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HEALTH, SPORTS & FITNESS | FEBRUARY 27, 2020



Tanya Miszko in the squat pose at 30 Minutes for Everything, her fitness studio in Accord.

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A little about me:



I worked for over fifteen years with the Chief of Neurology Dr. Louise Klebanoff at the Department of Pain Management at Weill Cornell Medical Center, treating migraines and chronic pain.

I graduated from the Memorial Sloan-Kettering Cancer Center Program for Integrative Medicine and Cancer Care in 2005.

My clinic Yin and Tonic Acupuncture is one of the most well-known fertility and women's health centers in New York City. I have worked closely with many of the most reputable fertility centers including Cornell, RMA, the Sher Institute and CCRM. In addition I have lectured around the country teaching acupuncturists and other medical professionals how to treat women's health through acupuncture, herbal medicine, diet and lifestyle changes.

Finally because almost all of my family has been diagnosed with Lyme in the past few years I have had to do a deep dive into both acute and chronic lyme treatment through herbs (which actually have dramatic results), acupuncture, and allopathic medicine.

If you have any questions you are welcome to call my cell: 917.202.5356
There is also more information on my website: regenerativeacupuncturewoodstock.com



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RidgeWell Fitness in Stone Ridge.

Get fit, Hudson Valley style

It's never too late for a New Year's resolution!

by Ann Hutton

IF YOU JUST REALIZED IT'S THE END OF February and you haven't joined a gym like you resolved to do back on January 1, take courage. Opportunities to get moving abound in the Hudson Valley. Here are a few local fitness centers from which to choose. Each has its own offerings, focus, and atmosphere. They're all dedicated to having clients feel good about their bodies.

Be brave. Check them out. Pick one, and give yourself the gift of strength, vitality and health.

Mac Fitness

MAC Fitness is a family-owned gym, headed by Holly Snow and staffed in part by her sons and a daughter, Julie Lasher. Now at one location in Kingston Plaza, the facility is equipped with all the state-of-the-art machines and accoutrements a body would ever need to get fit. Plus, childcare in the Kids' Club for children six months to ten years old is available for up to two hours during specifically designated times for a reasonable fee. This gives parents the opportunity to put some time and energy into their own much-needed workout.

"We're here to satisfy the customers," says Lasher, "and we're pretty much one-on-one with members to help you with your goals. We offer a variety of group classes — Body Pump, Body Step, Body Vive 3.1, Silver Sneakers, Body Flow (yoga-based with elements of tai chi and pilates), CX WORX, Zumba, Circuit, and Spin Class — conducted by a group of trainers and instructors. Everybody here gets a complimentary session with a personal trainer to get that basic information about how to use the machines and what to do, what not to do."

MAC Fitness offers three options for membership: month-to-month, a twelve-month commitment, and a pre-paid year-in-advance (which

gives people a substantial discount on their fee for the following year). All classes are included with each level, and tanning is included with two levels. Corporate memberships are available for companies who want to invest in their employees' health, including discounts on club services (massages, personal training, yoga classes, and Kids' Club childcare). The professional family-friendly environment includes lockers, rooms with saunas, tanning beds, and a beautiful juice bar where people can "refuel and recover" from their arduous workouts.

"What do I like about working here?" asks Lasher. "I love working with people. Such a variety of people come here with different jobs and personalities. It's really is like coming to work to play. And watching people exceeding their goals and seeing how happy it makes them is another great aspect."

The two membership levels run \$24.95 and \$29.99 depending on length of commitment. Open Monday through Thursday from 5 a.m. to midnight, Friday from 5 a.m. to 10 p.m., and on weekends from 7 a.m. to 7 p.m. MAC Fitness is at



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RidgeWell Fitness

At RidgeWell Fitness in Stone Ridge, owners Michael Tumminia and Fred Borzumato are on a mission to become “the best gym in the Hudson Valley” by serving the community and visitors to the area, of which there are many. They bought the 18-year-old business in 2018 and spent six or seven months renovating and expanding the space. Modeled after Equinox Fitness gyms, the tone is very clean, modern and crisp.

“We’ve tried to renovate every single part of the building,” says Tumminia, holding an architectural drawing to talk about long-range plans. “In the next phase, Le Shag hair salon will open here with three stations. This area will be new locker rooms and showers. We’ll have a new outdoor, screened-in porch out back. A solar project, a rail-trail connecting us to the college, a solar garden — all are being designed to bring this into the hub of the community.”

A new, more private entry hall has been repositioned in the back of the building, closer to the parking lot. Personal trainers work one-on-one in the free weight area.

A large studio holds classes, and the plans include a lecture series on nutrition and wellness, as well as sharing information about conditions that threaten health. A wide variety of classes come free with gym membership, including Pilates, toning, cardio, yoga, Zumba, interval training, and others.

With approximately 6000 square feet to fill, areas are divided by use to provide the most comfort. For example, the back room, now brightened with new windows, is where the serious lifters work out. “Knowing how people interact with each other,” says Borzumato, “the big weight lifters go back here, so they’re not slamming weights around people who are doing a light cardio session — it’s kind of intimidating.”

“This line of equipment, Life Fitness, works for a body-builder and for someone who’s not that fit at all. Good for an elite athlete or a non-elite athlete. I’ve been training in New York City for 40 years. From my own experience, I’ve found this is the line that is most complete.”

He points to new windows in the front of the building. “Getting natural light into a gym is key. Having the sun come through brings up the energy. We want it to be attractive for everyone in our community.”

There’s a “recovery room” where a massage therapist can work on sore or injured muscles and where they may soon offer cryotherapy. “The future of gyms is gonna be about recovery. We have an aging athlete who’s training hard. The fitness world is getting very advanced. Recovery is a huge part of fitness.” Meanwhile, the goal is to get people in the doors to work out, to promote healthy living, and to get fit — and to stay that way.

A variety of membership plans run from \$29.99 to \$59.99, with day passes for \$12. Families, seniors, and discounts for military, police, fire, EMS, and town employees are a special enticement. Hours of operation are Monday through Friday from 6 a.m. to 9 p.m., Saturday and Sunday from

8 a.m. to 5 p.m. RidgeWell Fitness is at 3555 Main Street, Stone Ridge. Call 687-6300 for information, or visit <https://ridgewellfitness.com/classes>

30 Minutes of Everything

Tanya Miszko, a lifelong athlete and avid learner with multiple degrees, opened a fitness studio in her home town of Accord after studying and training away for a number of years. “I was in Georgia working for the federal government and doing research on tai chi programs for visually impaired individuals through Emory University and the Department of Veterans Affairs — and realized quickly that I’m not an office person. I need to work with people directly.”

She moved to Boston to earn a master’s degree in acupuncture while doing in-home training there, and then came back in the Hudson Valley, where she opened 30 Minutes of Everything in a bucolic spot in 2011. The studio is lined with a bank of windows overlooking the Rondout Creek. Her clients can gaze out at nature while working up a sweat.

“Here I want to make exercise affordable and accessible to everybody. The biggest barrier is time. But everybody has a half-hour. What I used to do in private training for clients in Boston I can do now in 30 minutes. This is basically high-intensity interval training. In 20 to 30 minutes, you can get a more effective program than spending an hour or longer in the gym. It depends on what you’re doing in that half hour.”

Over the course of eight weeks, classes progress from foundational training to gaining more power, using different planes of motion, various pieces of equipment, changing time intervals and dealing with anaerobic and aerobic conditioning. “Everyone has different needs, and everyone starts at week one, working out at their own level. It gets progressively harder, and you have to come every single week. There are always two coaches per class, to provide individualized help in the group setting.”

“We don’t use machines,” Miszko said. “We get your body to work as it’s meant to work — as one connected unit — using sand bags, resistance bands, kettlebells, medicine balls, TRX suspension straps. Rarely will we do a single joint movement like a bicep curl. Instead we’ll train the bicep in a different exercise while we’re making sure you’re bracing your core and connecting your upper and lower body. You get a whole body workout by making all the kinetic-chain connections.”

Classes are limited to 20 people. An eight-week program costs between \$72 for one day per week and \$432 for six days per week. New classes start intermittently throughout the year, the next one beginning on March 9 and running through May 2. To try out a class before committing to a whole program, drop in for a session on a Saturday morning for \$10.

“We welcome all bodies, all fitness levels, sizes, shapes, and ages. No judgment, no competition. It’s a very body-positive community. Every class is different. We never repeat the same workout. If I can keep your brain and body working in a social environment. There’s the three keys of successful aging: physical exercise, intellectual stimulation, and social interaction.” 30 Minutes of Everything is located at 5125 US-209 in Accord. Call 659-6133, or visit <https://30minutesofeverything.com/>.

IXL Health and Fitness

At IXL in Saugerties, Zach Meyer manages about 14,000 square feet of gym activities — a full cardio area, full weight area, locker rooms with newly tiled showers and dry saunas, a childcare room for moms trying to get in a bit of exercise, and a bevy of classes that includes: spin cycling, cardiovascular workout, senior fitness, yoga, boot camp-style classes — all included with the membership. Locally owned by Ed Kreuzscher, IXL opened in Saugerties in 2007-2008. It’s your ba-

sic, no-nonsense-but-friendly, overall fitness facility. And there’s another IXL in Rhinebeck, so people who work on one side of the river or the other can have a convenient dual membership.

“It’s about total body fitness, reaching regular goals for people who are looking to change their lives,” says Meyer. “Most people can find something that they’re looking for here. When someone joins, they get a one-hour personal training session to get them started on their fitness journey — and if there’s nutrition information the person needs, the trainer will touch on that with a broad stroke. The nutrition piece is obviously very crucial to people are looking to either lose weight or gain muscle. It can get very complex. Things like hormone imbalance can influence weight gain or loss. The trainer might recommend reaching out to a professional.”

“The one-hour training is basically a sit-down interview to see where the person is: Do they have underlying health issues, and where do they want to go? The trainer goes over the best things to help their issues. It’s not just ‘how to use a machine’. It includes a bit of a physical assessment, a mobility assessment that will help the trainer best prescribe how to reach their goal.”

Meyer emphasizes the importance of engagement. “For a lot of people, a gym is a scary place. The big thing people don’t do is to get involved with classes or take that initial training session. They’re very excited and motivated, which is awesome, because the hardest step is coming through the door to get a membership. But too many people believe they need to be in good shape before they see a trainer.”

“There’s no need for self-consciousness or to get to a certain fitness level before you try a class or see a personal trainer. Come in, see an expert, and get set on the right track right away. They’re all here to help. The people who succeed the most are either crazy self-motivated or someone who gets involved in classes or with a personal trainer. We’ve been here a long time. And it’s really a community gym. We know each other by our first names. People can sign up online, but if you come in and we show you around, you’re much more likely to use your membership right away. We understand what people are going through — it’s the same for everyone.”

IXL fees are \$26.95 per month on 12 month plan, \$29.95 month to month. The gym also hosts specialty programs like Silver Sneakers, Jump School Fitness, Build & Burn, Windjammers, and others. Hours of operation at both locations are Monday through Friday from 5 p.m. to 9:30 p.m., Saturday from 7 a.m. to 7 p.m., and Sunday from 7 a.m. to 5 p.m. Located at 3139 Route 9W in Saugerties, 246-6700; and at 3752 Route 9G in Rhinebeck, 876-4100. See <https://ixlhealthandfitness.com>.

28 West Gym and Humble Gym

“The closer the gym, the more you’ll go.” This is Anthony Covello’s mantra in establishing fitness

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facilities in smallish communities where there are no other gyms. "With respect to the business of fitness, my philosophy is simple. I want to be the only gym in town within a 15-mile radius. I won't try to compete with others."

He's been at the corner of Maverick Road and Route 28 since 1996, where the footprint of the facility keeps growing to provide new and better space usage. "We're celebrating our 25th anniversary on September 1. I am a personal trainer. I try to teach people the three aspects of fitness: cardiovascular, weight training, and nutrition. And we try to make it fun and convenient. The purpose of weight training is to change the shape of the body. You want to build muscle, which helps in burning fat."

"When someone comes in and says, 'I want to lose 15 pounds and just do cardio.' I say you're way better off doing 30 minutes of cardio, 30 of strenuous weight-bearing activity, and the nutrition part at home. If you just do cardio, you become what I call 'the thinner you.' You're going to lose the weight, but no one will know. You'll be the exact proportions. You need the weight-bearing activity to lift, firm, tighten, tone, and shape the muscles."

"And I talk to people about the benefits of higher proteins because that's the building block of muscles. Lower your bad carb intake, increase the fruits and vegetables, and cut out granulated

sugar in any form. Many people work out vigorously just so that they can eat whatever they want, whenever they want. Obviously, the goals and results aren't the same."

Covello says that the number one thing that keeps people from achieving their goals is sustaining an injury. "Use the injury as a time to focus on what's not injured. If you hurt your ankle, don't give up on fitness. Why not do a personal training session with me where, from a seated position, I can do almost a full body workout by focusing on your core and upper body and the things that aren't injured. In due time, when you heal, we'll start with that body part again."

28 West has an in-house physical therapist, Dr. Megan Mullin, who will prescribe a workout routine to follow for anyone with injuries or chronic problems. "A personal trainer for the most part works with healthy individuals, but anything you do in a P.T.'s office, you can do ten times over in a fitness center where the variety is so much different. You can absolutely do P.T. in a fitness center if you know what you're doing."

Covello opened Humble Gym in Ellenville in June of last year after an eight-month renovation project. "It's a smaller, satellite location, which I will be expanding this spring and summer, putting on an addition that will allow me to hold virtual classes with a flat screen TV and an iPad. You

choose a class and it goes to the screen. You can take a class whenever you want in a private workout room."

Classes in the 6000-square-foot West Hurley gym are included with the membership. Rates range from \$29.99 for one week to \$59.99 for one month only, \$10 day pass, and \$39.99/month for a year (in Ellenville \$34.99/month for a year). Hours of operation are Monday through Friday, 6 a.m. to 8:30 p.m. (8 p.m. in Ellenville), Saturday and Sunday 8 a.m. to 5 p.m. 28 West Gym is at 319 Maverick Road in Woodstock (at the corner of Route 28), 657-2342. Humble Gym is at 44 N Main Street in Ellenville 272-1026. See <https://28westgym.com/> and <https://humblegym.com>.

Signature Fitness

John Perry started working with clients on Front Street in Kingston in 1999 in a small space above Dream Weavers. "We've been in business for 21 years. From across the street, Signature Fitness grew, and I bought this building eight years ago. We've done major additions and renovations every few years. Three years ago we redid the downstairs studio, where the focus is on body mechanics, functional training, and there's more open space to work with three to five people at a time. We have specific pieces of machinery such as the XPT, an all-in-one multi-functional trainer. This area is designed for "explosion" — basically to get athletes moving. It's taking yourself off the ground to land and explode back up again."

In this space, trainers work with clients on full body movements that incorporate everything — breathing and muscle usage. On the main floor, the cardio machines and other equipment fill the space, a total of 3000 square feet in all. There's a shower on each floor. "We have everything a box gym has, but in ones instead of multiples. We do everything based on people's needs or impairments. We get referrals from chiropractors, physical therapists, mental therapists, and we go over and beyond what most facilities can do because we have this exclusive environment."

"We also serve people with addictions. One of my first clients was referred from AA. He was looking to better himself, and the concept of training worked well with the necessity for him to get healthy. Conceptually, when you're in situations where you can procrastinate, it's easy getting yourself out of that healthy environment and back into the situation where the addiction takes place. Here we talk, conversing in a quiet space; we develop a relationship and assist in many different ways. Then we take all that frustration and anxiety out physically. You get a total physical/mental release. It works very well for [rehabilitating from] addictions."

A clean, soothing space, Signature Fitness is not a walk-in facility with regular open hours; all clients come in by appointment only. The trainers "rent" the space and equipment from Perry to work with their clients. "It's like a little family. The trainers and I have worked together for a long period of time," says Perry. "Staying small enabled me to stay in business and actually grow." Rates for sessions, including a hybrid membership for regular clients to come in beyond their training hours to use the cardio machines on their own, are available by consultation with a trainer. Signature Fitness is at 33 North Front Street in uptown

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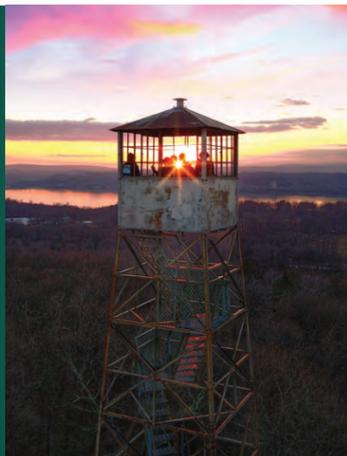
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Planet Fitness

Planet Fitness, an international chain with some locations privately owned and some corporate-owned, serves a demographic of people who know what they want and can help themselves. In Kingston, the club is managed by Max LaBarbera and assistant Dom Pironti. It's big and brightly decorated with a huge collection of cardio and strength machinery, enough for dozens — maybe hundreds — of people to occupy at one time. And with trademarked branding as a “Judgment-Free Zone,” the company actively welcomes one and all.

A well-trained staff member reiterates this credo, saying, “Here at Planet Fitness, we believe that all fitness journeys should be rewarding. The world judges. We don't. We focus mainly on general fitness. Most of our members are first-time gym users, and we want it to be as comfortable and non-intimidating as possible for them.” With more than 2000 Planet Fitness locations nationwide, plus clubs in Canada and Puerto Rico, the possibility exists of keeping up with a fitness schedule while traveling for business or pleasure.

In Kingston, a staff trainer teaches free classes to all member levels with unlimited access, which means at any time you need help for particular techniques in toning, weight loss, and increased stamina — group training is available free of extra charges. Additionally, a personalized, self-driven eight-week training program called My Track can

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DION OGUST

Milly Bhalani is a faculty instructor for the medical residents working with HRHCare patients.

Educating medical providers

by Geddy Sveikauskas

MORE THAN FILLING SPACE IS involved. Nuvance Health and HRHCare are collaborating at their new shared facility in the Town of Ulster on a three-year program training medical school graduates to become family physicians. Under a residency program that started last spring, a cohort of eight young doctors each year are gaining in-depth inpatient experience at the program's primary site, Northern Dutchess Hospital in Rhinebeck, plus some exposure to specialties at Vassar Brothers Medical Center.

Most importantly, these future family doctors at the former Macy's in Ulster are getting outpatient experience supervised by board-certified physicians. The afternoon of a visit, they are busy recording the day's data on their computing devices. That job's now part of every knowledge worker's life, it seems.

The first year of the Nuvance family residency

program consists of monthly rotations in obstetrics, surgery, intensive care and gynecology, explains program director Dr. Hossam Hafez. The students begin to provide primary-care services to HRHCare patients. The second year they begin to develop as leaders of the patient-care team and take the lead on rotations. During the final year they become leaders of the patient-care teams in all settings, including inpatient ones.

HRHCare chief operating officer Allie DuBois, a Modena resident, says that the collaboration of her agency with Nuvance offers opportunities for serving patients in a more holistic way. The emphasis is on preventive care, keeping people healthy. For HRHCare, the relationship with Nuvance at the Ulster facility is at an early point, DuBois concedes, but she's already finding the cross-pollination opportunities mutually beneficial.

Three weeks ago, Nuvance Health and HRHCare held the official opening of the repurposing of 88,000 square feet of the former Macy's big-box store at the Hudson Valley Mall in the Town of Ulster into a medical facility. Nuvance subsidiary Health Quest Medical Practice had spent \$20



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PHOTOS BY DION OGUST

Somewhere around 10,000 square feet of the Health Quest medical practice space at the Hudson Valley Mall has not yet been fitted out for specialists' offices or other uses. More healthcare services will be coming.

million in creating a multispecialty medical center with urgent-care, laboratory, imaging and neurology services.

Urgent-care practice manager Chris Carbonell's job is to familiarize the local community with the facility Nuvance just opened. He's been kept busy making presentations to local business and community groups. The visitation figures have been increasing.

The new in-house lab space is ready to function. Test turnaround can be faster.

The facility had leased considerable space to HRHCare, which will provide affordable on-site primary care, family healthcare, women's health, behavioral health, nutrition services and care coordination. Nuvance officials said that when the facility was fully occupied about 40 healthcare providers and 125 additional staff would be employed there.

A considerable part of the space in the building has not yet been fitted out. There's more to come. Such treatments as fitness, sports, occupational and physical therapies are under consideration, as well as medical specialties like endocrinology and cardiology.

THE SITE IS PERHAPS 20 BLOCKS north of where HealthAlliance of the Hudson Valley broke ground last October for a project four or five times as costly: expansion of its Mary's Avenue hospital campus. That long-planned mostly-state-funded \$92.9-million project will consist of a 79,000-square-foot structure comprising 175 new patient beds, a new 25,000-square-foot emergency department, and other smaller units. Meanwhile, about 48,000 square feet of existing former hospital space off Mary's Avenue will be renovated and services in it expanded. The plan is to invest an additional \$40 million in a later phase that will convert the nearby former Kingston Hospital into a medical

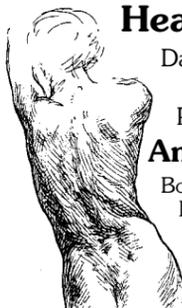
village for patient-care services.

Michael Israel, chief executive officer of WMCHHealth, the hospital owner, said at the October groundbreaking that the improvements being made at HealthAlliance "provide the highest level of services that this area can support and that the residents of this area need."

WMCHHealth has been active on other building fronts as well. In 2016 it announced a \$230-million project at its flagship location in Valhalla in Westchester County, consisting of a 185,000-square-foot ambulatory care (also known as outpatient care) pavilion, 75,000 square feet for additional doctors' offices, and 30,000 square feet of private rooms for patients.

Israel also disclosed at the time that WMCHHealth had in the past decade spent about \$500 million on technology and infrastructure improvements. (Multinational European data found that every dollar of brick-and-mortar health-system spending was matched by a dollar spent on medical equipment.)

In brick-and-mortar — or rather steel-and-glass — terms, however, none of these massive projects hold a candle to the estimated \$565-million spent on the eight-story Vassar Brothers Medical Center structure perched over the eastern shoreline of the Hudson River. In dollar terms, 27 times what



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