

# Medical Fitness NOTES

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Exercising for a  
**Healthy Heart**

**MEDICAL FITNESS CENTER**

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**UPMC | HANOVER**



## Exercising for a **Healthy Heart**

When you have coronary artery disease, it is very important to exercise regularly. If you aren't already active, your doctor may want you to begin an exercise program. Making lifestyle changes that can lead to a stronger heart and better health overall.

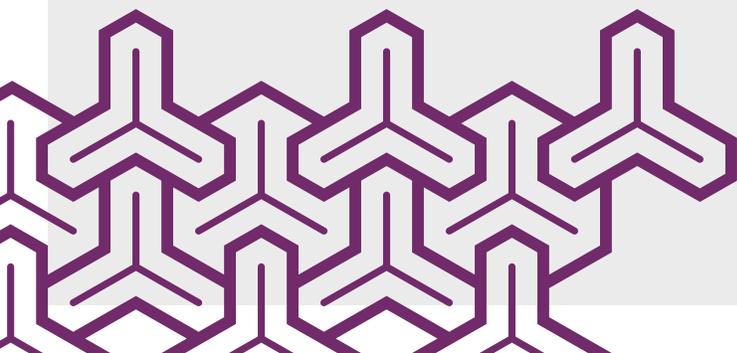
### **What do I need to know before starting a program?**

- Talk to your doctor before beginning an exercise program. An electrocardiogram (ECG or EKG) or possibly an exercise stress test may be prescribed to assess how much activity your heart can safely handle.
- Stop your activity immediately if you experience angina symptoms (such as chest pain or pressure), feel faint or lightheaded, or become extremely out of breath.
- Begin walking, cycling, or jogging preferably most days of the week. Aim for at least 2½ hours each week.
- Exercise can help lower the chance of a heart attack.
- A complete exercise program consists of aerobic exercise, strength training, and stretching.
- Set goals you can reach. If you expect too much, you are likely to become discouraged and stop exercising.

### **How can I include exercise in my daily routine?**

Remember that even a little exercise is better than choosing nothing. The hardest part is getting started. Here are some tips on building exercise into your daily routine:

- Get up 15 minutes early and stretch.
- Tell yourself you will move for 10 minutes only. Chances are you will continue with your activity.
- March, jog, or do jumping jacks in place during TV commercials.
- Take a walk at lunchtime or after dinner.
- Use the stairs instead of the elevator.
- Walk to a coworker's office instead of calling or emailing.
- Get off the bus one or two stops early and walk the rest of the way.
- When you go shopping, park further away from the store.
- Take a brisk walk around the mall before you start shopping.
- Ride a bike.
- Work out to an exercise video.
- Go dancing.
- Try to be active as a family (Adventure vacations are a real thing!)



## How do I measure the intensity of my exercise?

Exercise intensity can be measured in many ways, for example as your:

- Rate of perceived exertion (RPE).
- Heart rate (HR).
- If you can't talk and exercise at the same time, you are exercising too hard.
- If you can talk while you exercise, you are doing fine.
- If you can sing while you exercise, you may not be exercising hard enough.

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**Set realistic goals. It's not all or nothing and certainly not about a specific number on the scale or size of jeans. You may start to feel better before you see visual changes.**

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## How can I stay on my exercise program?

Staying on a regular exercise schedule requires discipline and motivation. At times, it may seem difficult to keep up with physical activity, but persistence pays off. There are specific steps you can take to make your exercise program more effective and create a habit.

- **Make it fun and not a chore.** Choose activities you enjoy or pique your curiosity.
- **Set realistic goals.** It's not all or nothing and certainly not about a specific number on the scale or size of jeans. You may start to feel better before you see visual changes.
- **Give yourself time.** It takes at least three weeks for something to become a habit.
- **Stay with it and pair up with a buddy,** which provides accountability and makes it more fun.
- **Reward yourself.** Build in rewards along the way that help you continue your program.

**Exercise is medicine. The MFC staff can help you meet your exercise goals and help you maintain your current exercise program.**

## Cleaning equipment and germ prevention

Germs happen... spreading them doesn't have to occur. Follow these tips to keep the equipment clean and everyone healthy.



1. Use the disinfectant wipes to clean the equipment before and after use. Please ask a staff member to locate the wipes if you cannot find them.

2. Sneeze or cough into a tissue or your arm to capture particles.



3. Wash your hands frequently.

4. Stay home if you are sick. Don't push yourself; rest.



5. Use the automatic hand sanitizer stations throughout the MFC at your convenience.

## Inclement Weather



We care about your safety and well-being. During inclement weather (snow, ice, flooding, etc.), please stay home. UPMC is working on updating information about extreme weather. For now, call the MFC about delays or closings related to the MFC only.

## *In Memoriam*

We would like to remember those who passed away over the last year. Being part of the Medical Fitness Center allows both members and staff to get to know one another and with that connection, it is always hard to say goodbye. Take comfort in the support of fellow members.





## Masking and Social Distancing at MFC

We understand wearing a mask while exercising is not ideal, but it is necessary to prevent illness. Please mask appropriately **AT ALL TIMES** (nose and mouth are covered), wash and sanitize hands frequently, disinfect equipment before and after use, and adjust exercise intensity for appropriate masking.

**We ask you to comply with wearing your mask in these situations:**

1. Moving through the MFC, locker rooms, and pool deck
2. Wear your mask in the pool if you are not lap swimming
4. Using the cardio equipment (there is no fan usage currently)
5. During strength training

## ANNOUNCEMENTS

- Until the CDC changes recommendations, we will not be offering showers or towels. Please bring your own towel to the pool.
- Pre-registration for all classes is required due to COVID-19 precautions. You may pre-register for one class/week. The week of your class, you may inquire about any other class openings.
- If you sign up for a class but cannot make it, please call the MFC so that people on the waiting list are able to attend.
- Pick up a monthly calendar at the front desk or view it online at [UPMC.com/services/south-central-pa/medical-fitness](https://www.upmc.com/services/south-central-pa/medical-fitness)
- Please scan your membership card at the front desk every time you visit the MFC.
- If you want to freeze your membership for a month, you must call by the 28th day of the previous month. For example, if you want to freeze February, you must call by January 28.

## Winter Weight Loss Challenge

January 4 to March 6, 2021

### Challenge:

Lose 4% of your body weight

### Reward:

A healthier you and a chance to win a free month of MFC membership

### Instructions:

Weigh in during the first full week of January and record your number. Weigh in each week until March 6. You must lose 4% of your body weight to qualify for the chance to win a free month of membership.

### 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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