

Winter/Spring Calendar of Events

For registration or information, visit www.92Y.org or call 212.415.5500.

Health Lectures & Workshops

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8-week weight loss program
Mount Sinai nutritionists and May Center staff
Mon, Jan 28, 6:15 pm
\$400/\$300 members

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\$265/\$165 members

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Tue, Jan 22, 8 pm
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Mirabai Holland, MFA
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A New Paradigm for Healthy Living
Nancy Snyderman, MD, FACS

Closing Session:
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Moderated by Tyler Mathisen

Plus:
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Weight Control: Nature vs. Nurture

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According to Elisa Zied, a registered dietician and national spokesperson for the American Dietetic Association, the answer is...probably both.

Nutritionists stress that genetics can be overcome and caution people not to let family history become an excuse for weight gain. Although some people may be genetically predisposed to obesity, there are things they can do to trump their DNA. Portion control, a low-fat, low-calorie diet, and regular exercise can have a bigger effect on weight control than genes. "We can't blame genetics; we have to work with what we have," Ms. Zied says.

But genes aren't the only thing we get from our family. From a young age, we start to learn eating habits; we learn that food is comfort, that food is love. And we learn about nutrition—or the lack of it. Were you given white bread or whole wheat? Did you snack on cookies or fruit? Did you eat fried meatballs or grilled fish?

What messages do we send to our own kids about food?

Nutritionists agree that parents need to be good role models when it comes to food. "Make sure you set a good example for your family. Healthy eating is a lifestyle—not a fad. It needs to be a family affair that begins at an early age," advises the American Dietetic Association.

Taking it a step further, they recommend making mealtime family time by having at least one meal a day together and make mealtime pleasant. Children need structure,

says Ms. Zied, "Eating can't be a free-for-all. Set up meal times and snack times—don't let kids eat whenever or wherever they want." Families that get used to eating in front of the TV or in any room in the house are setting themselves up for failure, the dietician cautions.

In her book, *Feed Your Family Right*, Ms. Zied offers recipes, meal plans, nutritional guidelines and weight management tips. She stresses the importance of making healthy food available. "Offer whole wheat bread, low-fat milk and fruit," Ms. Zied says. "Make it accessible and desirable." Ms. Zied encourages parents to be forthright and not to sneak healthy foods into their meals without their children realizing it.

"Expose kids to a variety of foods before the age of two and don't assume they won't eat certain foods," she says. "Educate them in a child-friendly way about foods that are good for them."

"Get children off to a good start and help them have a happy relationship with food," says Rebecca Solomon, senior dietician



in the Department of Clinical Nutrition at Mount Sinai Hospital and on-staff nutritionist for the 92nd Street Y.

People having trouble controlling their weight can also seek one-on-one nutrition counseling, offered by Ms. Solomon through the Y's Wellness Center. Working closely together, the nutritionist and client explore the reasons for weight gain and develop a strategy to address them. For information or to make an appointment, please call 212.415.5722.

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She will also examine family habits that commonly sabotage individual goals and share tips for overcoming them.

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Dave's Corner

Behind the Scenes; Ahead of the Curve

In 1997, the 92nd Street Y decided to take a giant technological leap forward by installing an ozone generation system to supplement the mandatory chlorine-based sanitizing system. We weren't satisfied with merely meeting the standards—we wanted to exceed them. So we've taken the next step and installed one of the most advanced ozone systems in the industry. As a result, we have one of the healthiest pools and whirlpools in New York City.

Ozone is made from oxygen, which is converted to ozone by using electricity. Ozone is a much more powerful oxidant than chlorine. The ozone disinfection takes place in the sub-basement of the 92nd Street Y building and essentially "zaps" the chloramines (formed when the free chlorine present in the pool water attaches to organic material) out of existence. The steady treatment of our pool water makes for a much healthier pool environment than a pool that is sanitized solely by chlorine.

Swimmers will notice their bathing suits no longer slowly disintegrate from the chlorine in the water and can enjoy all the pool fun without red burning eyes and the potent chlorine smell. The blond swimmers don't get green hair. And skin is smooth and silky, with no rash or itchiness. Our whirlpools are also sanitized by ozone systems.

The number of facilities transitioning to ozone is growing. The swimming pools for the Olympics have been treated with Ozone since 1986 for the Los Angeles Olympics. In fact the athletes in the Los Angeles Olympics refused to swim in a

Member Profile: Rebecca Mack

She was the youngest member of the Y's delegation to the 2007 Maccabi Games in Orange County, California. She also holds two records at the Y for breaststroke. It appears that 13-year-old Rebecca Mack is destined to be a winner. She now prefers shooting hoops to swimming and comes to the Y twice a week to play basketball. (Her younger brother Jonathan has continued the family tradition by recently joining the swim team.)

Rebecca has been a member of the Y for five years and in that time she has gotten friendly with many of the staff members. It's one of the things that keep her coming back, she says, in addition to the gym and facilities. When she's not at the Heschel School on the Upper West Side, where she is in eighth grade, Rebecca enjoys her leisure time. "I like to hang out with my friends, I enjoy painting, and I like to go to the Y," she says.

Staff Profile: Dante West Front Desk Evening Clerk

Members who are greeted by Dante West, the May Center's evening front desk clerk, have watched him grow up since he first joined the Y part-time as a teenager seven years ago. Since then he has matured before their eyes and has become so good at his job that he received the Y's Employee Service Award for his hard work and easy rapport with members. He has also become a father to 18-month-old

Dante Jr., his pride and joy. When he's not behind the desk, he likes to play basketball at the Y and write poetry and short stories.

pool purified by chlorine. Most recently, the Sydney Aquatic Center pool water was treated with Ozone.

The May Center for Health, Fitness & Sport pool and whirlpools are cutting-edge with regard to maintaining water quality. We care deeply about our members and want to provide the best for them.

May Center 212.415.5700	Fitness & Wellness 212.415.5722
<i>Director</i> Dave Schmelzter	<i>Director</i> Mirabai Holland
<i>Deputy Director</i> Stacey M. Eisler	<i>Cardiac Rehab</i> Coordinator Barbara Bentley
<i>Executive Assistant</i> Karen Munk	<i>Personal Training</i> Coordinator David Simmons
Aquatics 212.415.5718	<i>Assistant to the Director</i> Karin L. Ruhe
<i>Director</i> Lane Wineski	Fitness Concierge 212.415.5717
<i>Assistant Supervisor</i> Ellen Weeks	Leidy Regalado
Membership 212.415.5729	Children's Physical Education & Gymnastics 212.415.5724
<i>Director</i> Membership Services Marisa Scotti	<i>Director</i> Amy Dalbo
<i>Associate Director</i> Martin Sivorinovsky	May Center Newsletter
<i>Sales Manager</i> Bonnie Field	<i>Editor</i> Michael S. Markowitz
<i>Director</i> Information Systems Aurea Rivera	<i>Managing Editor</i> Stacey M. Eisler
Sports Programs 212.415.5714	<i>Writer</i> Jennifer Shapiro
<i>Director, Sports/Maccabi</i> Michael Gordon	<i>Graphic Designer</i> Sara Lovas

Preventing Back Pain

Exercise is the most important factor in maintaining a healthy back. A regular and varied exercise program can ease back pain and stiffness, strengthen muscle and bone, and improve flexibility. A well-rounded exercise program should include the following: range of motion exercises that keep you flexible by bending, stretching or swaying; weight-bearing exercises (free weights or weight training classes) to strengthen the muscles that support the spine and abdomen; and aerobic exercises that use large muscles to increase heart rate and strengthen heart and lungs. Experts warn that high-impact exercise such as jogging, many sports, or inline skating can exacerbate back pain and should be avoided unless approved by your doctor.

"It's all about staying strong and flexible," says Aaron Huppert, PT, certified MDT at Back to Sports Physical Therapy in midtown Manhattan. "Core strengthening is the key to treating back pain and preventing recurrence," he says. He recommends doing a variety of exercises that strengthen hamstrings and back and pelvic muscles for 10-15 minutes each day.

For people who prefer an exercise class, the Y offers Moving Free® Fusion and Skeletal Fitness by Mirabai Holland®, both of which focus on body stretching and strengthening. For further information, please call 212.415.5500.

But even with adequate exercise, back problems can occur if people don't move and sit properly and if the body is not aligned correctly throughout the day. "Building body awareness in everyday activities is crucial," says Mirabai Holland, director of fitness & wellness programs at the 92nd Street Y. "How we sit, stand, and walk, how we get out of bed, how we position our hands on the computer keyboard



all play a huge role in a healthy back."

In addition to exercise, here are some other lifestyle modifications to improve or prevent back pain:

- Maintain proper posture, with weight evenly distributed on both feet; tighten stomach muscles, even when sitting;
- Lift objects properly: don't bend over; instead, squat before the object to be lifted and use your knees to rise;
- Eat a balanced diet that's low in fat and high in fiber;
- Sleep well on a good mattress and don't sleep on your stomach;
- Don't smoke: recent research shows a greater risk of back pain among smokers;
- Reduce stress in your life.

Dr. Emile Hiesiger will team up with Mirabai Holland to lead the **Spinal Health and Better Back™ Workshop on Sunday, January 27, 2008 at 2pm**. They will explore prevention strategies, diagnostic tools and medication that can help combat lower back pain. They will also discuss ways to work ergonomically and demonstrate easy-to-perform back exercises that can be done at home or when traveling. Comfortable clothes appropriate for exercise are recommended. For further information or to buy tickets, visit www.92Y.org/toyourhealth or call 212.415.5500.



Y Train?

The start of a new year is an ideal time to add a new component to your weekly exercise program or resume exercising, if injury, illness or a hectic life has kept you away from the gym. Once considered a luxury exclusively enjoyed by celebrities and the wealthy, personal training has become an integral part of staying healthy for many fitness participants. Last year, over 250 May Center members experienced the benefits of working one-on-one with a May Center certified personal trainer on an ongoing basis.

David Simmons, personal training coordinator, explains that his focus is to pair members with a trainer who can address their specific goals. "We have many members that want to work with a trainer to help them improve their commitment to regular exercise, learn proper training techniques or just help them vary their workout routine. Others are concerned about carefully resuming exercise after surgery, injury or illness. And still others just want to pamper themselves with assisted stretching sessions. My job is to determine what each member is seeking to accomplish and match them accordingly with one of our trainers. I'm the first call a member should make when thinking about getting started," says Simmons.

The May Center offers the ability for members to purchase individual sessions at a discounted rate or to benefit from volume discounts when purchasing packages. After spending the holidays buying gifts for others, this new year it's time to spend on gifting to you.

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