



Introducing:
The Wisconsin AD Exercise
Newsletter



Dear colleagues,

Starting or maintaining an exercise program can be challenging even without a pandemic. Since events such as races, group classes, personal training, and gyms are not as easily accessible, we would like to provide you with a tangible way to improve and maintain your health. Whether you are new to exercise, or

an avid athlete, we hope this newsletter will inspire and promote exercise.

Sincerely,

Camille Conway, Max Gaitán, Sarah Lose, and Dr. Nathaniel Chin

Objectives

1. Encourage exercise among staff by drawing on in-house expertise.
2. Track progress through your exercise journey with at-home resources.
3. Provide strategies to establish and maintain an exercise program with input from exercise physiologists.
4. Review current literature on the benefits of exercise (i.e. immune function, mood, other aspects of health).

Details

- The newsletter will be provided weekly for a period of 12 weeks.
- The newsletter contains recommendations, *not* personalized exercise prescriptions.
 - Make sure to consider personal safety first when exercising including your health history, current injuries, COVID-19, and your environment.
 - Please consider speaking with your primary care provider if you have any concerns or questions about starting an exercise regimen.
- If you are not ready to start exercising (or even if you are) we recommend keeping the newsletters for future reference. You can use

these recommendations at any point, meaning you do not have to start when the first email is sent.

- To accommodate different learning styles, we will use a variety of formats to convey the information (video links, YouTube, and written instructions).
- The newsletters will be broken down into three main sections:
 - **Pro Tips** - take-home tips from our exercise physiologists
 - **Coach's Playbook** - scholarly articles on the benefits of exercise
 - **Ask the Exercise Physiologist** - highlights of hot topics

Task for Week 1

- So we can tailor our content to your specific interests, please complete our brief (2 minutes) [Exercise Survey](#).

Meet the Instructors



Camille Conway is a nurse practitioner with the ADRC and previously worked in cardiology for the past 7 years with a focus on interventional cardiology and valvular pathologies. She conducted exercise stress tests within the hospital and worked closely with cardiac rehab to help patients with cardiovascular disease improve their health and quality of life through exercise.

She has run 5 marathons (4 of them with Cynthia Carlson, NP, and using minimalist/barefoot running without injury). Now, she looks to incorporate exercise daily with her entire family, no matter what the weather, via running or hiking.



Max Gaitán is an Exercise Physiologist and Research Specialist in Dr. Ozioma Okonkwo's lab in the Wisconsin Alzheimer's Disease Research Center at UW-Madison. He is the site coordinator for the EXERT study, an NIH-funded clinical trial of the exercise training for mild cognitive impairment. Max completed a Bachelor's in Kinesiology and a Master's in Exercise Physiology at the University of Virginia, where he studied exercise as prevention and treatment for metabolic diseases.

He stays active by training for triathlons; running, swimming, and cycling most days of the week. On

Saturdays, you can often find him cycling through the "Driftless" region of the state and in the summer, swimming in nearby lakes. His most recent race was the Monona 20k Virtual Run.



Sarah Lose is an Exercise Physiologist and the Program Manager for Dr. Ozioma Okonkwo's lab. She conducts maximal graded exercise testing on research participants and helps coordinate the LIFE study. Sarah received her Bachelor's degree in Kinesiology from UW-Eau Claire and her Master's degree in Human Performance, with an Applied Sports Science emphasis, from UW-La Crosse.

She has played soccer for over 20 years, has completed a half marathon, and is up for just about any sort of physical activity. Her favorite ways to stay active are running, resistance training, hiking/walking with her dog Buster, and golfing with family and friends.

Dr. Nathaniel Chin is a board-certified internist, geriatrician, and Assistant Professor (CHS) of Geriatric Medicine at the UW School of Medicine and Public Health (UWSMPH). He received his medical degree from the UWSMPH, completed his internal medicine residency at the University



of California - San Diego, and completed his Geriatric Medicine fellowship at UWSMPH. He created and participated in the first Geriatric Medicine based Memory and Dementia fellowship at UWSMPH.

Dr. Chin joined the ADRC and the UW Hospital and Clinics in 2017. He sees patients in the UW Health Memory Clinic in Madison three half days a week in addition to pursuing research focused on modifiable risk factors and biomarker disclosure within the ADRC and WRAP study.

His exercise of choice is running while listening to books on tape, striving for 160 minutes each week.



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