Exercise and Physical Activity

With the warm weather finally here to stay, summer is one of the easier and more pleasing seasons to maintain a healthy activity level. Wanting to shed the “winter weight” and look good in summer fashion, there becomes an increased motivation to get in shape. To do this, we need regular exercise and physical activity!

Did you know there is actually a difference between exercise and physical activity? Exercise is a structured, planned, and repetitive routine done a set number of days per week—great for losing weight and improved fitness. Physical activity, on the other hand, is more sporadic and includes any activity that takes more effort than rest, such as household chores (sweeping, lifting laundry baskets, etc.).

Physical activity can certainly help with maintaining a specific fitness level but it can’t replace exercise. Someone who goes on hikes, walks, or biking regularly has a higher physical activity level than one who is sedentary. While being highly active is great, physical activity does not always include resistance training which is necessary to improve strength as one ages. The best combination for every adult is to have an active lifestyle and a structured exercise program!

Regardless of how one stays active, the American Heart Associations recommendation of 150 minutes per week of exercise is the minimum in terms of maintaining a healthy lifestyle. Need motivation? See the “What researchers are saying lately” article for more help!

Overall, a structured exercise program and regular physical activity are both important to maintaining optimal health. If you need help with establishing a regular exercise program call us to set up a free consultation!

Theresa Kossey, B.A. Fitness Specialist

How accurate are the cardio machines in counting calories?

The calories that the cardio machines give you are “rough estimates” of how many calories you are actually burning. Most cardio machines use weight and age as two conditions to calculate the calorie burn for the average person. However, important factors such as height, gender, fitness level, or percent body fat are not taken into account. As an individual becomes more fit, their body also becomes more efficient and burns fewer calories. Think about it this way: A 180 pound, 30 year old male who rarely exercises and has a 22 percent body fat percentage, assuming they do the same exercise for the same amount of time, overestimated calorie burn by 13 percent, stair climbers by 12 percent, and stationary bikes by seven percent. The worst offender? The elliptical, which overestimated calorie burn by 42 percent!

As an option, if you use the same machine each visit at the gym and write down how many calories you burned on a visit you can use that as your goal for the next visits to try to burn more calories.


In an experiment done by the University of California, San Francisco’s Human Performance Center for Good Morning America in 2010, treadmills underestimated calorie burn by 13 percent, stair climbers by 12 percent, and stationary bikes by seven percent. The worst offender? The elliptical, which overestimated calorie burn by 42 percent!
What Exercise Researchers are Saying Lately...

What motivates you to exercise? According to Dr. Michelle Segar, how you think about exercise can determine how successful you can be with exercise. Dr. Segar has spent the last 20 years researching motivation with regards to fitness and exercise. The results of her research are detailed in her recently released book titled No Sweat. In the book, she explains two different cycles many people fall into with their exercise tendencies. Some will fall within what Dr. Segar terms the Vicious Cycle of Failure, while others will fall within the category of the Cycle of Success.

The Vicious Cycle of Failure details the cycle that individuals fall into when they focus on future, non-tangible goals. Such ideas include better overall health, preventing diseases, losing weight, or how you imagine yourself in 20 years. All these ideas are perfectly acceptable when deciding to begin an exercise program. However, in terms of motivation, these ideas can lead to the feeling of exercise as a chore, rather than a gift. Thinking of exercise as a chore can lead to failure, and can result in trying to find another reason to exercise, generating a cycle of failure.

Dr. Segar suggests, based on what she found in her research, that thinking of the immediate benefits to exercise can lead to a Cycle of Success. The immediate benefits of exercise include energy to get through the day, among others. In a survey conducted by Dr. Segar, she found that 75% of people exercise for the long-term benefits, while 25% of people who exercise do it because it makes them feel good. However, those who exercise because they wanted to lose weight or prevent disease exercised 32% less than those who exercised to feel better in the moment!

Looking at exercise as a gift, and focusing on immediate effects can lead to more success and can help to maintain motivation.

Another main point that Dr. Segar stresses in her book is looking for opportunities to move. The benefits of exercise & physical activity are not limited to single sessions, but rather the addition of everything throughout the day. Therefore, finding 1 minute here, or 2 minutes there, they add up to something significant. So parking your car further away and forcing yourself to walk just a little bit further will go a long way. Walking in place while watching TV or while cooking dinner, or even while talking on the phone are great ways to get just a little bit more physical activity during the day. Use those opportunities to move throughout the day!

Just to recap, it is great to set goals that you want to reach in the future, but the key to staying motivated is to focus on how exercise makes you feel, and treat it like a gift. Exercise is therapeutic after all!

For more information on Dr. Segar’s book and research, visit http://michellesegar.com/books/no-sweat/.

Healthy Recipe: Healthy Baked Ziti

Ingredients:
- 1 pound baked ziti
- 1 onion, chopped
- 1 pound lean ground turkey
- 2 (26 ounce) jars spaghetti sauce
- 1 carrot, chopped
- 6 ounces provolone cheese, sliced
- 1 1/2 cups reduced-fat sour cream
- 6 ounces mozzarella cheese, shredded
- 2 tablespoons grated Parmesan cheese

Prep time: 20 minutes
Cook time: 1 hour
Total time: 1 hour, 20 minutes

Preparation:
1. Preheat oven to 350 degrees. Lightly butter a 9x13-inch baking dish.
2. Boil ziti pasta in a pot of lightly salted water. Once noodles are al dente, drain them.
3. Heat a large skillet over medium heat; cook and stir onion and ground turkey until onion is translucent and turkey is no longer pink, ~7 minutes. Add spaghetti sauce and carrot; simmer until heated through, ~15 minutes. Layer ingredients into prepared baking dish as follows: half the ziti, provolone cheese, sour cream, half the sauce mixture, remaining ziti, mozzarella cheese, and remaining sauce mixture. Top with grated Parmesan cheese.
4. Bake in preheated oven until cheese are melted, ~30 minutes.

Nutrition:
- Recipe makes 10 servings.
- 525 calories; 74 mg cholesterol;
- 5.6 g fiber; 914 mg sodium,
- 58 g carbohydrates; 19.9 g fat,
- 27.6 g protein

**National Immunization Awareness Month**

In preparation of August we would like to inform you about the National Immunization Awareness Month. Many important vaccines are covered by Medicare Part B, particularly seasonal influenza, pneumococcal and hepatitis B immunizations. The Center for Medicare and Medicaid Services describes the Medicare Part B benefits for these preventive immunizations as follows:

**Seasonal Influenza Immunization**: Medicare covers one seasonal influenza virus vaccine per influenza season; a beneficiary could get more than one seasonal influenza virus vaccination in a 12-month period. Medicare may cover additional influenza vaccinations, if medically necessary.

**Pneumococcal Immunization**: Medicare generally covers the pneumococcal vaccination once in a lifetime for all Medicare beneficiaries. Medicare may cover additional vaccinations based on risk or uncertainty of beneficiary pneumococcal vaccination status.

**Hepatitis B Immunization**: Medicare covers the hepatitis B vaccinations that are reasonable and necessary for the prevention of illness for those individuals who are at high or intermediate risk of contracting hepatitis B virus.

August is a great time to plan ahead and make arrangements for upcoming immunizations for yourself, or grandchildren. Contact your healthcare provider to discuss your needs and options.

For more information go to [vaccines.gov](http://www.leadingage.org/National_Immunization_Awareness_Month.aspx)

**Trainer Tip of the Month**

The temperatures can be very high during the months of July and August so it is extremely important that you stay well hydrated while exercising. The general rule of thumb is to drink 24 ounces of fluid two hours before any exercise. While you are exercising drink 8 ounces of water every 20 minutes. If you have been exercising for 60 minutes it is suggested to consume a drink containing electrolytes, such as a sports drink.

Be aware of the signs of heat illness: muscle cramps, fatigue, dizziness, nausea, or a sudden cessation of sweating. If you begin to experience any of these symptoms immediately cease exercise, find some shade, and drink a cool, nonalcoholic drink.

If these symptoms are not dealt with accordingly serious health issues can arise such as heat exhaustion, heat stroke or even death!

Mark Osterhoff, Intern — Saginaw Valley State University

http://www.aarp.org/health/healthy-living/info-12-2012/month-by-month-fitness-tips.2.html

**Featured Program of the Month:**

Pilates is a contemporary approach to the mind-body exercise developed by German athlete Joseph Pilates 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 modifications of the movements while maintaining an effective and safe workout.

**Benefits of PILATES:**

- Greater mind-body awareness
- Increased “core” strength
- Improved flexibility & mobility
- Decreased pain and stiffness
- Improved posture and alignment
- Improved muscular balance
- Longer and leaner muscles
- Improved circulation

Whether you’re finishing physical therapy, already exercising or not, Pilates is an excellent way to achieve and maintain optimal fitness and overall well-being! Visit our website for more information. [http://pmr.med.umich.edu/transitions](http://pmr.med.umich.edu/transitions)
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 and Balance classes, Weight Management and Bariatric (pre/post surgery) programs and Personal Training for special populations.

Member Testimonial: Dale Dedrick, MD

Hi. My name is Dale Dedrick and I am a retired orthopedic surgeon and competitive horseback rider. I suffer from Lupus and as a result have a wide variety of joint and spine abnormalities with muscle weakness and heart disease. To maintain my body for my sport aspirations, I have relied on regular Pilates sessions with Lynette Rasmussen, OTR, Pilates Instructor in the Pilates and Movement Studio as well as some general conditioning with Chrissy Parker, Exercise Physiologist at the Transitions Training Studio. Consistent patient work under a trained watchful eye has helped me regain some spinal mobility I had lost and kept my core muscles solid as needed for my equestrian pursuits.

Although a life long rider, competition riding became nearly impossible due to my handicaps from the disease. I discovered the world of Para sports and have never looked back. Para sports are sports “in parallel” for athletes with physical disabilities. They allow modifications to rules and equipment so that athletes can compete seriously on a more level playing field. The pinnacle of Para competition is the Paralympics; held every 4 years just following the Olympics at the same venue. Para equestrian dressage is my chosen sport and I set myself a goal to compete at the London Paralympics in 2012. The work I did in the gym under Lynette’s guidance gave me the core strength to sit securely atop a large bounding horse. My riding coach and horse trainer Rosalind Kinstler did a great job training Erik, my mount, to respond to my sometimes feeble cues, and teaching me to ride with the precision and accuracy needed.

Horse care and cleaning, saddling and braiding as well as human cheerleading came from my groom, (now veterinary student) Meagan Szarek. We called ourselves Team Erik and in the spring of 2012 in Gladstone NJ we won a spot on the US Paralympic Team and all went to London to compete. Yes we even flew the horse over where we competed in 3 events, winning ourselves an 8th place ribbon and plaque.

Just so you know to keep your own dreams alive, I went to that Paralympics during my 56th year, and now as I approach 60, I am the leading rider in the US as we aim toward Rio. It’s not over until it’s over.

Exercise of the Month: Shoulder Rolls

**Purpose:** Performing this exercise will help improve the range of motion in your shoulder and upper back region and warm up your upper body before performing daily activities.

**Instructions:**

1. Sit comfortably in your chair
2. Raise your shoulders up, back, then down.
3. Relax and repeat 10 times.

**Breathing:** Inhale during the upward movement while exhaling during the downward movement.

**Tips:** Remember stretches should feel comfortable. Slow down or stop if you feel pain.