WHAT BETTER TIME THAN SUMMER TO GET INTO SHAPE!

Thinking about it but just haven’t taken the plunge? We’ve put together a list of persuasive reasons you can use to motivate yourself, or a loved one, to get in shape this summer.

Have more birthdays: 
It’s no secret that physical activity leads to a longer life. People who do something as simple as taking walks on a regular basis live longer than those who don’t. As a matter of fact, a recent study has shown that people who walk just 3,500 steps a day have a much lower risk of diabetes.

Improve the quality of life: 
Not only does exercise lead to a longer life but it has a positive effect on your overall quality of life. If you’re finding yourself losing strength, function, balance and coordination you’re already beginning to experience negative physical effects associated with aging. So, don’t allow yourself to put exercise off until you have time or retire. Now is the time!

Be a role model for your children: 
According to a recent study by the National Physical Activity Plan Alliance (NPAPA), the 2014 Youth Physical Activity Grade is a D-. So if you are a parent, your children provide an excellent motivation to be healthy. Be an advocate for establishing positive and long-term healthy habits by practicing regular exercise, eating right and enjoying recreational activities.

Fewer sick days: 
If you want to escape your daily rut and take a trip to Hawaii this year, you probably don’t want to bring the flu with you. Regular exercise gives a boost to your immune system, resulting in fewer sick days.

Say goodbye to anxiety: 
Depression and anxiety affect millions of Americans. Thankfully, research has demonstrated the positive impact of physical activity in reducing anxiety levels. So next time you feel down or stressed, just put on those walking or running shoes.

Realize your strength: 
In case you didn’t know, the human mind is incredibly powerful and often it’s our own negative thoughts that prohibit us from achieving our goals. By committing to a physical activity regimen, you will see how much you are really capable of doing.

Still need more convincing that exercise is good for you or simply need a nudge, or maybe a shove? Well, don’t hesitate to contact our Transition Staff for help!

Stop in to meet our staff and see our Transition Studio and Pilates Studio! See back for address
The use of exercise for improving health has been the subject of research for many years. Studies have demonstrated that exercise is beneficial for preventing and/or treating numerous medical conditions. With the US populations’ average age increasing, use of exercise to possibly correct the effects of illness related to aging is therefore of great value. Because aging is often associated with diminished quality of life, a investigative team from Texas Tech and the Cooper Institute of Dallas reviewed literature to assess whether exercise is of value in maintaining a person’s functional capacity as he or she ages. Their review was titled “Review of the Role of Exercise in Improving Quality of Life in Healthy Individuals and in Those with Chronic Diseases” published in 2011 in the American College of Sports Medicine’s journal.

Today, a Google search for “exercise, health” will yield approximately 375 million hits. However according to the US Centers for Disease Control and Prevention only 35% of US adults aged 18 yr and older engaged in regular leisure time activity from January to June 2009. It is also estimated that only 40% of US physicians counsel their patients on the need for physical activity according to a study published in 2009.

Studies have also shown that barriers vary depending upon many factors including gender, age and socioeconomic status. For example girls are more likely to report barriers such as concern of injury, fear of criticism or sweating as compared to boys who are more likely to report that exercise will interfere with television watching and computer gaming (J.Adolesc.Health,2006)

Although barriers vary from one group to another and individual to individual the bottom line remains that for MOST Americans, the perceived benefits of becoming more active do not outweigh the perceived sacrifice.

The researchers performing this literature review on the topic of exercise and quality of life used PubMed, a biomedical database provided by the National Library of Medicine. They searched the last 5 years using medical subject headings including “exercise” and “quality of life”.

After extracting over 50 national and international published research studies related to the topic, the team concluded that the available data suggests a positive relationship between higher levels of fitness and higher functional capacity and quality of life. This was not only seen in healthy individuals but also in those experiencing specific ailments most often seen in the our aging population. (Source: Exercise is Medicine, ACSM, 2011.)

If you want to hear more about the findings of this review and learn more about how our exercise programs and classes may help improve your quality of life contact us at 734-232-1196 or email us at PMR-Transitions@med.umich.edu

Healthy Recipe: Citrus Soy Chicken Drumstick

**Amount per serving**

- Calories: 196
- Calories from fat: 23%
- Fat: 5g
- Saturated fat: 1.3g
- Monounsaturated fat: 1.5g
- Polyunsaturated fat: 1.2g
- Protein: 26.7g
- Carbohydrate: 9.8g
- Fiber: 0.3g
- Cholesterol: 103mg
- Iron: 1.7mg
- Sodium: 529mg

**For an irresistible appetizer, prepare this recipe with two pounds of drummettes instead of chicken drumsticks. Serve the rest of the bottle of sake with the meal**

**Preparation**

Combine chicken, ginger, and salt in a large bowl, tossing to coat. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add chicken, and cook for 6 minutes or until browned on all sides. Add sake and next 4 ingredients (through lemon juice); cook 1 minute. Cover, reduce heat, and simmer 10 minutes or until chicken is thoroughly cooked. Remove chicken from pan; keep warm.

**Ingredients:**

- 8 skinned chicken drumsticks (about 2 lbs)
- 1 teaspoon finely chopped fresh ginger
- 1/4 teaspoon salt
- cooking spray
- 1/2 cup sake (rice wine)
- 1/4 cup fresh orange juice
- 2 Tablespoons sugar
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon fresh lemon juice
- 1/4 cup chopped green onions
Summer Safety

As the warmer summer months approach we must always remember to practice safety while enjoying the great outdoors. There are safety precautions not only for adults, but for children. One area of concern is the health and safety of our skin. According to The American Cancer Society, skin cancer is the most common cancer in the United States. An estimated 3.5 million cases of cancer are diagnosed every year and 76,000 of those cases as melanoma, the deadliest form of skin cancer. It is in our interest to make sure that we protect ourselves the best we can while enjoying the sun. A few recommendations include protecting our skin with clothing, adequate sun block, sun glasses and seeking shade when available.

Wearing long sleeves in the summer sounds like a death sentence. However, there are more choices in clothing available these days that aide in protecting your skin. Each of the major athletic apparel brands makes their version of light-weight, active wear for all seasons. Find a shirt that has long sleeves, but also light enough to wear in the summer. Wear a hat to protect the skin on your head. Wear sunglasses that block both Ultraviolet A and B radiation to protect your eyes and eye lids. Last, but not least wear sun screen. Choosing a sun screen is a topic in its own. We must first realize from what we are screening. The sun radiates Ultraviolet light (UVA & UVB), most of which is absorbed by our planet’s atmosphere, but some that does reach the earth’s surface. UVA rays can be blocked by walls, car doors, roofs and windows with protective films. UVB rays can penetrate solid, unprotected surfaces. These rays under prolonged exposure can be damaging to our skin cells. The American Cancer Society recommends that we need a minimum of SPF 30. SPF stands for sun protection factor. Popular products can have an SPF rating of 2-100. The best sunscreen contains the highest UVB ray protection. Typical body lotion has an SPF rating of 15. That is good enough for everyday use and for exposure to sunlight for short periods. If you expect to be outside for any length of time consider using your favorite sunscreen.

Another very important safety precaution is to stay hydrated.

Stay Hydrated During the Summer Months!

Naturally, our bodies lose a lot of fluid throughout the day (through urine, sweat, respiration, etc.) and we must replenish our bodies with them. During the summertime, it is especially important to stay hydrated due to increased sweating. Here are some tips for proper hydration:

- Drink enough while exercising! The American College of Sports Medicine guidelines to avoid dehydration:
  - Before Exercise: Drink 16-20 ounces two hours before
  - During Exercise: Drink 3-8 ounces every 15-20 minutes
  - After Exercise: Drink another 16-20 ounces
  You should also drink water before going out into the heat, regardless of whether you are exercising or not

- Ways to Hydrate:
  - Water is the best way to hydrate during light exercise!
  - Some sports drink and fresh fruit are also great alternatives
  - Stay away from fruit juice, soda, coffee, and alcohol since these tend to dehydrate the body.

- Wear lightweight and breathable clothing to help cool the body (light colors are best) and avoid exercising during the hottest times of the day (2:30-4:30 pm).

- Keep a pitcher of water with fresh lemons or cucumbers in the fridge for a tasty way to stay hydrated.

- Most importantly, don’t wait until you’re thirsty to drink!

Drinking plenty of water is the obvious way to stay hydrated. If you are out in the sun and heat for an extended period of time it might be beneficial to drink an electrolyte drink to ensure that the water and electrolytes including Magnesium, Sodium, Calcium and Potassium are in balance. Drinks containing these essential nutrients can be found at all grocery stores, gas stations and convenience stores. Find one that suits your tastes and dietary needs.

Trainer TIP of the Month

Anjali Shekar
Summer 2014 Intern

Anjali is a Senior in the College of Literature, Science, and the Arts at the University of Michigan. She is studying medicine with plans to attend medical school.

Source: American Cancer Society
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.

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Member Testimonial: Ann Priebe

My name is Ann Priebe. It had been 25 years since I exercised regularly. I would walk daily, but no serious exercise. I am now 57 years old. I had to have bariatric surgery due to a medical condition and am currently awaiting my surgery date. I was encouraged to go through the Bariatric Conditioning Program at the Transitions Studio. I was reluctant at first, but I gave them a chance. I met with Chrissy who assisted me with an exercise routine and introduced me to the rest of the program. When I started, I couldn’t even do a minute on the Nu-Step, a recumbent stepping machine. I have since excelled in all my workouts since my start in September 2013. My workout routine is now 90 minutes for 3 times a week. I have lost an excess of 86 inches and over 100 pounds. Not only have I lost weight, but I have gained a lot of strength, muscle and continue working on toning. My family knows now that nothing comes between my workouts and me. I have progressively increased the intensity in my routine and I feel great. My asthma is more controllable and my overall health is better. Along with everything else, my self-esteem has improved. Another contributing factor to my past life of inactivity was that I had a double-knee replacement. With the support of the Transition Studio staff I have learned how to do everything safely. They were and still are always at hand to help, guide and encourage me to work hard. Now I ride my bike, strength train, use the Stair Master, walk the stairs and perform stretches and exercises. Because of the Transition Studio programs I am happy and a healthier exercise junkie.

Thank you for all your guidance Transition Team!

Exercise of the Month: Front Lunge

Lunges are a popular exercise choice for lower body strengthening that require no equipment and little time to perform. Lunges are a multi-joint movement primarily targeting the hips, glutes and thighs.

Basic lunge: Stand with your feet hip to shoulder-width apart, arms relaxed at your sides. Take a large step forward while keeping your torso erect, and bend the knees, slowly lowering your trunk straight down. To help avoid over-stressing the knee joint, keep the front knee behind the toes and be sure to lower straight down rather than bringing your upper body forward. After reaching the bottom of the movement pause only long enough to take in a breath, then push your body back up, placing emphasis through the heel of the front foot. Be careful not to lock the knees at the top of the movement. Beginners should avoid coming down too far toward the floor until they have established reasonable leg strength, and if you have knee problems, do not attempt until you have checked with your doctor.

For those looking for maximum range of motion, lower the hips so that the thigh of the front leg is parallel to the floor. The knee should be positioned directly over the ankle and foot pointing straight ahead. The back leg can be positioned in one of two ways. You can bend both knees to an approximate 90 degree angle, or if greater flexibility of the hip flexor is desired, keep the back leg straight but relaxed, while bending the knee of the front leg until you feel a gentle stretch.

Keep your back straight while performing this exercise!