Exercise is Medicine® continues to gather traction!

Science has repeatedly demonstrated that physical activity is beneficial for all body systems. It improves blood flow throughout the body, helps to improve the immune response and also improves memory and mental processes. Exercise helps to prevent and treat cardiovascular disease, hypertension, obesity, depression and diabetes. With all of these clear benefits, why isn’t exercise being prescribed for more patients? That is where the Exercise is Medicine initiative aims to make a difference.

The American College of Sports Medicine’s (ACSM) Exercise is Medicine® campaign is starting to open eyes of not only health care providers but also the general population. The Exercise is Medicine® initiative focuses on the belief that physical activity is an important aspect in the prevention and treatment of many diseases experienced by millions of individuals in the United States.

The overarching goal of the initiative is to encourage primary care physicians and other health care providers to include physical activity in every patient’s individual treatment plans. ACSM believes that physical activity of patients should be assessed by health care providers at every visit and should be documented as a vital sign. By encouraging open communication, ACSM and exercise professional hope to encourage inactive patients to become physically active through exercise counseling or through an exercise prescription to a fitness program.

Viewing exercise as medicine is a crucial change that needs to occur in all healthcare practices in order to ensure the best outcomes for patients. It is important that all healthcare providers participate in promoting physical activity among patients whether they design the actual fitness program or simply refer to a competent fitness professional.

- Emily Fischer MSN, RN, ATC, Fitness Specialist


Fitbits® – a hot new item?

A Fitbit® has several types of options. In a nutshell, it is an activity tracker wristband. Choosing the best Fitbit® depends on what features and how much you would like to spend.

The Fitbit® will track activity, food, weight, and sleep! It really is a great way to see how the small changes or new habits make a big difference. You can sync your daily information to your phone or computer by wireless technology to make sure that your information is up to date. You can also share your information with friends or health & fitness professional. This is a great way to have some friendly competition, remain compliant and maintain your motivation! If you do not like to use your mobile application, an added benefit to the Fitbit® is that you can track results on your computer and see a variety of charts and your achievements!

Overall, the Fitbit® is a great product to have to track your activity, sleep, distance and progress towards your fitness goals. The wide assortment of Fitbit® products allows you to select the best activity tracking device to meet your needs.

You can check the Fitbit’s out at their website: https://www.fitbit.com
What Exercise Researchers are Saying Lately...

With the month of September being the National Cholesterol Education month, we decided to take a look at what researchers are saying about exercise interventions to lower cholesterol levels.

Non-pharmacologic interventions have long been considered the first-line approach in managing hyperlipidemia (high cholesterol levels). These non-pharmacologic interventions include things such as diet and exercise adjustments. Ruppar, Conn, Chase & Phillips (2014) completed a literature review specifically looking at articles pertaining to lipid outcomes following supervised exercise interventions. Ruppar et. al. (2014) found that supervised exercise interventions significantly improved lipid outcome measures in healthy adults. The literature review showed a mean decrease in total cholesterol of 8.65 mg/dl, a mean increase in high-density lipoproteins (HDL- good cholesterol) of 1.62 mg/dl and a mean decrease in low-density lipoproteins (LDL- bad cholesterol) of 7.81 mg/dl.

Another key finding that they were able to demonstrate was that even an additional minute of exercise per session was able to show further cholesterol level improvements. Although each minute showed improvement, they recommended additions of 10 minutes as those additions showed the greatest effect.

Next they looked at interventions that also contained a nutrition aspect along with a supervised exercise intervention. They found that there was no greater impact on cholesterol levels in those adults who underwent nutrition and exercise intervention combined compared to those who just underwent the supervised exercise intervention.

Following that they compared average weight individuals to those who were obese at baseline. Ruppar et. al. (2014) found that individuals with higher baseline weight had greater improvement in cholesterol levels. The more overweight the individual, the more significant the changes in their overall cholesterol levels were following supervised exercise interventions.

Lastly, they compared high-intensity exercise to low-intensity exercise. After reviewing the literature they were able to demonstrate that low-intensity supervised exercise led to greater improvements in cholesterol levels than high-intensity exercise.

It is clear to see after much investigation by Ruppar et. al. (2014) that supervised exercise interventions play an important role in improvement of cholesterol levels regardless of diet or age. That improvement may be the thing that helps to prevent the development of heart disease or the development of complications related to heart disease!


Healthy Recipe: Maple Salmon

Ingredients:
1/4 cup maple syrup
2 tablespoons soy sauce
1 clove garlic, minced
1/4 teaspoon garlic salt
1/8 teaspoon ground black pepper
1 pound salmon

Nutrition:
Calories: 265
Cholesterol: 67 mg
Fiber: 0.1 g
Sodium: 633 mg
Carbohydrates: 14.1 g
Fat: 12.4 g
Protein: 23.2 g

Preparation:
1. In a small bowl, mix the syrup, soy sauce, garlic, garlic salt, and pepper.
2. Place salmon in a shallow glass baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.
3. Preheat oven to 400 degrees Fahrenheit.
4. Place the baking dish in the preheated oven, and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

http://allrecipes.com/Recipe/Maple-Salmon/Detail.aspx?evt19=1&referringHubId=1320

The above picture demonstrates the effect of the build-up of cholesterol on the arteries which can lead to things such as a heart attack.
September - Childhood Obesity Awareness Month  October - National Breast Cancer Awareness Month

**September**

One in 3 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, the Transition Studio Staff encourages your family to make healthy changes together.

- Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.
- Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.
- Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain foods.

Taking small steps as a family can help your child stay at a healthy weight.

For more information and help for your child visit the UMHS Pediatric Comprehensive Weight Management Center website: www.med.umich.edu/mpower/index.shtml

Source: http://healthfinder.gov/nho/SeptemberToolkit.aspx

**October**

This October, The Transition Studio is proud to participate in National Breast Cancer Awareness Month. Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that many women can survive breast cancer if it’s found and treated early.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

For more information, visit the UMHS Comprehensive Cancer Center website: www.mcancer.org/


**Trainer Tip of the Month**

Now that the temperatures are starting to cool down and we have gotten through the summer, make sure to get outside and exercise! Researchers at the Peninsula College of Medicine and Dentistry found that going for a walk or a run outside can lead to increased energy and self-esteem, and can decrease tension, depression, and fatigue. Starting your morning off with a walk around the neighborhood can help to improve sleep, immune function, increase endorphin production, and boost Vitamin D3 levels. Vitamin D3 is important for bone health and metabolic function.

Fall is the perfect time to get outside and enjoy mother nature. There are many beautiful places around Ann Arbor to go for walks. I highly recommend the Nichols Arboretum. Get away from the stress of life for 20 minutes and enjoy the beautiful Michigan fall weather!

-Ryan Werme, BS
Fitness Specialist

**Featured Program: Dynamic Movement & Balance Class**

The Transition Studio offered it’s first 8 week Dynamic Movement & Balance Class that hosted 8 participants. Sara Randazzo, Certified Physical Therapy Assistant, Pilates and Dance Instructor taught the class. The class included components of the highly successful Otago Exercise Program. Researchers found the Otago program to be effective in reducing falls and the number of injuries resulting from falls by 35%! All participants in our class where assessed at the beginning and at the completion of the program in the areas of balance, agility, and reaction time using standardized tests. Participants then attended class on Mondays and Wednesdays for 8 consecutive weeks. The content of the class included fun and interactive activities that consisted of weight transfers, surface and directional changes, and those challenging all of the senses involved in maintaining balance such as sight, vestibular and touch. Sara also included fun activities including dance moves! For more information on this class contact Sara Randazzo at 734-904-9592 or solefullofrhythm@me.com
Our medically based exercise programs are specifically designed to meet our clients’ health and fitness 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) exercise classes and Personal Training.

Member Testimonial: Randy Whitcomb

Randy Whitcomb, MD, has been coming to the Transitions Training Studio for about 6 months to train with Ryan Werne, Fitness Specialist. Randy heard about the Studio through Dr. Sean Smith, a PM&R physician at the University of Michigan. After completing a rigorous program of chemotherapy for a rare cancer called Multiple Myeloma, Randy noticed a weakness in muscle as well as poor balance and significant weight gain from one of the chemotherapy drugs. His sedentary lifestyle needed to change. He was having difficulty with simple tasks such as climbing stairs and even walking across a room.

Randy’s goals included increasing endurance, losing weight, and getting back on the golf course. Randy has been making great progress stating “I gained back about 85% of my strength and activity levels I was at before being diagnosed with cancer”. In fact, Randy is back on the golf course too! Randy provided before and after photos for us to share with readers.

When asked what separates Transition Studio from other gyms, he says that “there is a strong emphasis on what an individual’s goals are and the plan is designed to try and achieve those goals”.

As Randy continues to work hard to achieve his goals he attributes much of his success to the staff Transitions, saying, “I enjoy the interactions with the staff and the feeling when I am finished. I feel that I have been pushed to my physical limits such that I continue to improve my strength and endurance. I have seen results!”

Exercise of the Month: Bridging

Lay on a firm surface with your knees bent and feet flat. Start the movement by drawing in your abdominals, making sure your lower back is flat on the floor. Pressing evenly through both feet, gently raise the buttocks and hips off the floor. Hold this position for 5-10 seconds while tightening the buttocks, then slowly lower yourself to the starting position.

It is important to keep the lower back in neutral position throughout the entire motion.

For an added challenge, incorporate marching steps as follows:

Once your hips are off the floor, raise one bent knee off the floor towards the ceiling in the direction of your face. Keep the buttocks and hips off the floor as you gently lower the foot down followed by your hips. Keep your hip from lowering as you lift the foot.