

Winter/Spring Calendar of Events

For registration or information, click www.92Y.org/MayCenter or call 212.415.5500

Outdoor Fitness Excursions

Ice Skating at Bryant Park
Sun, Jan 10, 1-3 pm
\$40/\$30 members

Butternut Mountain Ski/Snowboard Trip
Sun, Feb 21, 7:30 am-6 pm
\$100/\$85 members

Health Lectures & Workshops

Winning by Losing
8-week weight loss program
Mount Sinai nutritionists and May Center staff
Mon, Jan 25, 6:15 pm
\$450/\$350 members

Figuring Out Fitness
8-week supervised exercise program
Join any time.
To enroll call 212.415.5708

Battling the Perfect Nutritional Storm
Barry Sears, PhD
Tue, Jan 19, 6:30 pm
\$18/\$8 members

Getting Back to Basics
Stefanie Bryn Sacks, MS
Tue, Jan 26, 6:30 pm
\$18/\$8 members

Revitalizing and Reinventing Your Life
Laura Berman Fortgang
Ellen Langer, PhD
Frank Lipman, MD
Sun, Jan 31, 2:30 pm
\$25/\$12 members

Sorting Out Statins
Patrick Fratellone, MD
Tue, Feb 2, 6:30 pm
\$18/\$8 members

The Healthy Power of Breath
Patricia Bowden-Luccardi
Tue, Feb 23, 6:30 pm
\$18/\$8 members

Man to Man: An Afternoon Seminar
Arthur H. Aufses, Jr., MD
Valentin Fuster, MD, PhD
Marianne J. Legato, MD
David Samadi, MD
Sun, Mar 7, 2:30-4:30 pm
\$25/\$12 members

Navigating Cosmetic Counters in Pursuit of Perfect Skin
Wendy Lewis
Elaine Linker
Neil Sadick, MD, FAAD
Tue, Mar 16, 6:30 pm
\$18/\$8 members

Fitness Workshops

Ski Conditioning Workshop
Lou Trapp
David Simmons
Sun, Jan 24, 1-4 pm
1 session: \$36/\$16 members

Qigong: The Fundamentals
Master Yang Yang, PhD
Tue, Jan 12, 7:20-8:20 pm
1 session, Free

Sport

Beginner Baseball/6-8 yrs
Fri, Feb 5, 3:45-4:30 pm
14 sessions, \$392/\$292 members

Track & Field Club/9-12 yrs
See 92Y Winter/Spring 2010 catalog for a complete listing of dates, times & fees.

Basketball

Men's Intramural League/19 & Over
Tue, Feb 23, 7:15 pm
8 sessions, \$175/\$115 members

Youth Leagues/5-12 yrs
Sun, Feb 21
See 92Y Winter/Spring 2010 catalog for times & fees.

Basketball Boot Camp/13-16 yrs
See 92Y Winter/Spring 2010 catalog for a complete listing of dates, times & fees.

Junior Teen Basketball League/13-15 yrs
Sun, Feb 14, 1 pm
10 sessions, \$150/\$92 members

Senior Teen Basketball League/16-18 yrs
Sun, Feb 14, 3 pm
10 sessions, \$150/\$92 member

Aquatics

Lifeguard Training
Sat, Mar 6, 10 am-7 pm
4 sessions: \$410/\$310 members

WSI Course
Sat, Mar 13, 11 am-7:30 pm
5 sessions: \$425/\$325 members

May Center
212.415.5700

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Living (Well) with Heart Disease: 92Y's Cardiac Rehab Program

An estimated 80 million Americans (one in three adults) suffer from one or more types of cardiovascular disease. The good news is that millions of people are benefiting from new procedures and improved medication that enable them to manage their disease and lead normal lives.

For nearly 35 years, 92Y has been doing its part by offering the professionally supervised Cardiac Rehab Program to help New Yorkers recover from heart-related illnesses, lower their risk of future heart attacks and increase overall fitness. It's one of the longest running community-based (not in a hospital setting) Phase III cardiac rehabilitation programs in the nation and the only one of its kind in New York.

Recent data from the Agency for Health Care Policy Research has shown that patients who suffer a heart attack and subsequently participate in a cardiac rehabilitation program may increase their survival rate by 25 percent. They are also more likely to enjoy an improved quality of life.

Participants in 92Y's Cardiac Rehab Program are evaluated and, after receiving information from their cardiologists, an exercise physiologist designs a personalized

exercise plan, which is reviewed by one of 92Y's medical directors. Participants are then monitored by certified trainers specially trained to work in cardiac exercise and prevention.

Dr. Richard A. Stein, founder and co-medical director of the program and director of the Urban Community Cardiology Program at NYU Medical Center, says 92Y has an exceptionally high retention rate among participants. "A program like this only works if people stick with it and at 92Y, they do." He cites the extraordinary quality of highly trained, caring staff for the program's success. "They know their participants, they keep them on track and they motivate them."

Dr. Nieca Goldberg, cardiologist and co-medical director of the program, agrees. "Our patients can't stop complimenting the staff," she said. "It's very obvious to us—and to them—that the staff really cares."

Another factor contributing to the program's success, according to Dr. Goldberg, is its community setting. Often patients who go to a hospital program tend to think of themselves as sick. "At 92Y, patients aren't separated; they share the gym and they exercise

alongside healthy members," she says. "Emotionally, this is very important. They have a better outlook and they're more likely to stay in the program." Dr. Stein agrees.

"The program is successful because people come," says Barbara Bentley, the exercise physiologist who coordinates the program and supervises the cardiac rehab exercise classes. "They see it as accessible. We make it easy for them to comply with their personalized program and they see the results. They see that those who are successful are able to stop taking or reduce their medication and that's a powerful incentive."

A Groundbreaking Program

When Dr. Stein was approached by 92Y to begin the program in 1975, it was originally sponsored by SUNY Downstate Medical Center and soon became a model for other community-based cardiac rehabilitation centers.

"When we first started, we would come in with our equipment and do the stress testing on site. Our classes consisted of

Continued on next page.

FREE FITNESS OPEN HOUSE

TUE, JAN 12 5-10 PM

Drop-in classes, **fitness demos, prizes** and more!

BONUS FOR YOU: Tell your friends to join the May Center at our Open House and you receive a \$50 certificate toward membership renewal or EZ-pay dues PLUS 2 free months.

For more information click www.92Y.org/OpenHouse or call 212.415.5729



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Heart Disease *continued*

freestanding exercise like walking, jogging and calisthenics,” recalls Dr. Stein. “Now we base our customized programs on testing done by the patients’ doctors, and we use exercise machines such as ellipticals and treadmills. As the field has evolved, so have we.”

In 1995, Dr. Goldberg came on board as co-medical director and introduced programs aimed specifically at women. Her own research led her to customize programs that women would be more likely to adhere to. She found, for example, that women are far more likely to stay in a program they enjoy, like an aerobics class that has a social aspect to it as well. Women who participated in these classes tended to suffer less from stress and anxiety and had a better quality of life. Based on these findings she, along with 92Y’s Mirabai Holland, designed the Women’s Heart Plus program.

92Y provides a safe, comfortable environment that allows participants to get healthy and move on to other fitness classes and exercise programs. A flexible schedule of classes helps make the program accessible. The affordable program is covered by most insurance plans.

Cardiac Rehab Profile: Maurice Miller



Maurice Miller has outlived many of his friends. At 79, he attributes his longevity to 92Y’s Cardiac Rehab Program, in which he has participated

for nearly 25 years. “It’s absolutely superb. My cardiologist says this is an essential program,” he says. “I’ve been around a long time and it’s better now than it’s ever been. They make recommendations and adjust my routines as needed. There’s no other program like it anywhere.” He has nothing but praise for program coordinator Barbara Bentley and trainer Neil Mitchell. “They’re really committed, dedicated professionals.”

Dr. Miller, a professor of audiology at NYU’s Steinhardt School of Culture, Education and Human Development, comes to 92Y three times a week from Forest Hills, Queens, where he lives with his wife of 52 years. “I need a program like this,” he says. “Otherwise, left on my own, I would cheat and I wouldn’t do what I’m supposed to.” He feels he needs the supervision and says he enjoys the sessions.

Staff Profile: Aquatics Team

Lane Wineski, *Director of Aquatics*
Ellen Weeks, *Assistant Aquatics Supervisor and head coach, Flying Dolphins swim team*



Listening to Lane Wineski’s perfect diction, there is no hint that she emigrated to the US from her native Moscow at the age of 14. It’s hard enough for any teenager to find her way, but for a new immigrant, it’s sink or swim. She swam. And today, as aquatics director for the May Center, she oversees a swim program for everyone from infants to seniors.

Ellen Weeks followed an indirect path to her position as assistant aquatics supervisor. She was formerly at the Hospital for Special Surgery in patient care and quality management. However, she had been a competitive swimmer since the age of nine and the responsibility of head coach for nearly 100 children on the Flying Dolphins swim team is something that comes naturally to her.

Lane believes that their very different backgrounds complement each other and make them a winning team. And judging by the success of 92Y’s aquatics program and swim team, she’s right.

Dave’s Corner



Working Out Now Has Even Greater Rewards

Exercise is good for us. However, studies have shown that approximately 50 percent of those who begin an exercise program drop out within six months of starting. So how can being a May Center member help you better adhere to your fitness program and move closer to achieving your goals?

Join the club! Fit Club 92 now rewards adult members for checking in at the third floor desk 92 times within the 12 months between your birthdays, from one year to next. Upon celebrating your birthday each year, we will email you notification that if you have completed 92 visits, you can redeem one free month to be added onto your existing membership. See below for details!

Here are some tips to improve your motivation. Consider adding some fun and variety to your exercise routine by working out with a friend and including activities or classes you may enjoy, but haven’t tried yet. Set aside your workout clothes the night before and plan a specific time each day to exercise. Treat this as part of your daily routine such as brushing your teeth or eating breakfast. You may even place your workouts in your calendar or set recurring alarms to remind you it’s time to hit the gym. And, if music motivates you, download your favorites!

Nothing would please us more than to have you join the ranks of other Fit Club 92 members by celebrating your next birthday with a free month added onto your membership. And, as many of you know, if we haven’t seen you in the May Center for awhile, Leidy Regalado, our fitness concierge, will call to check in with you and help motivate you to renew fitness as a priority. Ultimately, it’s up to you. Just know that we are here to help you achieve your fitness goals and reward you for your efforts.

Get Ready for Ski Season



The rigors of winter sports often require specific conditioning tips. Most important is the need to focus on stretching and strengthening the muscles in the lower legs, working on force-absorption drills and building endurance.

Start with stretching and strengthening the calves, which are the muscles of the lower legs. Skiing requires that most of your weight be supported on the front of your boots and therefore, resting your shins on the front of your boot will keep the muscles from cramping up. Stretch the calves by pulling the toes back, followed by pointing the toes. Then, incorporate bent-knee calf raises for strength.

Use force-absorption drills instead of force-generating exercises. Practicing soft landings helps to better control speed. Avoid jumps and plyometric-type exercises, since exercises done on your toes are not transferable to the ski-turning surface.

Downhill runs can involve speeds of more than 25-50 mph and you benefit from peak endurance training. A bicycle, stair climber or a slide board are great ways to build endurance levels.

Add dips to boost shoulder strength to help better prepare for surface impacts. Dips also strengthen arms for pole usage on flat terrain and with fall recoveries. Maintain good hand position by keeping arms at a 90-degree angle and elbows tucked close to your side. Relaxed arms and proper pole position are the difference between recovering lost balance and falling.

For more ski tips, join our **Ski Conditioning Workshop** on Sun, Jan 24, from 1-4 pm. Save \$10 on the workshop registration fee when you sign up for our Ski/Snowboard Trip to Butternut Mountain on Sun, Feb 21, from 7:30 am-6 pm. Call **212.415.5722** for more information or click www.92Y.org/FitnessExcursions

Battling the Perfect Nutritional Storm

We’ve all heard that obesity is on the rise in the US and fingers are pointed at everything from TV to the Internet. The Centers for Disease Control estimates that one in three Americans is obese, a figure that continues to grow at an alarming rate.

Dr. Barry Sears, a researcher and author of the best-selling book *The Zone*, believes that the root of the problem is genetic. In his view, the typical American diet, high in refined carbohydrates, causes a hormonal imbalance that leads to inflammation in the body, which in turn, triggers the genes that predispose a person to gain weight.

“Pro-inflammatory diets have gotten us into a nutritional mess in America,” he says. “Dietary-induced inflammation can activate genes in people genetically predisposed to gain weight. Once that happens, weight gain happens with relative ease.” According to Dr. Sears, 75 percent of the population has a genetic propensity to store excess calories as fat.

In addition to weight gain, inflammation also contributes to a wide variety of illness-

es, including diabetes, heart disease, cancer, Alzheimer’s, asthma and allergies. “All our organs are under attack. That’s why Americans are sicker than any other population,” says Dr. Sears. “Obesity contributes to all of these diseases.”

In his view, a confluence of three factors has led to what he calls a perfect nutritional storm that has wreaked havoc on our health. He cites the increased consumption of refined carbohydrates as a primary culprit.

Dr. Sears traces the rise in diet-induced inflammation to government agriculture policies, which since the 1980s, have provided subsidies to growers of corn and soybeans. This has resulted in an oversupply of inexpensive refined carbohydrates and vegetable oils that are used in fast food, soft drinks, candy and processed foods.

The good news, according to Dr. Sears, is that an anti-inflammatory diet can reverse the trend. Just as the wrong foods can activate the genes that cause obesity, the right foods can deactivate those genes.

“In the final analysis,” he says, “it’s all

about your genes, especially how an anti-inflammatory diet can turn off inflammatory genes and simultaneously turn on anti-inflammatory genes that promote cellular rejuvenation, repair and healing.”



Barry Sears, PhD, is the author of *The New York Times* best-selling book, *The Zone* as well as *Toxic Fat*. He is also the founder and chairman of Medwell Foods. In his upcoming lecture, **Battling the Perfect Nutritional Storm**, on Tue, Jan 19 at 6:30 pm, he offers his unique perspective on the American obesity epidemic, discusses good nutrition, good fat vs. toxic fat, and explains how his Zone plan can help fight weight gain. For further information or to buy tickets, click www.92Y.org/ToYourHealth or call **212.415.5500**.



Introducing Fit Club 92 How It Works

Whether you are here to swim laps, take a class, lift weights or play ball, every visit gets you closer to the Fit Club goal. Working out just 92 times within the 12 months between your birthdays earns you one free month.* Staying healthy and celebrating birthdays is more rewarding than ever!

How to Track and Redeem Your Free Month

Step 1: Give your email address to the May Center Front Desk, if we don’t already have it in our system. (NOTE: The May Center, not just the 92nd Street Y, must have your email on file).

Step 2: Periodically stop by the third floor desk to track your check-in progress.

Step 3: Upon your next birthday, redeem your emailed birthday gift at the Front Desk and find out if you’ve earned your Fit Club 92 free month.*

*Restrictions apply. Free month is calculated based on member check-ins at the reception desk; limit one check-in per day for annual adult members. 92 visits earns one free month. Free months are awarded to existing adult members in good standing and must be redeemed and applied to your membership within 60 days of your birth date each year. Free month awarded to EZ-Pay members at the conclusion of initial 12-month commitment. Fit Club check-ins can not be adjusted due to membership freezes.

Must be over 18 to participate. Free months cannot be applied to an expired membership. Program is subject to change or cancellation without notice at any time. Youth/Teen, Cardiac Rehab, limited pool memberships, 92Y staff and families are ineligible. Free months have no cash value and are non-transferable. Limit one free month per member per year. Fit Club 92 members’ names and photos may be used on behalf of the 92nd Street Y in promotional materials, e.g., brochures, videos, website.