

# LIFE *at* LIFT

## WELLNESS CENTER

June 2015

[www.liftjackson.com](http://www.liftjackson.com)

### Endurance Exercise Following Stroke



cycle of further decreased activity and greater activity intolerance, leading to even poorer cardiovascular conditioning. This is especially troubling given the prevalence of cardiovascular disease risk factors in this population; factors that might be modifiable with exercise training.

The rehabilitation of individuals after a stroke typically ends within three to six months following the stroke, and it is commonly thought that most if not all recovery of motor function is limited to this brief time period following the stroke. Further, most rehabilitation efforts are focused on tasks associated with everyday living, such as getting dressed; little if any effort is spent on traditional cardiovascular exercise. Recent new research has indicated that aggressive rehabilitation beyond this time period can result in significant improvement in physical function.

It is well accepted that aerobic exercise has a variety of positive effects on people of all ages. However, only recently has formal aerobic exercise been examined for its potential benefit to persons recovering from a stroke. Significant improvements in aerobic exercise capacity were evident in individuals following stroke who underwent structured cycling exercise, 30 minutes per day, three days per week for 10 weeks. The improvements in aerobic exercise capacity were correlated with improvements in sensorimotor function. While resting blood pressure was not reduced, there was a significant reduction in the blood pressure increase during exercise, suggesting that the exercise decreased the risk associated with physical activity.

Studies have also examined the use of structured treadmill exercise in individuals who are well outside the three-to six-month post-stroke rehabilitation window. These studies have indicated that this type of exercise can significantly improve performance of functional activity. For example, structured treadmill exercise increases gait efficiency, so less energy is used for walking, making the task of walking less stressful.

There are several appealing aspects of treadmill training. One is that treadmill training requires persons to perform a task required for everyday life, namely walking. The second is that use of hand-rail support and "un-weighting" devices allow individuals to walk on a treadmill who would otherwise be unable to walk.

Approximately 750,000 people in the United States experience a stroke or cerebrovascular accident (CVA) each year. Strokes are the third leading cause of death (after heart disease and cancer) in the United States and the leading cause of disability in adults. There are an estimated three million stroke survivors in the US; the combined direct and indirect costs of stroke are estimated at an annual \$30 billion. Because of the similarities between coronary artery disease and ischemic stroke, it is not surprising that many of the risk factors for the two diseases seem to overlap. In particular, high blood pressure, smoking, poor blood lipid levels, elevated blood glucose and diabetes mellitus, and excessive alcohol consumption increase stroke risk. A variety of studies have also indicated that increased levels of physical activity are associated with decreased incidence of stroke.

With respect to physical function following a stroke, approximately 14 percent of stroke survivors achieve full recovery and need no long-term rehabilitation. But half the survivors experience severe long-term effects such as partial paralysis. Between 25 and 50 percent need at least some assistance with the activities of daily living. It is also apparent that after a stroke, individuals may be intolerant of activity. The elderly, who comprise the majority of stroke survivors, are especially at risk for this intolerance. Such intolerance is likely due to several factors, such as bed-rest-induced deconditioning, the presence of pre-existing cardiovascular dysfunction, and/or increased energy cost during walking. Indeed, the motor effects of stroke can make the energy cost of walking up to two times higher than normal. These factors can conspire to create a vicious

## Upcoming Events

EVERY TUESDAY: Family Swim 2 - 4 pm  
 EVERY FRIDAY: Family Swim/Gym 4:30 - 7:30 pm  
 EVERY SUNDAY: Family Swim/Gym 1 - 4 pm

June 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Running 101 6 pm with Beth Wilson	2	3	4 Running 101 11:30 am JMCGH	5 National Running Day!	6 Splash N'Dash 5k	7 Water Challenge 1/2 your body weight in water EVERY day
8 Water Challenge 1/2 your body weight in water EVERY day	9 Water Challenge 1/2 your body weight in water EVERY day	10 Water Challenge 1/2 your body weight in water EVERY day	11 Water Challenge 1/2 your body weight in water EVERY day	12 Kid's Klimb 4 - 6 pm Water Challenge 1/2 your body weight in water EVERY day	13 Water Challenge 1/2 your body weight in water EVERY day	14
15	16	17 National Wear Blue Day for Men's Health	18 Luau Day!	19 Night of Heart at the Generals 7 pm	20 Jordan Joyce's Wedding	21 Happy Father's Day!
22	23 Is Grilling the Best Option? 6 pm	24 Cooking Demo 5:30 pm	25	26 Kid's Klimb 4 - 6 pm	27 Donut Dash 9 am	28
29	30					

For more information about our classes and events, visit us at [liftjackson.com](http://liftjackson.com) and click our Community Calendar for details.

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These un-weighting devices are simply harnesses with cables threaded through pulleys and attached to weights. In this way, individuals who have gait dysfunction may still be able walk on a treadmill and receive benefits. Third, in persons with limited gait speed, exercise intensity can be increased by keeping the speed low but increasing treadmill grade.

While compromised motor function makes the implementation of formal aerobic exercise challenging, the significant improvements in fitness following exercise training make increased use of aerobic exercise an appealing intervention. Exercise professionals should expand their repertoire to design exercise programs for those who have had a stroke. Those recovering from stroke will benefit from the addition of a cardiovascular exercise program.

Written for the American College of Sports Medicine by Joseph P. Weir, Ph.D., FACSM

## Employee of the Month:

### MAY: Constance Jones

Constance Jones was our May employee of the month. She has been an outstanding team player for LIFT. You will see her face every morning bright and early and she always has a smile on her face. She is awesome at personal training and her specialty is in weight loss.

### JUNE: Robin May

Our June employee of the month is Robin May. She is our massage therapist. Robin handles all of our medical, deep tissue, and spa related massages. She has been very very busy since May. We have appreciated all of her hard work and extra hours! So happy to have her on board with us.

# Nutrition

## Top 10 Reasons to Shop at a Farmer's Market

### ONE:

**Freshly picked, in season produce is at its peak in flavor and nutrition.**

Check out the [Seasonal Produce Guide](#) to learn what fruits and vegetables are in season.

### TWO:

**Support your local farmers and economy.**

You can help new and smaller farmers be successful and save farmland in your area. The Economic Research Service provides an [overview of the economic impact of local food systems](#).

### THREE:

**Fresh fruit and vegetables are full of antioxidants and phytonutrients.**

What are these? Why do we need them? More information at [What's in Food](#).

### FOUR:

**It's a great way to get your kids involved.**

Let them pick out something new to try, then they can help prepare a meal or snack using these tips and recipes at [Kids in the Kitchen](#).

### FIVE:

**Supporting your local farmers market strengthens your community.**

Meet your local farmers, learn about foods grown in your area and catch up with friends and neighbors while stocking up with local goods. Learn how farmers markets impact your community in this section of the [Know Your Farmer, Know Your Food Compass](#).

### SIX:

**Farmers markets offer foods that align with MyPlate guidelines.**

Buy foods and see how they fit with [ChooseMyPlate](#). Visit different booths to pick up seasonal fruits and vegetables, as well as local dairy, grain and protein products so you can build your healthy plate.

### SEVEN:

**Farmers often have recommendations for preparing their products.**

Visit [Fruits and Veggies More Matters](#) (link is external) to see recipes that use fresh fruits and vegetables.

### EIGHT:

**You can try a new fruit or vegetable!**

Have you ever tasted gooseberries or rhubarb? Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious. Learn how to select and store rare and common fruits and vegetables with the [Fruit Nutrition Database](#) (link is external) and [Vegetable Nutrition Database](#) (link is external).

### NINE:

**SNAP and WIC benefits are accepted at some farmers markets.**

[Learn About SNAP Benefits at Farmers Markets](#) and find out which WIC state agencies participate in the [Farmers Market Nutrition Program](#).

### TEN:

**Farmers markets are easy to find.**

Use the [USDA Farmers Markets Search](#) to find one near you. Due to their flexible locations, some community farmers markets provide fresh, healthy foods when other sources aren't as easily accessed. Learn more about how the [USDA helps to expand healthy food access](#) through the development of local food systems.

# What the fit?

## MEN: Safeguarding Your Health

*According to the CDC, 26% of men do not have a regular source of healthcare. Knowing what medical tests and screenings are important to identify and prevent health problems will help to ensure good health now and in the future:*

**1.** For the male who is not overtly muscular, Body Mass Index is a good indicator of excess body fat which can increase risk for diabetes and heart disease. A BMI between 18.5 and 25 is considered healthy. Use the following formula to determine BMI: BMI= weight (lbs)/height (inches).

**2.** A healthy level of cholesterol is under 200 mg/ dL. Knowing the HDL and LDL is also beneficial for determining the ratio of "good" to "bad" cholesterol. A simple blood test can provide this information.

**3.** The same blood test used to determine cholesterol, can also be used to determine triglycerides, a type of fat. Optimal triglyceride levels are under 100 mg/dL.

**4.** High blood pressure can contribute to heart disease, stroke, and kidney disease. 115/75 or lower is considered optimal.

**5.** Blood pressure higher than 135/80 may be a symptom of diabetes. A blood test in a fasted state can usually determine blood glucose levels. Normal glucose level is under 100 mg/dL.

**6.** According to the American Cancer Society, colorectal cancer is the second leading cause of cancer death in U.S. men. Men should get a colonoscopy at age 50 or earlier if colorectal cancer runs in the family. The test is painless and takes only 15-20 minutes. Early detection is the key.

**7.** If you are a male between the ages of 65 and 75 and have smoked more than 100 cigarettes in your lifetime, an ultrasound to detect an abdominal aortic aneurysm (AAA) is recommended. When an AAA ruptures, 30-50% of victims die before reaching the hospital.

**8.** Depression doesn't just occur in women. If you have lost interest in things that you normally enjoy or have felt hopeless for more than two weeks, your doctor can screen you for depression. There are many ways to treat depression and your healthcare provider can help find the best option for you.

**9.** Melanoma is the most deadly form of skin cancer and rates continue to rise each year. It is highly treatable when diagnosed early. Inspect your skin for changing or abnormal moles or sores that won't heal. Have your doctor perform a yearly check as well.

Guys, remember that knowing your numbers is the first step to good health. Ignorance isn't prevention. Once you know your numbers, in most cases, there is something that you can do to improve your numbers and improve your health.... **Exercise and good nutrition!**

If all the benefits of exercise could be put into a pill, it would be the most widely prescribed drug in America. No matter your current fitness level or measure of health, you can exercise in some form or fashion. Talk to your healthcare provider about choosing exercise as your medicine.

*The only side effects are feeling and looking better!*