

Infogram

Fall 2016

THERAPY & FITNESS
103 South Gibson St
Medford, WI 54451

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News from the Fitness Center

Meet Elisa Kersten, MS, SLP



EDUCATION AND CERTIFICATION

Bachelor's Degree: Speech-Language Pathology and Audiology
Marquette University, Milwaukee, WI

Master's Degree: Speech-Language Pathology
University of Wisconsin – Madison

PROFESSIONAL AND PERSONAL BACKGROUND

Elisa Kersten provides speech therapy primarily to Aspirus Medford Hospital inpatients and Aspirus Care & Rehab residents.

While with UW-Madison's university clinic, she worked with clients of all ages and a variety of communication needs. She interned at UW Hospital in the Voice & Swallow Clinic and at an elementary school.

Her special interests include dysphagia (swallowing disorders), social communication, geriatrics, and language disorders related to stroke and brain injury.

Building strong relationships with her patients as she supports their physical, social, and emotional health is important to Elisa. "Practicing speech-language pathology gives me joy and I find so much value in serving my patients," she says. "As healthcare providers, we have a specialized skillset that we employ to prevent, intervene, and compensate for communication problems. Our position as promoters of communication-centered relationships is something quite special about my field."

Elisa grew up in northern Illinois. She first moved to Wisconsin for college and loves the state, noting that her love for dairy makes her a natural fit. A good day for Elisa involves reading, cooking, and spending time outdoors being active. She enjoys attending farmers markets and using fresh produce in her cooking and baking. She is engaged and will be getting married in a year.

Call 715-748-8112 to schedule an appointment.

Welcome, Elisa!



Sitting is the New Smoking

The ticking clock and furious patter of computer keys are staples in offices around the world. Regardless of specific business, offices share many similarities. One such similarity is a sedentary culture and studies show all that sitting is taking a major toll on employee health.

From the driver's seat to the office chair and then the couch at home, Americans are spending more time seated than ever, and researchers say it's wreaking havoc on our bodies. The *Los Angeles Times* recently interviewed Dr. James Levine, director of the Mayo Clinic-Arizona State University Obesity Solutions Initiative and inventor of the treadmill desk. Levine has been studying the adverse effects of our increasingly sedentary lifestyles for years and has summed up his findings in two sentences.

“Sitting is more dangerous than smoking, kills more people than HIV and is more treacherous than parachuting. We are sitting ourselves to death.”

Levine is credited with coining that mantra — “sitting is the new smoking” — but he's not the only one who believes it. Researchers have found and continue to find evidence that prolonged sitting increases the risk of developing several serious illnesses like various types of cancer, heart disease and type 2 diabetes.



Another reason the smoking analogy is relevant is that studies have repeatedly shown the effects of long-term sitting are not reversible through exercise or other good habits. Sitting, like smoking, is very clearly bad for our health and the only way to minimize the risk is to limit the time we spend on our butts each day.

The solution? Get moving! You can start small and increase over time. For example:

- Walk laps with your colleagues rather than gathering in conference rooms for a meeting
- Stand while you're on the phone or eating lunch
- Move around while you're teaching
- If working at a desk for long periods of time, try a standing desk – or improvise with a high table or counter.

By contributing more movement throughout the day you'll burn more calories which may lead to weight loss and increased energy. Even better, the muscle activity needed to stand with other movements tend to trigger important processes related to the breakdown of fats and sugars within the body. While sitting this processes stall and increase your health risks. Simply standing or actively moving kicks the process back into action.

Source: huffingtonpost.com

“Do it because you love it, not as penance for pie. Workout because you love your body, not because you hate it.”



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What's Happening at the Fitness Center

New Fitness Classes

Barre is a ballet and dance-inspired fitness class that provides strength training benefits without the use of large weights and high impact activities. Barre can help improve strength, balance, cardiovascular endurance and overall body physique.



Strong by Zumba™ melds strong, upbeat, temp-driven rhythms with powerful, high intensity cardio and strength-conditioning moves. Think progressive resistance and overload, plyometrics, core and functional training using only your own body weight, all rolled into one dynamic, results driven class guaranteed to challenge your entire body. It incorporates the proven, high intensity interval method known as HIIT...except with a Zumba twist. While simple dance steps are part of the program, STRONG by Zumba is a more athletic conditioning-style workout. It is designed for participants at any fitness level who are looking to increase their intensity levels of training and maximize workout benefits.



Reminders:

- The new Fall fitness class schedule is now available. Make sure to check out the new offerings. Review times of classes as a few have changed.
- Strong by Zumba™ will be offered on Saturdays at 8am.
- Want to access your fitness account from home? Ask us how.
- Have a question for your personal trainer? There is a Q & A box on the ledge as soon as you walk in the main entrance of Aspirus Therapy & Fitness.

Erika Reinhardt, fitness instructor, recently became a **Certified Personal Trainer** and is ready to help you meet your fitness goals.



Meet Our Fitness Instructors

LAURA

SHERRY

JILL

PAULA

MARNEY

ANNE

KRISTA

CANDICE



Phone: 715-748-8112

Open 7 days a week; except holidays.

Monday-Friday.....5 a.m.—9 p.m.

Saturday.....7 a.m.—5 p.m.

Sunday.....8 a.m.—5 p.m.



www.aspirus.org/FitnessMedford



Fall Recipe: Pear, Beet, and Gorgonzola Green Salad

Ingredients

Salad:

2 peeled beets

4 cups thinly sliced, firm Bosc pears

1 Tbl lemon juice

4 oz crumbled Gorgonzola or blue cheese

1/4 cup extra-virgin olive oil

1/4 cup balsamic vinegar

1/4 tsp salt

1/4 tsp freshly ground black pepper

2 tsp Dijon mustard

1 large shallot, peeled and chopped

1 (5-ounce) bag spring-greens

Instructions

1. Preheat oven to 350°.

2. Wash beets, leaving wet, and wrap individually in foil. Arrange beets in roasting pan or on baking sheet; bake 90 minutes or until tender (poke a thin-bladed knife through foil to test). Cool in foil. (To cook on stovetop, place beets in saucepan and cover with water; bring to a boil and cook over medium heat until tender. Cool. This takes less time than baking—45 minutes to an hour.) Dice beets.

3. Toss pears with lemon juice in a small bowl; cover, and refrigerate up to 2 hours. Place diced roasted beets and cheese in 2 separate bowls; cover, and refrigerate up to 2 hours.

4. Combine oil and next 5 ingredients in a bowl, stirring with whisk. (This is the vinaigrette.)

5. Remove pears, beets, and cheese from refrigerator 15 minutes before serving; bring to room temperature.

6. Place greens in a bowl; top with pears, beets, and cheese, and drizzle with vinaigrette.



Nutritional Info: (Serves 8)

Per serving: 180 calories, 12g fat, 17g carbohydrate, 4g protein, 3g fiber, 84mg sodium, 112mg calcium.

