how fitness TRACKERS are helping people lose weight

‘I’m lucky TO BE ALIVE’ one patient’s dramatic story

A YOUNG mother battles breast cancer

BEATING Winter Woes
DEAR FRIENDS,

In our last issue, I told you about the exciting journey Summit Health was embarking on to inspire hope for a healthier life in our community. Today, we are starting a new journey of hope as we transition into an affiliation with WellSpan Health.

For years, WellSpan Health has been a good neighbor to Summit Health. We have partnered for stroke care and radiation oncology and collaborated in many other ways. I believe that when neighbors work together, good things happen.

Following a long history of collaboration for the benefit of our communities, Summit Health and WellSpan Health are joining in an affiliation that brings together the talents and strengths of both organizations to improve health across Central Pennsylvania. Summit and WellSpan share similar ideologies and have a vision of transforming health care by improving outcomes and patient experience while managing costs. Together, we will work to ensure patients have the highest level of access to the services they need across the lifespan—close to where they live.

I’m excited about this new chapter and what it means for the future health of this community.

Warm Regards,

Patrick O’Donnell
CEO and President
Summit Health
hoveling snow can be a vigorous activity, placing a great deal of stress on the heart and body. Before the first flakes fall this year, do a little prep to help protect your health and safety. If you have medical concerns or don’t exercise regularly, check with your doctor before shoveling or blowing snow—or consider hiring someone to do it for you. Even people who are in good health and reasonably fit can cut their risk of injury by following these tips from Joe McDermott, D.O., of Summit Primary Care.

1 **PROPER EQUIPMENT.** Use a shovel that’s comfortable for your height and strength. Space your hands on the tool grip to increase your leverage.

2 **HELP YOUR MUSCLES.** Before you begin, stretch and warm up your muscles with light exercise for 10 minutes. When you’re done shoveling, stretch again.

3 **PACE YOURSELF.** Take frequent breaks and prevent dehydration by drinking plenty of water. If you experience chest pain, shortness of breath, or other signs of a heart attack, stop the activity and seek emergency care.

4 **LIFT PROPERLY.** Try to push the snow instead of lifting it. If you must lift, do it properly. Squat with your legs apart, knees bent, and back straight. Lift with your legs. Do not bend at the waist. Scoop small amounts of snow into the shovel and walk to where you want to dump it. Don’t overload your shovel—this is particularly important in the case of heavy, wet snow.

5 **USE SAFE TECHNIQUE.** Don’t throw shovel loads of snow over your shoulder or to the side. This requires a twisting motion that stresses your back.

6 **DRESS APPROPRIATELY.** Light, layered, water-repellent clothing provides both ventilation and insulation. It’s also important to wear the appropriate head covering and thick, warm socks. Choose gloves or mittens that will keep your hands warm, dry, and blister-free. Avoid falls by wearing shoes or boots that have slip-resistant soles.

7 **START EARLY.** Try to clear snow early and often—particularly if a large snowfall is expected. It will give you the best chance possible to avoid the injuries that can come with moving packed, heavy snow.

8 **PRESERVE YOUR VIEW.** Be sure that you can fully see the area that you are clearing. Adjust your hat or scarf so it doesn’t block your vision. Watch for ice patches and uneven surfaces.

**WATCH FOR SIGNS OF FROSTBITE**

Frostbite is most common on the fingers, toes, nose, ears, cheeks and chin. Because of skin numbness, you may not realize you have frostbite until someone else points it out. Signs and symptoms of frostbite include:

- Cold skin and a prickling feeling
- Numbness
- Red, white, bluish-white, or grayish-yellow skin
- Hard or waxy-looking skin
- Clumsiness due to joint and muscle stiffness
- Blisters after rewarming

Seek medical attention if you experience:

- White or pale skin, numbness, or blisters
- Increased pain, swelling, redness, or discharge in the frostbitten area
- Fever
- New, unexplained symptoms
Self-awareness is a powerful tool for young women, who often don’t consider themselves at risk for breast cancer.

Her journey began with an itch followed by discovery of a breast lump, which she noticed on Thanksgiving 2017. Tracy Fuqua, a mother of two and age 33 at the time, had never had a mammogram because they’re not recommended for women her age. After a clinical examination, imaging, and a biopsy, she was shocked to learn she had stage two breast cancer, for which the average age of diagnosis is 61.

“There are multiple factors involved in why a woman develops breast cancer,” explains fellowship-trained breast surgeon Takeyla Williams, M.D., of Summit Breast Care Services. “It could be environmental or hereditary—usually not just related to one risk factor. Only about 5 percent of people who develop breast cancer have the gene mutation that puts them at higher risk.”

Now Tracy wants to change the mostly casual thinking about young women and breast cancer—to remind women that this can happen to anybody regardless of their age. Research shows that almost 80 percent of young women diagnosed with breast cancer find it themselves, as Tracy did. Metastatic breast cancer rates appear to be rising in the under-40 age group. Additionally, a third of all breast-cancer diagnoses in young women occur in years that closely follow the birth of a baby, a time when many feel immune to breast cancer.

“Some of my friends may think
they don’t need to worry and maybe they don’t,” says Tracy, “but I want them to listen to their bodies and do that breast self-exam. It’s so important to diagnose breast cancer early and start treatment.”

When Tracy underwent a double mastectomy on May 16 this year, she had never previously had surgery. But then, she had never had breast cancer before either, much less triple-negative breast cancer, which is considered more aggressive. This type accounts for 15 to 20 percent of all breast cancers.

**THOROUGH CARE**

A comprehensive treatment plan was important for Tracy because newer targeted cancer therapy treatments aren’t available for triple-negative breast cancer, which is known to have a higher chance of spreading to distant parts of the body than other cancers. It also tends to recur more often.

One of her lymph nodes tested positive, so she began chemotherapy prior to surgery. Tracy exudes a radiant, positive energy that belies the feelings that sometimes took over—a totally natural response in a challenging and frightening situation.

“My cancer was very receptive to chemo,” says Tracy, “and I was initially supposed to finish all my chemotherapy, so at the time of surgery, we removed the tissue that was initially positive for cancer.”

**A SCREENING GAP**

Dr. Williams explains that recommendations vary for the age at which a woman should start having screening mammograms. But no matter which health organization’s guidelines a physician follows, younger women under 40 are left with no effective tool for breast-cancer screening.

“Young women tend to have dense breast tissue which makes mammograms difficult to interpret, especially if there is a small cancer present,” says Dr. Williams. As most women age, their breasts become fatty and less dense, making mammograms easier to read.

**SELF-EXAM IS HELPFUL**

The American Cancer Society says breast self-examinations are “optional,” still a somewhat controversial opinion. Dr. Williams, however, considers them a valuable tool for women of all ages.

“The most important thing we can do is help young women be more aware of their breasts, and the best way to do that is with a breast self-exam,” she says.

Tracy is grateful for support and the enthusiastic hugs from her Summit Health care team.

“Everyone is extremely professional but incredibly personable, with huge bedside manner,” she says.

Cancer is daunting, but Tracy is proud of her own resilience. “You never know what your body can do,” she says, “until you have to ask it.”

**PATIENTS & SURVIVORS: LEARN ABOUT NUTRITION & WELLNESS AT OUR 4-PART HEALTHY HEALING CANCER WELLNESS PROGRAM: OCT. 15, 22, 29, AND NOV. 5 AT 5:30 P.M. REGISTER ONLINE AT SUMMITHEALTH.ORG/HEALTHYHEALING.**

**“The most important thing we can do is help young women be more aware of their breasts, and the best way to do that is with a breast self-exam.”**

TAKEYLA WILLIAMS, M.D. breast surgeon
SPICE IT UP!

Learn more about turmeric, an ancient spice that offers intriguing color, flavor, and health benefits.
You may have heard about the benefits of turmeric, that yellow-orange spice found abundantly in curries and used for thousands of years in Ayurvedic—East Indian—and Chinese medicine. If you wonder what turmeric can do for you, Barb Van Meerbeke, R.D., diabetes educator with Summit Endocrinology, explains why turmeric may be a nice spice to include as part of a healthy diet and lifestyle.

**THE SCIENCE OF TURMERIC**

Here’s a quick biology primer on turmeric. Curcuminoids are active ingredients in the spice, responsible for that distinctive yellow color. They’re comprised of three compounds, of which curcumin is one. It’s a polyphenol, meaning it acts as an antioxidant to help prevent cellular damage that occurs in cancer and other diseases, as well as during the aging process.

Turmeric’s potential medicinal applications have been appreciated for thousands of years. A 2017 review of the current medical literature around turmeric, published in the journal *Foods*, found that because of its antioxidant and anti-inflammatory properties, it may help manage conditions such as metabolic syndrome, arthritis, and high cholesterol.

Caution is recommended when interpreting any findings about curcumin’s anti-inflammatory benefits, says Van Meerbeke. That sentiment is echoed by the National Center for Complementary and Integrative Health (NCCIH), which says that studies claiming turmeric helps reduce inflammation aren’t “strong.” Still, with so much flavor and no downside, you might want to give turmeric a chance.

**NO MIRACLE CURE**

“It is possible that turmeric might help in terms of decreasing inflammation and pain,” says Van Meerbeke. “However, to simply pop a turmeric supplement, continue eating a poor diet, and continue a sedentary lifestyle is not a sound recommendation.”

Metabolic syndrome, arthritis, and high cholesterol are more common in people who carry excess body fat. “We know that obesity is inflammatory,” says Van Meerbeke. “We know that a poor diet containing too much sugar, too much fat, and too many highly-processed foods is also inflammatory.

On the other hand, she points out, a healthy diet containing recommended amounts of fruits, vegetables, whole grains, lean protein, and healthy fat is anti-inflammatory.

**ARTHITIS AND MORE**

Van Meerbeke says that when arthritis occurs, cartilage loss can cause joints to break down, resulting in stiffness, pain, and loss of movement. “Some promising studies have shown that the curcumin in turmeric, used alone or in combination with current therapies, is effective in reducing pain and swelling.”

In terms of additional applications, NCCIH reports that other preliminary studies have found that curcuminoids may reduce heart attacks after bypass surgery and uncomfortable skin irritation from breast cancer radiation treatments.

**HEAT UP’ CURCUMIN’S BENEFITS**

There’s more you need to know about taking turmeric in pill form. “Taking it alone hasn’t been shown to improve health because of its poor bioavailability—very little actually enters your bloodstream,” explains Van Meerbeke.

“One-quarter teaspoon of pepper has been shown to increase the availability of curcumin to the body by 2,000 percent. That’s because of the major active ingredient in black pepper—piperine. Consuming turmeric in curries or in any meal that contains fat also improves its bioavailability.”

Van Meerbeke cautions that additional research is needed before specific recommendations for curcumin intake can be given. “In the meantime, there is no harm and there may be some benefit from including turmeric in everyday food preparation,” she says.

“If you plan to take turmeric in supplement form, make sure to tell all your health-care providers about this and any other complementary or integrative health approaches you use. Provide them a full picture of what you do to manage your health. This will help ensure coordinated and safe care.”

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### GET A TURMERIC BOOST

#### Turmeric Chicken Curry

**INGREDIENTS**

- 1 tbsp canola oil
- 2 cloves garlic
- 1 medium onion
- 1 lb boneless skinless chicken thighs (4 thighs)
- ½ cup chicken broth
- 1 cup crushed tomatoes
- 4 tsp ground turmeric
- ¼ tsp ground cloves
- 1 tsp fresh thyme or ½ tsp dried thyme
- ¼ tsp salt
- ¼ tsp ground black pepper
- 2 tbsp chopped fresh parsley

**DIRECTIONS**

1. Chop the garlic and the onion in a food processor (or by hand) until fine.
2. In a large nonstick pan, heat the canola oil. Add chicken and brown it on all sides for a few minutes. Add the garlic and onion and saute for about 5 minutes until soft and fragrant.
3. Add the chicken broth, tomatoes, turmeric, cloves, thyme, salt, and pepper. Cover and simmer for 45 minutes, stirring occasionally.
4. Serve over rice and sprinkle with fresh parsley if desired.

**MAKES: 4 SERVINGS**

1 serving = 268 calories, 12g carbohydrate, 25g protein, 14g fat (not including rice)
George Wachter says technology kept him focused and disciplined, helping him lose 70 pounds over a year. The Waynesboro resident, 61, credits his weight-loss success in part to his Fitbit fitness tracker, which gave him the ability to monitor his activity, exercise, sleep, and yes, his weight, using real-time information.

George joined a healthier lifestyle program from Summit Health—“Get Fit NOW!”—which connected him with his first Fitbit. He says the program put him on the right track to better health.

A fitness tracker measures your motion in all directions, usually by an accelerometer, a type of sensor. Most trackers have additional sensors for different tasks. Fitbit, for example, can sync your relevant statistics wirelessly and automatically to your computer or phone for viewing and analysis.

In Fitbit’s case, charts and graphs display your progress.

George is one of more than 325 million people worldwide who use connected wearable devices that include not only Fitbit, but also those from Garmin, Apple Watch, and Samsung, to name a few. Although researchers agree more detailed analyses need to be done before clear conclusions can be drawn, science is beginning to back the enthusiasm of fitness-tracker fans like George. A 2016 review in *Frontiers in Public Health* says that the public health implications of using fitness technology to promote behavior change are promising.

**First Things First**

“The first thing I do when I get up is grab my Fitbit,” says George. “It’s an excellent tool, especially to help me count my steps. My goal was 10,000 each day, but now I log 12,000 or 13,000. Using it with the program was a life-changing event.”

A formerly avid karate practitioner and runner, George now supplements his walking with yard work and gardening.

“I’m not a ‘gym person,’” he says, “but what I do works for me.” He uses his Fitbit not only to “step it up,” but also to keep accurate tabs on calories and make better food choices overall.

**Tracking Long-Term Success**

In combination with his fitness tracker, having weekly structure through the “Get Fit NOW!” program was so valuable that George enrolled a second time and encourages others to join. He says the program has taught him about fitness, goal setting, meal planning, cooking, and long-term health success strategies.

“I enjoyed meeting people from different walks of life who were all dealing with different challenges,” says George. “With instruction from Nickie Fickel, a community health coordinator with Summit Health, we talked about those challenges and how to work through them, and gave each other valuable support.”

GET FIT NOW! CLASSES STARTING SOON IN CHAMBERSBURG AND WAYNESBORO. FOR MORE INFORMATION, GO TO SUMMITHEALTH.ORG/GETFITNOW.
HOW IT ALL WORKS

If you’re confused about product types, reviewers generally recommend a fitness tracker for obtaining information about your overall activity. Remember that your iPhone 5 and above or Android device have a mobile app to count daily steps. Yes, some fitness trackers do report heart rate, but if you have a heart condition, do not use a tracker to substitute for a real diagnostic heart-rate monitor. Have that conversation with your doctor.

POPULAR OPTIONS WITH GOOD REVIEWS

- **FITBIT**: The company makes six trackers and two smartwatches. The Fitbit Flex 2 is a great “first” tracker, and the Fitbit Zip clips on. The Fitbit Alta HR has been rated “top of the class.”

- **GARMIN**: Look for a mind-boggling selection of at least 27 trackers and watches. Reviewers cite the Garmin Vivoactive 3 for spot-on fitness tracking and the functionality of a smartwatch.

- **APPLE WATCH SERIES 3**: Its built-in GPS records outdoor workout distance, speed, and route. An altimeter tracks elevation.

- **SAMSUNG GEAR FIT 2 PRO**: Lauded for design and fit, built-in GPS, and an excellent heart-rate sensor, this choice is ideal for Android phone owners. Prices run the gamut, but in general expect to spend between $50 and $250 for your device.
Our tips for family fun will help keep kids happy when the weather keeps them indoors.
The weather outside may be frightful, but you can make indoors delightful. And it’s not about choosing from a zillion TV channels or the new computer game... not even using amazing virtual reality.

Instead, a remarkable trend is that “young people are moving away from their cell phones and are interested in old-fashioned entertainment,” says Candace Rutherford, Summit Health’s director of outpatient behavioral health services. That means you can use this time indoors together as a kill-two-birds-with-one-stone opportunity for fun and learning. “It’s always interesting for kids to learn what their loved ones know,” says Rutherford.

“Kids will say things like, ‘Boy, I didn’t know how well Mom knew geography,’ or ‘I didn’t know Dad (or Grandma or Uncle Joe) could build such great things with special blocks,’” says Rutherford. “In multi-generational households, there’s a whole wealth of information kids can tap into.” Of course, always make sure kids are supervised and protected carefully, whatever projects family input inspires.

**STRENGTHEN SKILLS**
Many fun tools can broaden basic reading, writing, and math skills, including board games. These can teach new words and enhance spelling and train kids to use reference books like a dictionary and a thesaurus. Some games can subtly strengthen math skills (no calculators allowed!) as players keep score, add points on dice, or determine fees. And some board games teach kids about financial planning, geography, and even anatomy.

**SPUR ARTISTIC PASSIONS**
Artistic adventures teach colors and measuring skills and expand human imagination. Set aside a paint and clay craft area. Put coloring books/tools on a dining table. Create a “treasure box” full of ribbons, threads, beads, and other items that are easily purchased or collected. These and other crafts can generate simple to sophisticated projects, encouraging creativity and imagination.

**TIME TO EXPERIMENT**
Use the Internet to gather ideas (try and download or bookmark before they’re needed!) that show safe indoor experiments. Example: Type “Dr. Seuss” and “lab experiment” and you can find things for easy teaching through silly (but fun) slimes and other jiggly outcomes. Then announce the “lab” is open in the kitchen, maybe even the bath.

**GETTING A MOVE ON**
Perhaps the worst thing about being stuck indoors is how easy it is to just sit. Of course, there are plenty of ways to keep kids moving. Hide-and-seek is a good way to start the heart pumping. What about an indoor dance night, or a make-believe prom? Turn back the clock to the glory days of disco and you’re sure to get the whole family moving.

**GLEANING INSIGHTS**
“Because you’re all in the house together, you have a real opportunity to observe your kids on a much closer basis,” says Rutherford. “Maybe they need a little help understanding colors and shapes, for example. You might even notice issues like bullying behavior between siblings.”

**INDOOR CHORES**
Rutherford says these indoor days are great times to partner on household chores. “Kids need to learn project completion, things with a beginning, middle, and end.” For little ones, it could be picking up socks and putting them in the laundry, while older kids can handle more comprehensive tasks like reorganizing their bedroom closet.

Offering interesting rewards can help encourage task completion. For example, “Do this and we’ll play your favorite card game later,” or “Yes, organizing part of the basement is hard, but afterward we can do some baking.”

For the most part, Rutherford advises, stay focused on everyone’s enjoyment of whatever activities you dream up. Now what are you waiting for? Go have fun!

**CHECKLIST FOR INDOOR FUN**
- **BAKING**: Create new recipes or teach kids to cook family favorites
- **GEOGRAPHY**: Explore a real globe with stories or hold a scavenger hunt with real-world clues
- **CRAFTS**: Knitting and other yarn fun, beadwork, woodworking, coloring books, and painting are just a few
- **MUSICAL ACTIVITIES**: Dancing, learning instruments, singing
- **SCIENCE AND MATH SKILLS**: Find safe lab tests, enjoy board games
- **ACTUAL TASKS**: Projects like organizing closets or cleaning out the attic teach project-completion skills — and they’re a great way to uncover lost treasures! Hint: Tasks become more fun with favorite tunes playing in the background
ARSHAD SAFI, M.D.,
OF SUMMIT
INTERVENTIONAL
CARDIOLOGY,
AND HIS PATIENT,
TIMOTHY BANKS.
Recognizing an oncoming heart attack and getting help fast can be the difference between life and death.

Just ask Timothy Banks.

Eight years ago, Timothy suffered a sudden, near-fatal heart attack while at work. But thanks to the prompt response and teamwork of the Emergency Department and cardiology teams at Chambersburg Hospital, the 52-year-old has a new lease on life.

Timothy still vividly remembers that morning—July 18, 2010. Then 45 years old, he went to his job as a truck repair technician. He was sitting in his truck on a job site, searching for a part on the Internet in order to repair a customer’s truck.

Suddenly, Timothy started feeling nauseated. He got out of his truck and sat beside it, hoping the nausea would subside. “The longer I sat there, the worse I felt,” he recalls. A co-worker saw him suffering and urged him to take a break.

A SET OF FRIGHTENING SYMPTOMS

Timothy then laid down beside his truck. At that moment, he felt a sharp pain in his jaw that felt like a severe toothache. The pain shot up to his ears, then to his arms and chest. “It felt like someone was trying to tear my chest apart,” he recalls.

Suddenly, Timothy was short of breath. Though it felt like an eternity, he says, the symptoms came one after the other in just minutes. His co-worker got him up and walked him to the foreman’s office. The foreman called 911 and within minutes paramedics arrived and rushed Timothy to Chambersburg Hospital.

On the way, paramedics performed an electrocardiogram and monitored Timothy’s vital signs, then transmitted the findings to the Chambersburg ED team. “That made a big difference,” Timothy says. “The ED team knew what to expect when I got there.”

SEAMLESS CARE COORDINATION

Upon arrival, Timothy was met by an “army” of ED and cardiology physicians, technicians, physician assistants, and nurses, led by cardiologist Arshad Safi, M.D., of Summit Interventional Cardiology in Chambersburg. “They started working on me before I was even out of the ambulance,” he says.

Timothy was stabilized, then moved to the cardiac catheterization lab. There, Dr. Safi informed him that several arteries were blocked, and that he would need to insert stents to remove the blockages. He assured Timothy that the procedure would be painless.

Dr. Safi and his team inserted the stents, with Timothy awake and conscious. Throughout the procedure, he felt light pressure as the stents were being inserted.

“It was like touching your chest with your index finger and pushing firmly,” he says. “That’s how the stents felt going in. When the pressure stopped, I knew the stents were in.”

Timothy was hospitalized for nearly a week after the stent procedure, then took off from work for six months to recuperate.

“For the first three months I hardly did anything. I was weak,” he recalls. “But as I gained my strength, I started doing a little of this and that. My wife would yell at me for mowing the grass or sneaking out with my Harley, but I did it anyway.”

In November 2010, Timothy underwent robotic bypass surgery to circumvent a severe artery blockage that could not be corrected with stent insertion. Less than two months later, he went back to work.

BACK TO LIFE

Today, Timothy’s enjoying his job, his motorcycle, and most of all, his six grandchildren. He’s had to make some adjustments to improve his heart health: no more fast food, less pizza and red meat, and more walking and physical activity.

Timothy’s grateful for his second chance at life: “I have to take a look at myself and say, ‘I’m lucky to be alive.’”

He continues to see Dr. Safi twice a year for regular checkups. “I consider Dr. Safi a friend,” Timothy says. “When he sees me, I’m not just a patient. He calls me by my name. He’s a wonderful man. He sees me for who I am. And his entire staff treats me the same way.”

Know the Warning Signs

Each year, as many as 460,000 people die from a heart attack in the emergency department or outside the hospital, according to the U.S. Centers for Disease Control and Prevention. Recognizing a heart attack when it happens is key to survival, but the CDC reports that approximately three in four people don’t know the warning signs.

These signs and symptoms could signal a heart attack:

- Chest pain or discomfort
- Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach
- Shortness of breath
- Nausea and vomiting
- Light-headedness or dizziness
- Cold sweats
- Sudden worsening of symptoms

Learn Tools to Help Prevent Heart Attack by visiting SummitHealth.org/HealthyHeart.
Helping children to be fit doesn’t have to cost a lot, but the payoff is huge.
Today's kids weigh more and move less than ever before. According to state data from 2017, approximately 20 percent of Franklin County youth in kindergarten through twelfth grades—higher than the state average—are in the 95th percentile for their weight and considered “obese” by BMI standards. Lack of exercise is no doubt a contributing factor: Less than 22 percent of school-aged children and adolescents achieve the minimum recommended amount of physical activity (60 minutes) each day.

What's changed? For one thing, the simple suggestion to “go outside and play” now works only for those lucky enough to have both neighborhood friends who are home and adults around to keep an eye out. For another, the proliferation of screen-based entertainments, especially smartphones, now means kids don't actually have to leave the house—or even the couch—to be social. Moreover, many schools, under pressure to raise standardized test scores, have cut back on recess. And kids' sports leagues are becoming increasingly competitive, leaving the child of average skills on the sidelines—if he or she makes the team at all.

FITNESS BY EXAMPLE
The good news is that many of the negative trends can be countered by parental effort. Moms and dads who model active behavior and a healthy diet can make a big difference. That means doing things like walking together, hiking on weekends, and being active when you take kids to the playground. If necessary, put this priority into your calendar: Schedule at least 30 minutes three times a week to be active with your kids.

Parents also can help by setting ground rules and expectations. While you're getting dinner together, tell the kids not to watch TV while they're waiting—they can help you, or do Wii Fit (an active play system used with the Nintendo Wii console) for 30 minutes. Even doing a craft is better than sitting on the couch. See the sidebar “Make Activity Part of Life” for more ideas.

Experts acknowledge that, given the demands on parents' time, making family fitness a priority is easier said than done. It may help to know that these activities are among the most important things you can do for your child. The American Heart Association reports that physical activity influences weight, reduces blood pressure, raises HDL (“good”) cholesterol, reduces the risk of diabetes and some kinds of cancer—and leads to greater self-confidence and higher self-esteem. Happy exercising!

MAKE ACTIVITY PART OF LIFE
The best way to create healthy exercise habits is to incorporate physical activity into daily life. Here are some ideas for getting your kids up and moving.

- Find an exercise or sport your child enjoys. In addition to team sports that schools and communities offer, dance, tennis, swimming, and martial arts are good options for youngsters and teens not interested in team sports.
- Check your local YMCA or recreation program for low-cost classes.
- Check cable and online listings for free fitness or yoga classes you can do at home with your child.
- Allow kids to walk to and from school, if possible.
- Put your child in charge of walking the dog.
- Crank up the music and sing and dance as you clean together.
- Encourage biking or walking with friends as opposed to texting.
- Use the time during TV commercials to do quick workouts, such as abdominal or stretching exercises or a series of planks. As a bonus, if you do this, kids won't be using commercial time to get a snack.
- Encourage an exercise journal—kids respond to being held accountable.

HOW MUCH EXERCISE?
The U.S. Department of Health and Human Services recommends that school-aged children and adolescents (ages 6 to 17) participate in a variety of physical activities they enjoy that are appropriate for their age. They should be physically active for 60 minutes or more each day and include these elements:

- Aerobic activity: either moderate- or vigorous-intensity aerobic physical activity (this should make up most of the 60 or more minutes a day).
- Muscle-strengthening: activities that involve moving muscles against resistance, such as using free weights, elastic bands, or workout machines or walking/running up stairs or hills (at least three days a week).
- Bone-strengthening: activities that produce an impact on the bones, such as hopping, skipping, jumping rope, running, weight lifting, or playing sports like volleyball, tennis, and basketball (at least three days a week).

BENEFITS OF PHYSICAL ACTIVITY
Regular exercise helps children and adolescents control weight, build strong bones and muscles, improve heart health, and reduce symptoms of anxiety and depression. Physical activity reduces the risk of all the conditions listed above.

Type 2 diabetes
Cancer
High blood pressure
Osteoporosis
Obesity
Heart disease

Regular exercise helps children and adolescents control weight, build strong bones and muscles, improve heart health, and reduce symptoms of anxiety and depression. Physical activity reduces the risk of all the conditions listed above.
"My greatest reward is seeing a child smile."

– Dr. Roger Weiss

Inspiring trusting relationships, one surgery at a time.

While making pediatric patients comfortable is a top priority, Dr. Weiss says child-friendly processes in place at Dr. Roy A. Himelfarb Surgery Center point to longer-term benefits, and encourage trust. While his biggest reward is simple; seeing a patient smile, he hopes his efforts stay with his patients much longer.