

Heart Healthy Snack

Almond Snack Mix



Ingredients

- 1/3 cup whole unsalted almonds
- 2/3 cup bite-size multi-bran or whole-grain cereal squares
- 1/2 cup low-fat granola cereal without raisins
- 1/4 cup dried apricot halves, cut into strips, or golden raisins
- 1/4 cup sweetened dried cranberries

1. Preheat the oven to 350°F.
2. Spread the almonds in a single layer on a non-greased baking sheet.
3. Bake for 5 to 10 minutes, or until lightly toasted, stirring once or twice to ensure even baking. Transfer to a plate to cool completely.
4. Meanwhile, in a large bowl, stir together the remaining ingredients.
5. Stir in the cooled almonds.



Cook's Tip: If all the snack mix isn't likely to be eaten on the day you make it, we recommend using the golden raisins. The moisture of the apricots may cause the cereal to lose its crispness over time. Be sure the almonds are completely cooled when you add them to the mix; otherwise, they will make it soggy.

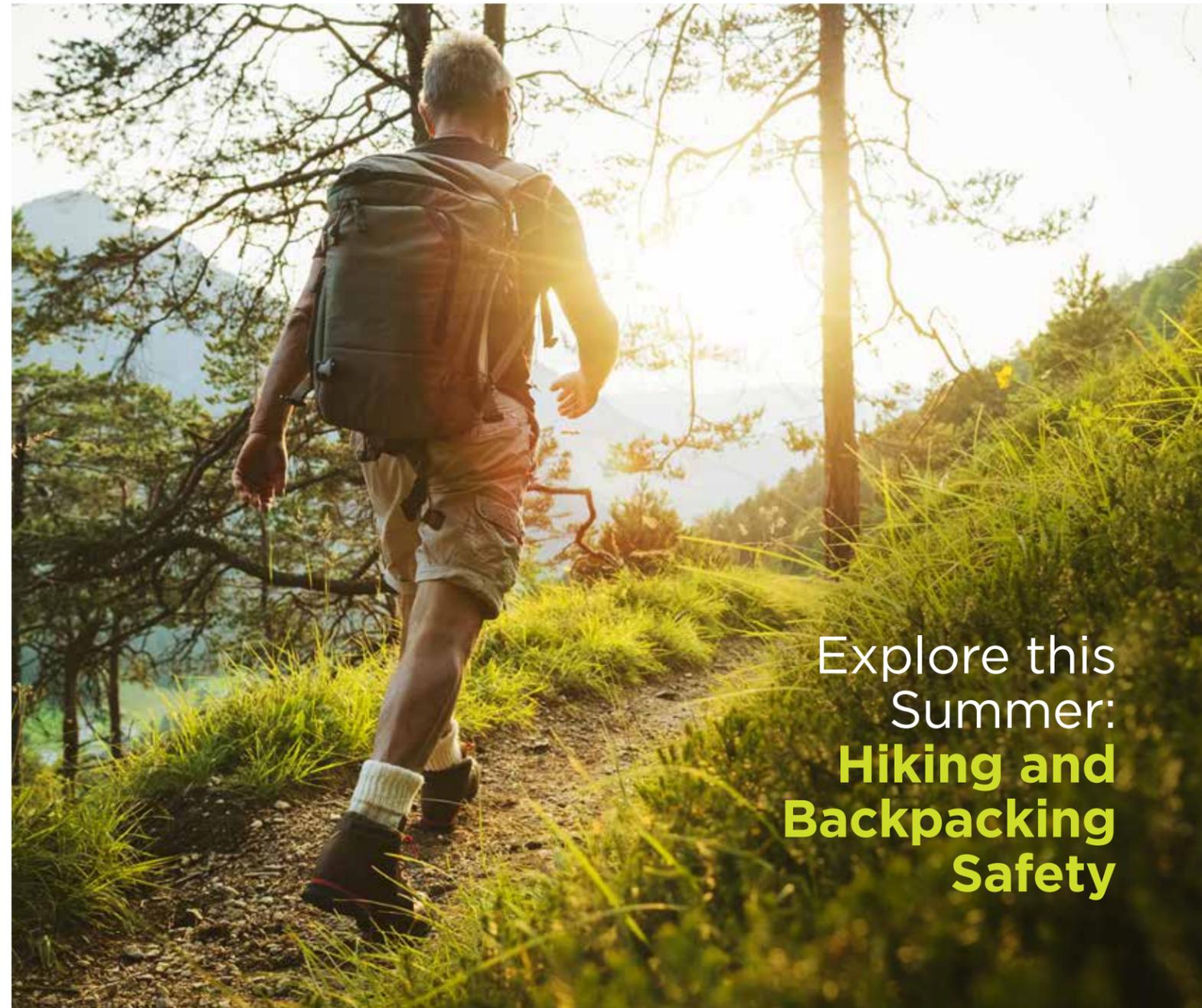


REMINDERS

- With summer weather approaching, please remember that sandals, flip-flops, open-toed shoes, and open-back shoes are not appropriate for exercising. We want everyone to have a safe and enjoyable exercise experience. Please provide us with a doctor's note if you need to wear shoes other than sneakers.
- Absence from the Medical Fitness Center of 3 months or longer (for any reason) will require a reassessment. A reassessment is also required after any major surgery.
- Remember to scan your membership card at the front desk. Accurate records of attendance are very important to us. If you forget your card or need a new one please tell a staff member.
- Remember to sign in at the pool area when you use the pool. In addition, please remember gum is not allowed in the pool.
- Please pick up the monthly calendar at the front desk to stay "in tune" with Medical Fitness Center activities.

Medical Fitness NOTES

SUMMER 2021



Explore this Summer:
Hiking and Backpacking Safety

MEDICAL FITNESS CENTER

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This information is provided to you as a guide only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. If you have questions about your health, physical fitness, or medical condition, you should seek the advice of your physician or health care provider.

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Explore this Summer: Hiking and Backpacking Safety

Choose the right backpack

- **Light weight.** Canvas or nylon, weigh less than leather.
- **Wide, padded shoulder straps.** A loaded pack will dig into shoulders if the straps are too skinny.
- **Waist belt.** It takes some weight off the back and transfers it to the hips.
- **Handy compartments.** They help distribute the weight evenly. They also make packs easier to organize.
- **Padded back.** This keeps sharp edges from digging into the back.

Pack it safely

- Experts say adults should not carry more than 10-15% of their weight.
- Pack the heaviest items closest to the back.

Lift it safely

- Never bend down from the waist to pick up or set down a heavy pack.
- Always squat down, bending at the knee and keeping your back straight.
- If you need to, you can put one knee on the floor and the other knee in front of you while you lift the pack and swing it around to your back.

Wear it safely

- Pack wearers should use both shoulder straps. It may seem easier or more comfortable to sling the pack over just one shoulder, but that's a bad habit that can lead to back or shoulder pain.
- Always use the waist belt and tighten all the straps so the pack fits snugly.
- Make sure you stand up straight while wearing a backpack. If you must lean forward, the pack is too heavy.



TIP: Handy compartments help distribute the weight evenly. They also make packs easier to organize.

Extra tips for hikers

Hikers can carry a lot more weight in their packs. But it's still important to follow some safety tips:

- In the weeks before a big hike, use stretching and strengthening exercises to get your muscles in shape, especially your trunk.
- Learn several ways to lift a heavy backpack. For example:
 - > Face the back of your pack, with its shoulder straps facing you. With your knees slightly bent and one leg forward, slide the pack up to your thigh. Put one arm through its shoulder strap and swing the pack onto your back.
 - > Have a friend hold the pack for you while you insert your arms into the straps.

Pack the Camping Essentials

Before you leave on your adventure be sure to pack all the necessary tools, clothes, and food you need. A few ideas include:

- Maps
- Compass
- Whistle (for hiking to warn animals you are coming)
- Bottled water
- Sleeping bag
- Flashlights
- Sunscreen and bug repellent
- Waterproof matches
- First aid kit
- Warm clothing and rain gear
- Tent

Expect the unexpected

We all know to watch out for poison oak, mosquitoes, and bears when we are in the woods, but there are many other hazards we may not think about before taking the wilderness plunge:

- Frequently look for ticks (especially if you are going to take a family pet along)
- Do a quick internet search and study up on what poison ivy looks like
- Wear boots — they help against ankle sprain and possible snake bites
- Avoid cliff areas
- Always travel with a companion
- Stay hydrated — it is best to drink bottled water to avoid contaminated streams
- Keep foods in air-tight containers located where wild animals cannot reach them

Hiking can be fun, but there are many obstacles in the woods. If you're heading off the beaten path, take time to review your surrounding environment.



Physical activity and the Covid-19 vaccine

We all hope to get back to our normal exercise routines now that there is a COVID-19 vaccine.

As people age, the effect of vaccination is diminished because older immune systems produce fewer antibodies against invaders like SARS-CoV-2, the virus that causes COVID-19. The good news is that exercise appears to improve immune system response to vaccination.

Older adults with a chronic history of exercise, and those undergoing acute bouts of exercise before vaccination, produce more antibodies against strains of influenza. Several studies have seen this effect, though the clinical significance remains unclear as further research is needed. It's reasonable to assume the same exercise effect could occur with a COVID-19 vaccine.

In addition, exercise just before vaccination has other benefits. It reduces side effects, including:

- Tenderness and swelling at the injection site
- Reduced appetite
- Feeling unwell

American College of Sports Medicine. (2020, November 6). *Physical Activity, COVID-19 and Older Adults*. Exercise Is Medicine.

New Friday Hours

Beginning July 1, our Friday hours will change to 6 a.m. to noon.

