone-releasing factor improves cognitive functioning, Insulin, cognition, and dementia, among many other studies. She is very interested in maintaining a healthy lifestyle, so that people can get the most out of life for as long as possible.

This current study, “Effects of Aerobic Exercise on Mild Cognitive Impairment”, published in the Archives of Neurology in 2010, looks at the difference in cognitive functioning between individuals who performed aerobic exercise versus people who only performed stretching. There were 33 adults (17 female, 16 male), who had mild cognitive impairment and between the ages of 55 and 85. They were randomized into two groups. The aerobic group exercised at 75-85% of their heart rate max for 45-60 minutes 4x per week for 6 months. The stretching group exercised 4x per week for 6 months as well, but they were strictly monitored to ensure that the heart rate never went above 50% of heart rate maximum. Various cognitive tests were performed to measure cognitive functioning.

The study found that following six months of controlled aerobic exercise, executive functioning improved, although the results showed sex-specific effects. Memory, selective attention, planning, organizing, and multitasking were all improved in females, but only planning was shown to be improved in males. The authors believe this is due to a small effect size for males, which could cause differences to come back insignificant, when there is actually a difference.

Aerobic exercise helps to lower resting heart rate and increase cardiac output. Cardiac output is the amount of blood being ejected from the heart with every heart beat. An increase in cardiac output signifies a greater delivery of blood and oxygen to active tissues, such as muscles, liver, stomach, skin, and brain. An increase in blood flow to the brain means that more nutrients are delivered, and waste products are removed quicker. Beta-amyloid buildup, a characteristic of Alzheimer’s Disease, can be reduced and the build up of free radicals in the brain will be decreased. The free radicals float around in the brain and cause mitochondrion to die, causing cell death, and deterioration of brain tissue.

The results of this study are very significant because it demonstrates a non-pharmacological path to treating mild cognitive impairment, and a way to maintain cognitive functioning later in life. Cognitive decline is a major factor in old age, and Alzheimer’s Disease and other dementias can lead to early death. If cognitive functioning can be maintained, the quality and length of life could be extended.

Healthy Recipe: Lemon Yogurt Pound Cake

Ingredients
1 ½ cup white whole wheat flour
2 teaspoon baking powder
½ teaspoon fine salt
¼ Cup sugar
Finely grated zest of 1 lemon
½ Cup plain lowfat Greek yogurt
¼ Cup lowfat (1%) milk
½ Cup extra-virgin olive oil
½ teaspoon pure vanilla extract
2 large egg whites
1 large egg

Heart-healthy olive oil and protein-rich Greek yogurt take the place of butter in this lemony pound cake. Egg whites also help reduce calories, fat, and cholesterol and whole-wheat flour boosts fiber.

Preparation
Preheat oven to 350 °F and spray a 8 ½ by 4 ½ inch pan with nonstick baking spray. Whisk flour, baking powder, and salt together. Zest lemon into fine grains and combine with sugar in a separate container. Mix well. Add yogurt, milk, olive oil, vanilla, egg whites, and whole egg then whisk until well blended. Fold the flour mixture in until just incorporated. Pour batter into pan and bake for about 50 minutes. Remove from oven and cool for 5 minutes before removing from pan. Enjoy!
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 / 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 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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Have you ever decided to skip breakfast because you think that it will speed up weight loss? Think again! Eating breakfast is extremely important for many reasons.

1) It helps to jump start your metabolism. When your body consumes food, your metabolism increases in order to process the food. It is called the thermic effect of food. Your body burns more calories following a meal than not eating (~10% of the calories consumed). Therefore, it is better to eat 3-4 smaller meals than 1-2 large meals.

2) It helps to cut down on calories at other meals. Individuals who skip breakfast tend to compensate by overeating at other meals due to the increase in hunger. Eating breakfast to the point of satisfaction will help to control these urges to overeat, and you will naturally consume fewer calories at the other meals.

3) Include Protein. A breakfast with protein and/or whole grains will be healthier and more satisfying than a meal filled with fat. The easiest way to include protein to a breakfast is egg. An egg is called an essential food, meaning it contains all the amino acids that our body cannot synthesize, all in the correct proportions. In a research study at Pennington Biomedical Research Center, individuals who ate 2 eggs per day for 5 days a week lost 65% more weight than those eating bagels for breakfast.

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If you ever consider skipping breakfast, just remember, something is better than nothing. Eating breakfast will prevent you from overeating at lunch and dinner, and the cutting of calories, combined with physical activity, will help to increase weight loss.

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Trainer TIP of the Month

Ryan Werme
Winter 2014 Intern

Ryan is a Junior in the School of Kinesiology at the University of Michigan studying Movement Science with plans to study Physical Therapy in graduate school.
University of Michigan Health System
The Department of Physical Medicine & Rehabilitation

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

News from the Pilates & Movement Studio

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.

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.

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

Private lessons and classes are offered by certified instructors in the Pilates & Movement Studio, Suite 11 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
Lynnette Rasmussen (734) 232-1208

Member Testimonial: Maurice Binkow

I have had spinal stenosis for the last dozen years, which reached a crisis point about seven years ago, when I was medevac’d home from a European vacation and forced to remain at home and away from work while undergoing physical therapy at the U of M Department of Physical Medicine Spine Program under the excellent care of Dr. Anita Craig and Ms. Lori Graf. I have since been working weekly with my personal trainer, Britt Michel and, from time to time, when my back has gone off the rails, with Dr. Craig, Ms. Graf and her colleagues. Mostly, however, I have worked with Britt, who keeps me fit and able to both continue my daily affairs, working in Detroit and living in Ann Arbor, and, importantly, has kept me on the tennis court, playing competitive tennis through the ups and downs of my spinal stenosis. I am 81 years old and I can continue to play competitive tennis with those one-third my age. I love them at the U of M!

Thanks Maury! You’re certainly a testimony to the phrase “growing older isn’t for sissies”!

Exercise of the Month: Bird Dog

Keep your back straight while performing this exercise!

Start in the position as seen in image 1 to the left. While looking down and keeping your neck and back straight, raise your RIGHT leg as shown in image 2. If this is easy on your back proceed to raising your LEFT arm as shown in image 2. When the arm and leg are in line with your spine, hold for 1 -5 seconds before returning to the resting position. DO NOT arch your back while performing this exercise. Keep your abdominals tight will help. Repeat 5 - 15 times on the one side and then switch to the other side.

The Bird Dog helps to improve upper body, abdominal, lower back and gluteal strength. It also improves stability, balance and body awareness. If the exercise becomes too easy for you, there are variations that are more difficult. Don't hesitate to ask the Transition staff on how to make this exercise more challenging!