

Vail Health

A woman with blonde hair, wearing a red tank top and black leggings, is sitting on a large rock in a forest. She has prosthetic legs and is looking towards the camera with a slight smile. The background is filled with green foliage and trees.

2018 / 2019 ANNUAL

THE EXERCISE EDITION

MOVE IT

**10 WAYS TO
GET FIT IN
EAGLE COUNTY**



DISCOVER

THE ELIXIR FOR AGING

**NEVER
QUIT**

**AMY PURDY
LIVING INSPIRED**

A photograph of a female physical therapist with dark hair, wearing a red shirt and a black vest, smiling as she works on a male patient's knee. The patient is lying on a black table, wearing a grey t-shirt and black shorts. In the background, a red jersey with the number 31 and the name 'EZELI' is hanging on a locker. The scene is set in a gym or sports medicine facility with various pieces of equipment visible.

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EXERCISE IS THE BEST MEDICINE

WITH MORE THAN 30 YEARS in health care, I have seen firsthand the power of exercise. Exercise has proven to positively affect everything in the body — from blood pressure, stroke rate, heart attack risk and diabetes to cancer, depression, anxiety, memory loss and osteoporosis. More and more of our physicians are prescribing exercise not only as preventive medicine, but also to address illness and injury. In many cases, people can actually reverse the effects of disease with a good dose of moving their bodies. This issue of *Vail Health Magazine* is dedicated to providing a comprehensive overview of the power of exercise to transform and save lives.



With the rising cost of health insurance, it's more important than ever to focus on wellness and the maintenance of our bodies. Our outdoor lifestyles often come with an increased amount of wear and tear. We are also an aging community, relying on a variety of health care services to support longevity. Because of who we are, the activities we love and the lives we wish to lead, we must care for our bodies with regular exercise, proper nutrition, attention to our mental health and routine wellness check-ups.

At Vail Health, we encourage our employees to pursue healthy lifestyles — just ask our mountain bike team, running club or workout groups. It's critical for the people who care for our community to care for themselves, and you'll see many of them throughout this issue. Our employees share the local trails and a passion for the outdoors with you. They understand your ambitions to climb higher, go faster and stay active. However, they prefer to see you out there rather than in the hospital! Exercise safely, and if an ache or pain is preventing you from your regular activities, don't hesitate to get it checked out. Prevention is the key to wellness.

For more than 50 years, Vail Health has been here to care for our community and visitors. As a resource for health and wellness, we hope to guide and support you in your pursuit of a healthy lifestyle. With a magazine full of ideas and reasons to believe that exercise is medicine, I hope you will make fitness a priority.

A handwritten signature in dark ink, reading "Doris Kirchner".

DORIS KIRCHNER, PRESIDENT & CEO
VAIL HEALTH

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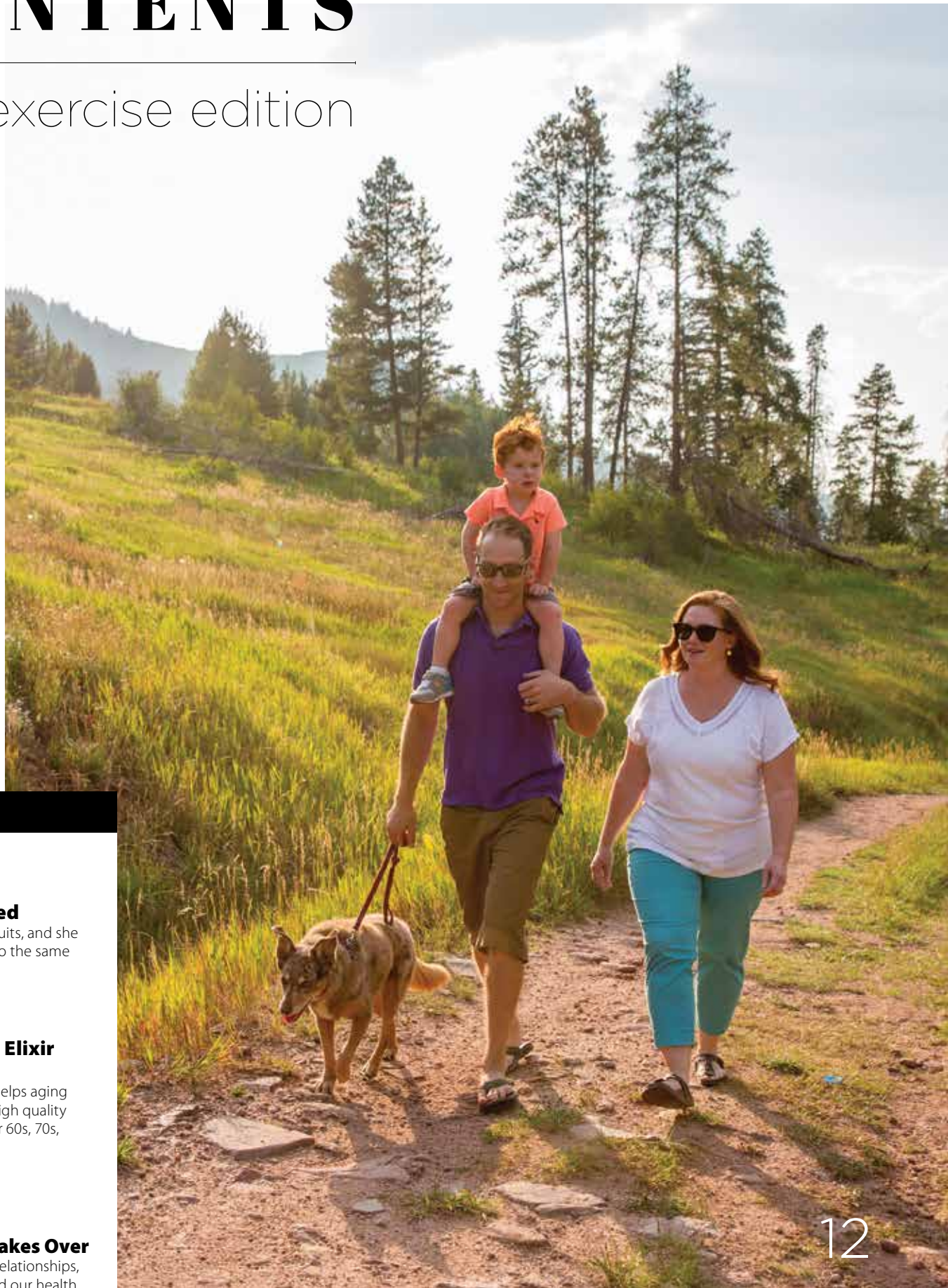
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ON THE COVER At age 19, Amy Purdy went from the epitome of health to a young woman fighting for her life. After losing her legs, she fought her way back to the active world, eventually medaling in the Paralympics as well as competing on *Dancing with the Stars*.

PHOTO BY
Julianne O'Neill

EXPLORING THE POWER OF EXERCISE

FROM FENDING OFF CHRONIC DISEASES TO TREATING
DEPRESSION, PHYSICAL ACTIVITY CAN BE A MIRACLE CURE

BY MELANIE WONG • ILLUSTRATIONS BY CARLY ARNOLD

HOW MUCH DO YOU EXERCISE?"

It's a seemingly innocuous question that might be asked by any health care provider, fitness trainer or therapist, but both the inquiry and the answer come loaded with implications. Those who don't exercise are at risk of developing a variety of diseases, while a normal exercise routine is like a magic pill for health.

A good dose of exercise is not just prescribed for preventive maintenance, but as a way to treat and even reverse existing diseases and injuries. Researchers have found that the effects of exercise on our minds and bodies are far-reaching, including, but not limited to, fighting heart disease, preventing and controlling diabetes, treating depression and other mental illness, protecting brain function, preventing osteoporosis and lowering hypertension.

"Humans evolved for tens of thousands of generations in an environment in which activity and movement — exercise — was necessary for survival. Our genetics are tuned into this, so exercise has a multitude of 'hidden' benefits other than weight loss and muscle building," says Dr. Dennis Lipton, an internal medicine physician at Vail Health.



“

EXERCISE IS A
PROVEN TREATMENT
FOR ANXIETY
AND DEPRESSION,
**WORKING AT
LEAST AS WELL
AS PRESCRIPTION
MEDICATION.**

DR. DENNIS LIPTON



IMPROVING HEART HEALTH

Regular exercise can fend off heart disease and some of the deadly conditions that accompany poor cardiovascular health, such as stroke and heart attack.

According to the American Heart Association, a sedentary lifestyle is one of the five major risk factors for heart disease. The others include smoking, high blood pressure, abnormal cholesterol levels and obesity. Exercise can address several of those factors, including maintaining a healthy weight and lowering blood pressure. Exercise has also been proven to positively affect cholesterol levels by increasing HDL, the “good cholesterol,” which is cardio-protective.

Family practice physician Dr. Jean Hadley, of Colorado Mountain Medical, often prescribes daily exercise to her patients when they’re diagnosed with a health condition such as hypertension. In fact, exercise recommendation is a large part of her wellness exams.

“For years, studies have shown that maintaining a normal weight helps prevent many disease processes,” she says. “If I can get patients to start exercising, they typically will show some weight loss, which will then positively reinforce their new behaviors.”

CONTROLLING AND PREVENTING DIABETES

Nearly 29 million Americans are affected by diabetes, a chronic condition in which the body either does not produce insulin or becomes resistant to insulin, resulting in high blood glucose levels. The disease is usually managed with insulin therapy, frequent monitoring and medication, but exercise can be just as powerful as any intervention. In some cases, regular exercise and weight loss can even eliminate the need for medications or make the disease disappear altogether.

“Exercise improves insulin sensitivity, which means we will respond more effectively to insulin and better control blood sugars, leading to a decreased risk of developing Type II Diabetes,” says Vail Health Endocrinologist Dr. Rebecca Adochio. “The more our muscles move, the more sugar they take up from the blood (without the need for insulin). This further lowers blood sugar levels.”

COMBATING DEPRESSION AND ANXIETY

Antidepressants are among the most commonly prescribed drugs in the United States, with nearly 13 percent of teens and adults reporting recent use, according to the National Center for Health Statistics.

Turns out, exercise can be just as effective as any pill when it comes to mental health.

“Exercise is a proven treatment for anxiety and depression, working at least as well as prescription medication,” says Dr. Lipton.

When we exercise, endorphins — natural morphine-like substances that include

serotonin and norepinephrine — boost our mood and make us feel good, making it a natural antidepressant. And that’s not even accounting for the positive effects of exercising in the outdoors or socializing with friends when we work out in groups.

FIGHT THE EFFECTS OF AGING

Did you know that exercise is the ultimate anti-aging treatment? We’re not just talking about fitting into those jeans you wore in your 20s either.

Let’s start with mobility and strength. We tend to become less active and lose muscle as we age, leading to higher risk for falls and injuries.

“Resistance training can help our muscles retain volume and strength, which is important because mobility becomes a big issue as we get older,” says Luke O’Brien, vice president of physical therapy operations at Howard Head Sports Medicine. “Something as simple as getting out of a chair becomes harder due to loss of muscle and balance.”

“

**WE HAVE TO USE
IT OR WE LOSE
IT. OUR BODY IS
SOMETHING THAT
IS CONSTANTLY
CHANGING AND
ADAPTING.**

LUKE O'BRIEN

The good news is that by staying active, we can fight those losses.

“We have to use it or we lose it. Our body is something that is constantly changing and adapting,” Luke says.

Exercise is just as powerful when it comes to keeping our minds sharp. As Dr. Lipton explains, exercise stimulates the release of a substance called brain-derived neurotrophic factor, a protein that supports the survival and function of neurons and synapses, thus supporting overall brain function.

“This is one reason exercise is associated with better brain function over time,” says Dr. Lipton. “People who exercise have less memory problems, dementia, anxiety, depression.”

Women especially have much to gain from exercise as they age. Consistent impact exercise (such as running) builds stronger bones, thereby decreasing the risk of osteoporosis, a common condition in women.

Dr. Hadley says she thinks any form of exercise is beneficial for women. Since women tend to have less muscle than men to begin with, the loss that comes with age can be more pronounced. Exercise can even make menopause easier.

“Studies show women tend to go through menopause easier if they get regular exercise. Mood swings, hot flashes and night sweats don’t tend to be as bothersome,” says Dr. Hadley.

EXERCISE — IT’S FOR EVERYONE

On the flip side, living a sedentary lifestyle can have effects akin to aging.

“There have been studies that equate the physical changes of aging to sedentary living in younger individuals,” says Dr. Adochio. “Young adults were placed on bed rest for a couple weeks, and the following physical changes were seen: increased resting heart rate, decline in lean muscle mass and decreased strength.”

The good news? Those changes were reversed when the participants were placed on an exercise routine. The takeaway, health care professionals stress, is that everyone can benefit from exercise, no matter their age, gender or current fitness level.

The Physical Activity Guidelines for Americans recommend at least 30 minutes of moderate exercise, such as walking, at least five days a week for long-term benefits and reduced disease risk. However, those who are already active should increase their time and intensity as fitness increases. Conversely, for those who are completely sedentary, any activity is beneficial.

Exercise is important for children as well, points out Dr. Hadley, who works with patients of all ages. Exercise for kids can be as casual as biking to the park to play, or as structured as karate and gymnastics classes.

“It’s important to expose kids to daily exercise starting at an early age so that they think of it as just a part of their daily routine, like eating, sleeping or brushing their teeth,” says Dr. Hadley. “The main thing with kids is keeping it fun. Parents need to set a good example by doing their daily exercise also, or by joining the kids in their activities.”

Is exercise a cure-all? No, but science is showing that it is as, or more, effective as any potent drug, and when combined with a healthy lifestyle, can completely change our well-being. Its effects may even overcome genetic predispositions or environment.

“We are all here because our ancestors survived thousands of generations of scarcity, danger and disease,” says Dr. Lipton. “So, genes are not the problem over 99 percent of the time. Most people have the genes to thrive. Proper diet, adequate exercise, restorative sleep and good social support are all required to bring out the best in our genes and optimize our quality and length of life.” **V**

EXERCISE



Increases focus
and mental clarity



Reduces memory
problems and
dementia



Combats stress,
anxiety and
depression



Improves
heart health



Can eliminate
the need for
pharmaceuticals



Improves
strength and
mobility





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WELLNESS

SAFETY FIRST

Tips and tricks for exercising safely in the high country

BY **WILL BRENDZA**

VAIL HEALTH'S ORTHOPAEDIC PARTNERS, trauma surgeons and physical therapists know all too well that playing hard in the high country can have high-stakes consequences. However, the experts in treating injuries and illnesses can also help prevent them. And, the first thing most of them will tell you is a little bit of mindfulness and precaution can go a long way.

The therapists at Howard Head Sports Medicine always stress safe exercise with their patients — whether they are visitors or locals. If you want to enjoy your adventures to their fullest, preventing injuries is paramount.

EASING IN

In a world of backcountry variables, high-speed sports and powerful natural forces, how does one go about making exercise safe?

Warming up is the first step, says Mike Granzin, a McKenzie-certified therapist at Howard Head. Whether you're biking, hiking, running, climbing, golfing, swimming or kayaking, getting your blood flowing and warming up your muscles beforehand is the first step in embarking on a safe workout or outdoor adventure.

"A lot of times you're sitting in the car, driving for long periods of time to a trailhead. If you just pop out and go, you're probably going to be a little stiff," says Mike.

The same principle applies to getting on the ski hill — buckling your boots might stretch your legs and make you feel warm in all your ski clothes, but it's not enough. Mike suggests back and hamstring stretches, specifically, and mild aerobics like jumping jacks can be helpful too.

Beyond the warm-up, though, there are two things in particular that tend to land people at Vail Health's Emergency Department. "The first is jumping into exercise a little bit too quickly and too aggressively," says Mike.

Start with a moderate approach and work your way up to the harder stuff. Not only does this serve to warm your body up to the activity you're engaged in, but it also helps you discover your personal skill-level thresholds. If you throw yourself at the highest-intensity bike trail or

NATHAN NEFF

Physical Therapist
at Howard Head
Sports Medicine

hike you can find, your chances of self-injury go up exponentially — regardless of skill level.

The second most common, preventable factor for injuries is the misconception that you can run, bike or ski yourself into shape out of a cold start to the season.

Mike urges, "Ease yourself into exercise. Be proactive and do some strengthening exercises prior to actually trying to get out and have fun, so your body is at least semi-prepared."

It's like a seasonal warm-up, he says — a way to prime your muscles and your body at large for the fun still to come.

"If you don't have a decent amount of strength in your glutes, hamstrings and quads, it can really throw off the mechanics of your knees or your back," says Mike. Your body will try to compensate when it doesn't have the strength and stability it needs, which can compromise your technique and quickly lead to joint damage.

So, in the weeks and months leading up to the season, make sure you get moving, grease up those joints and dust off your muscles a little bit. You'll be glad you did.

REST, HYDRATE & RESPECT YOUR SURROUNDINGS

In our excitement to go faster, get stronger and feel fitter, the importance of rest days is often overlooked. Resting your muscles in between workouts is half of the process required to build strength, endurance and muscle. Maybe you can bike thirty miles uphill a day, every day, all summer long. However, if you don't give your body a chance to regenerate itself, you'll do it a disservice — not only won't you fully experience the positive effects of exercise, you will also put your muscles at risk of over-exhaustion.

Along that same vein, sleep plays an essential role in safe exercise. Getting out and getting active when you're dead tired is downright dangerous — certainly

if you're getting on a mountain bike or a rock wall, but also if you're just going for a hike or to the gym. Your eye-hand coordination, dexterity and reaction time are all negatively affected by sleep deprivation — and all of those are essential to staying safe when exercising.

The natural environment and climate of the Rocky Mountains can pose challenges as well. Staying hydrated is a constant battle in the high country and dehydration is one of the most common causes of injury. The general rule of thumb is two liters (or a half gallon) of water per day, per person.

"Your body is only going to work well when you're hydrated," Mike states. "And the higher you go in altitude, or the lower you're coming from, really becomes important."

When heading into the wilderness, wildlife is something to take into consideration as well. Eagle County is home to deer, elk, moose, bobcat, mountain lions, black bears and many other creatures. They aren't all dangerous, but it's always safest to admire wildlife from a respectable distance. You might even consider carrying pepper spray in case of an encounter.

Finally, when exercising in the outdoors, please don't forget to wear a high SPF sunscreen. Research shows the direct UV-B levels at elevation are approximately 60 percent higher than at sea level.

When you're finished working out, make sure you take some time to cool down. A gentle cool-down helps your breathing and heart rate return to normal, prevents blood from pooling up in your larger muscles and mitigates soreness the next day.

What it really comes down to in the end, though, is mindful exercise. Be aware of yourself and your capabilities, be conscious of your strength and hydration, be honest with yourself about your fitness level and be careful when you're out there. The more mindful you are about your exercise, the safer it is going to be — and the more fun you'll have. **V**



MIKE GRANZIN

Physical Therapist at Howard Head Sports Medicine

STAYS FIT

Mike enjoys mountain and dirt biking, recreational soccer, hiking, skiing and SafeHealth group exercise classes.

THREE STRETCHES TO HELP YOU EASE INTO YOUR WORKOUTS

SIDE PLANK WITH LEG LIFT

- While lying on your side, lift your body up on your elbow with one foot on top of the other.
- If you are able, slowly raise the top leg upward, hold for 5-10 seconds and return to the starting position.
- Hold the position for 5-10 seconds.
- Focus on maintaining a straight spine and controlling your breathing. As you are able, increase your hold times to increase the intensity.





SINGLE LEG REVERSE DEAD LIFT

- Standing on one leg with your knee slightly bent, keep your back straight and tighten your core, contracting your muscles.
- With both arms together, bend at the waist and lower your arms down towards the ground as you raise your opposite leg.
- Focus on keeping your balance while maintaining your core contraction throughout the movement.
- Return to the standing position. If you are able, do not let the moving leg touch the ground as you repeat the motion.
- Repeat 10 times on the same leg and then switch to the other side.



WORLD'S GREATEST STRETCH

- Start in a runner's stretch with one foot planted below your knee and your leg bent at a 90-degree angle. Stretch your other leg straight behind you.
- Place both hands on the ground and tighten your glute muscles. Hold for 3-5 seconds.
- If you are able, twist toward your bent leg, raising the same side arm up and gaze upward at your fingertips. Hold 3-5 seconds.
- Gently return to starting position and repeat on the other side.



FOLLOW FIDO

Dogs provide a great incentive to head outside and play

BY **TRACI J. MACNAMARA**
PHOTOS BY **DOMINIQUE TAYLOR**

THE MOUNTAINS ARE A playground not only for people but also for their best friends. Dogs are faithful companions and no less so when it comes to outdoor exercise. Studies show that dogs are powerful motivators to get their owners out of the house and into the great outdoors. Any dog owner knows the excited patter of paws or the eager stare that signals it's time to lace up the sneakers, grab a leash and pet waste bag and head outside.

Dogs descended from wolves, so it's no wonder they love being outside where they can sniff,

socialize and burn some energy. They are also pack animals, so they especially enjoy adventuring with their owners. Researchers at Michigan State University found that dog owners are more likely to fit in 150 minutes of walking per week than non-dog owners. Another study showed that older people are more likely to take regular walks if they have a furry companion to take with them. Plus, families with dogs tend to be more physically active.

Eagle County boasts a variety of dog-friendly trails that allow canine companions to fulfill their instincts

while giving their owners the opportunity to get some exercise as well. So grab Fido, and get out on these five dog-friendly trails in Eagle County.

VAIL'S NORTH TRAIL SYSTEM

Escape with your pup to Vail's North Trail System to avoid the heavy hiking and biking traffic found on some of Vail's other better-known trails. The trails extend from West Vail to Vail proper along the north side of the I-70 corridor with terrain that varies from wide trail to singletrack meandering through aspen groves and dense pine forest. Key trail sections include Cortina Lane to Buffehr Creek, Buffehr Creek to Red Sandstone, Red Sandstone to Son of Middle Creek and Trapper's Run. Trail sections are moderate in difficulty and range in length from .7 miles to approximately 4 miles. Stop by the off-leash Stephens Park in West Vail before or after hiking to give your dog some extra playtime.

MINTURN'S MEADOW MOUNTAIN

For those who like to gain significant elevation, hiking Minturn's Meadow Mountain to the line shack is a good choice. After a good uphill climb, you and your pooch will be rewarded with unobstructed views of jagged Gore Range peaks cutting into the Colorado sky. From the public parking area located near the I-70 interchange, the trail begins to climb up Meadow Mountain over moderately steep terrain that traverses wide-open meadows and travels through aspen and spruce-fir forests. Stay straight instead of going left at

one obvious trail split, and keep climbing until you reach the line shack, a small abandoned cabin, after approximately 4.5 miles and 2,000 feet of elevation gain.

THE EAGLEVAIL TRAIL SYSTEM

The community of EagleVail's dog-friendly trail system can be accessed from the trailhead and parking area at the top of Eagle Drive, where a flat and mild singletrack trail begins and then splits into a few options after approximately .75 miles. Hike along a nicely shaded, low-elevation trail that continues west through EagleVail above the golf course, or challenge yourselves by hiking up Stone Creek Trail (also known as Paulie's Plunge), which connects to the trails of Beaver Creek after 2.3 miles from the trailhead. If hiking the Stone Creek Trail in the summer, stay alert for mountain bikers who often descend this trail from Beaver Creek. Explore a loop that winds through cool aspen groves, and embrace the wonder of this system that includes both well-known and less frequently traveled trails.

THE EAGLE RIVER PRESERVE IN EDWARDS

Located just west of The Gashouse restaurant in Edwards, the Eagle River Preserve is a 72-acre community open space with short loop-style trails that are mild enough for dogs and owners of all ages. In the summer season, the Eagle River Preserve comes alive with bright-blooming wildflowers, a variety of native grasses swaying in the breeze and the relaxing sounds of the Eagle River, which borders the space to the north. Pet waste stations are conveniently



Senior Accounting Specialist Dave Hanson and his hiking buddy, Reggie, on the EagleVail trail system. Dave also enjoys skiing, biking and riding his motorcycle.



Erin Satsky is an accreditation and licensing specialist at Vail Health. She lives in Red Cliff with her family and dog, Tadybug, so Meadow Mountain in Minturn is their go-to trail for the whole family to enjoy.



Clinic Manager and Physical Therapist Colleen Rynn and her dog, Stella, at the Eagle River Preserve in Edwards. Colleen likes snowshoeing, Nordic skiing and hiking with her family.

located at all entrances, and an off-leash dog run within the Eagle River Preserve gives dogs the space to roam freely.

EAGLE'S HERNAGE GULCH TRAIL

Eagle's trail system has become wildly popular for mountain bikers, but the Hernage Gulch Trail remains one of the few pedestrian-only trails where hikers with dogs can wander without worrying about the crowds. The trailhead is located at a green gate mid-way up Eagle Ranch's Hernage Creek Road, where you'll begin by hiking up a wide gravel path. Be on the lookout for a sharp left turn onto the singletrack that ascends along Hernage Creek through dense vegetation, cottonwood trees and aspen stands. Continue hiking upward through scenic meadows scattered with rabbitbrush, juniper and sage for approximately three miles before the trail begins to disappear. Continue exploring — or turn around here and take in the view before happily hiking back down. **V**



NEVER TOO LATE

After attending required wellness coaching, Cherie Chavis made small but consistent changes that completely changed her quality of life

BY **KAREN MASON** PHOTO BY **DOMINIQUE TAYLOR**

WHEN **CHERIE CHAVIS** and her husband, Alan, left Oklahoma and moved to Eagle County 10 years ago, they were hoping to make a lifestyle change. They vowed to exercise more and take advantage of all the outdoor activities the area has to offer. But then life got in the way and the big transformation never materialized. Over time, Cherie put on 40 to 50 pounds while the bikes and skis sat idle.

"I had been in a pretty major funk for a couple of years," recalls Cherie. "I was way overweight, I wasn't getting exercise, and I had lots of aches and pains." A self-described introvert, Cherie got into a routine of coming home from work, changing into her pajamas, grabbing her laptop and a glass of wine and plopping herself on the couch. "Being an introvert is bad enough, but add an extra 100 pounds and I didn't feel like doing anything. I was ashamed."

Then last fall, Cherie started a new job in the benefits division of Vail Health's Human Resources department. One of her new responsibilities was managing the company's wellness program and talking with employees who failed to meet certain biometric outcomes and therefore weren't eligible for a discount on medical premiums. "Obviously, I did not meet the outcomes, so I was going to have to pay extra unless I went through the wellness coaching program."

Cherie decided to embrace the coaching so she could speak to employees about what they could expect. "I wanted to experience what I was preaching to our employees. If I could do it, I could tell them they could do it too." She also vowed to make a few lifestyle modifications starting January 1. She set small goals such as cutting out soda and alcohol and focusing on drinking water. She also started exercising. By the third or fourth day, Cherie's husband decided to jump in with her and they have since become workout partners.

So far, Cherie has lost 70 pounds and Alan has lost 50.

Cherie wakes up at 4:45 a.m. every morning and gets on her stationary bike. She normally rides 15 to 20 miles using a bike-training program called Zwift, which connects her with other bikers around the world. "I've found something I really love. I can ride through the streets of London or Richmond, Virginia. It keeps me

engaged." At lunchtime, Cherie uses the workout room at Vail Health's Shaw Pavilion in Edwards. At night, she and her husband watch TV while using the treadmill or elliptical machine. "My daily exercise doesn't come in one big chunk, but it adds up over the course of the day."

Cherie and her husband also find time to exercise outdoors. They ride mountain bikes and recently climbed a couple of fourteeners. "We have fun figuring out what to do each weekend. We're just being a lot more active. It's helpful to have my husband do this with me, we cheer each other on." Cherie also uses a mantra to keep herself motivated: "In my mind, I say to myself, 'I choose to live, I choose to move.' It keeps me going."

For the most part, Cherie's diet hasn't changed too much. "We still have cheeseburgers, tacos and pizza, but we're focused on portion control." Cherie weighs her meals on a food scale and uses an app called My Fitness Pal to log every calorie, every single day. She says logging calories can get tedious, but she knows herself and without the consistency, she wouldn't be able to get the results she wants.

Cherie says living in Eagle County has exposed her to a lot of healthy people. "I've started taking notice of how healthy people manage themselves, how they live and how they exercise. They may eat that piece of cake at work, but then they go run an extra 10 minutes that night. I decided I wanted to be one of those people — I have no excuses living where I do, with so much opportunity right out my front door."

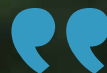
Working in the benefits department has also opened her eyes to the cost of illness. "I didn't want to get to a point where my weight was causing health problems. My sister has diabetes and my brother has pre-diabetes. I don't want to head in that direction."

But the benefits aren't just physical.

"I've learned how to manage stress better," she explains. "I'm a very emotional person. Being physically healthy has helped support my mental health. I take time when things seem overwhelming: I close my eyes and take a deep breath."

And others notice.

"Having people tell me how impressed they are with me feels good. It's nice when my daughter says she's proud of me. I don't take myself for granted anymore. Every day is a gift." **V**



It's nice when my daughter says she's proud of me. I don't take myself for granted anymore.
Every day is a gift.



EXERCISE FOR CHRONIC PAIN

Though chronic pain can inhibit physical activities, a certain degree of exercise can be helpful and provide long-term effects

BY **KIMBERLY NICOLETTI**

CHRONIC PAIN isn't just a bad backache or other pain lasting several months; it's a syndrome, which can slowly deteriorate quality of life.

Living with pain on a daily basis can affect sufferers physically, mentally and emotionally, leading to other problems such as fatigue, depression and social isolation. People tend to lay off exercise when they're in pain, resulting in less strength, flexibility and endurance, which further exacerbates the whole problem.

"Because chronic pain is a slow process that can get worse, you almost don't even realize it's happening," says Sonya Garrison, a physical therapist at Howard Head Sports Medicine and a member of Vail Health's Pain Management Committee, a group of health professionals who collaborate to address and treat pain without opiates.

While exercise isn't a cure-all, it can go a long way in alleviating what Dr. Scott Raub of Vail-Summit Orthopaedics calls the "pain experience."

"Often there's a lot of fear and avoidance behavior," Dr. Raub says. "There are a lot of misconceptions that, 'because it hurts, I must be damaging myself.' The most important thing is to educate patients on their condition so they understand activity doesn't always equal damage to a structure."

Chronic pain causes physiological changes in the nervous system that make people more efficient, or sensitive, in recognizing pain. However, people can learn to quiet these pain signals once they realize they're not damaging their bodies, Dr. Raub says.

He teaches patients about their probable source of pain and what they can do about it when they're not in his office, where he offers injections or other interventions to mitigate pain and support physical activity.

"Once you educate them, it's important to get them to be more active," he says. "Exercise might not make the pain go away, but it improves functional tolerance to different activities."

Through exercise, pain thresholds continue to increase, so it takes more activity until pain might flare. This allows people to regain a significant portion of their lives.

In addition, exercise triggers the release of natural opioids and analgesic factors — chemicals that not only decrease pain but also produce feel-good sensa-

tions in the body. It's like a runner's high, only people with chronic pain don't need to run miles to enjoy the effect; it doesn't take much activity to release the chemicals when a body hasn't been very active.

"Our research at The Steadman Philippon Research Institute has shown that exercise is an essential component in managing pain and recovering from injuries," says Dr. Thos Evans, who specializes in interventional pain management and regenerative medicine at The Steadman Clinic. "A thoughtful exercise program can speed recovery and help keep those nagging daily pains at bay."

MOVING BEYOND THE PAIN EXPERIENCE

Though it might be impossible for people with chronic pain to do an activity without any discomfort, all three experts encourage people to improve strength, flexibility and endurance in small increments, rather than pushing through pain and causing a flare-up.

A well-balanced routine is key.

"Varying the types of exercises performed can help decrease the chances of repetitive-use-type injuries," Dr. Evans says.

Water is a great place to start exercising because it provides a non-weight-bearing environment, which still offers resistance to build muscle and increase the heart rate.

If pain levels increase above baseline (the pain level before exercise), the workout should be modified so it doesn't increase pain. In this way, the patient can build upon success.

"The idea is we want to add volume over time," says Sonya. "We start wherever we need to, and we slowly and gradually pick it up. If there's pain at the new level, we take it down and give it some time before we progress."

Walking with friends or taking gentle group classes like aquatic exercise or tai chi helps rebuild a sense of community, which in turn fuels a sense of psychological well-being. As people begin to feel better both physically and psychologically, they break the negative feedback loop of the pain experience.

As Dr. Raub points out: "You can sit on the couch or walk around the block with the same chronic pain. But through the walk, you release natural endorphins and gain a sense of well-being." **V**



DR. THOS EVANS

Interventional Pain Management and Musculoskeletal Regenerative Medicine at The Steadman Clinic



DR. SCOTT RAUB

Back, Neck, Physical Medicine & Rehabilitation and Spine at Vail-Summit Orthopaedics



SONYA GARRISON

Physical Therapist at Howard Head Sports Medicine

THREE EXERCISES TO ALLEVIATE CHRONIC BACK PAIN



◀ CLAM

Tips: You should feel your muscles working in the back of your hip, not in the front. Do not hold your breath.

- Lie on one side, with your knees bent and hips slightly flexed.
- Tighten your core in toward the spine, keeping your feet together. Lift the top knee 45 degrees, then return to starting position.
- Repeat 15-20 times, 2-3 sets.

▶ BRIDGE

Tips: Keep the glutes and core tight all the way up and down through the exercise. Do not hold your breath.

- Lie on your back, feet shoulder-width apart, knees bent and in line with your feet.
- Tighten your core toward the spine. Squeeze your glutes and lift your hips up. Hold for 2-3 seconds, then return to starting position.
- Repeat 15-20 times, 2-3 sets.
- This exercise can also be done with a band around your thighs just above the knees.



◀ CORE MARCHES

Tips: If too difficult, start with feet on the ground and alternate lifting sides. Do not hold your breath.

- Lie on your back with your hips and knees bent to a 90-degree angle.
- Tighten your core toward the spine with the goal of keeping your back in contact with the ground.
- Slowly bring your right foot down while keeping the rest of your body stable, then bring the foot back to the starting position. Alternate sides.
- Repeat 20 times, 2-3 sets.



EXERCISE FOR POSITIVE



MENTAL HEALTH

Exercise works as well as antidepressants in treating depression, anxiety and other mental health challenges

BY **KIMBERLY NICOLETTI**

DURING HIS SECOND DEPLOYMENT TO IRAQ in 2007, Tim Johannsen lost both legs: below the knee on his right leg, and above the knee on his left leg.

Once doctors moved him out of his hospital bed, he and his wife lived in a rehab unit, which he likened to a hotel room, for six months. The close proximity caused a lot of fights, he says, so they tried all kinds of things to deal with the depressing situation and mounting frustrations. They each chose 10 movies the other hadn't seen, and when Tim saw "Star Wars" for the first time, it motivated him to read the book — which, in turn, led him to read 12 books that year. They also tried painting, sculpting — anything to pass the time as he recovered, and learned to use his new legs.

However, he resisted outdoor activities. He had had his prosthetics for a couple months, but he didn't want to burden anyone with the additional necessary equipment to attempt something like skiing, or even fishing.

"The biggest thing was that I was tired of dealing with everything — tired of the wheelchair wheels and putting on the prosthetics," he says.

Then, one day, he asked his wife to grab his wheelchair from the back of their vehicle. Instead of fetching it, as she had done every day for the previous six months, she told him to "get it myself if I wanted it. She said it was time to move on." He got the message.

Through word-of-mouth at the hospital, Tim and his wife had heard about Vail Veterans Program. The organization helps rebuild confidence through rehabilitative mountain sports and recreation, and that's exactly what it did for Tim. His first trip involved white-water rafting, fly-fishing and horseback riding.

"It helped me realize that just because I needed help doing things didn't mean I couldn't do them," he says. "I saw what I could do and wanted to do more."

Tim tried other activities through Vail Veterans Program, and found that golf really spoke to him. In fact, it changed his life. He stopped all of his medication, including methadone, Lyrica and Ambien, because he wanted to excel at the sport and didn't want to be "groggy headed." For him, golf combines positive aspects of the military, including camaraderie and competition. It also allows him

to move in a zone where "everything else fades away."

He plays in a men's league and hosts "Homes For Our Troops," a golf tournament that has raised \$350,000 for veterans needing homes in the past seven years. In fact, the nonprofit built him a home in Elizabeth, Colorado, in 2011.

Though he initially dismissed outdoor activities and exercise, he now credits them for turning his life around. He describes his process as one of "moving on, no matter what the situation."

"To move forward, you have to start, and once you move forward you will see things you didn't see in yourself," Tim says.

EXERCISE FOR MENTAL HEALTH

Each year, studies show exercise and outdoor activities improve psychological well-being.

"From a mental health point of view, we don't have to advertise that exercise is important," says Licensed Psychologist Dr. George McNeill. "Everyone knows it is."

Because it's so simple and inexpensive, movement is an often-neglected intervention in mental health care. Yet, plenty of studies have indicated exercise can treat mild to moderate depression as effectively as antidepressants, without the side effects. It naturally reduces stress and anxiety and improves concentration, memory and mood, says Twyla Gingrich, a licensed clinical social worker at Mind Springs Health and owner of Samya Yoga Healing. It decreases the severity of attention-deficit/hyperactivity disorder (ADHD) symptoms and improves cognitive function. Furthermore, participating in enjoyable and meaningful activities helps reduce the symptoms of post-traumatic stress disorder (PTSD). Exercise also aids in feel-good chemical production, such as serotonin, which the body stops producing in efficient quantities once it's been stuck in a stress response (fight-or-flight) pattern, Dr. McNeill says.

"For most people dealing with depression and anxiety and even PTSD, most of the time, the nervous system is affected and over-firing in the sympathetic (fight or flight response). It usually starts with becoming overwhelmed," Twyla says. "When we get our body moving, chemicals release — like oxytocin, a calming, feel-good chemical and stress reliever, and endorphins and adrenaline — pick-me-ups."

EXERCISE FOR DEPRESSION

- Promotes changes in the brain, including neural growth, reduced inflammation and new activity patterns that promote feelings of calm and well-being.
- Releases endorphins, neurotransmitters that help relieve pain and stress.
- Serves as a distraction from negative thoughts that feed depression.

EXERCISE FOR ANXIETY

- Relieves tension and stress.
- Boosts physical and mental energy.
- Enhances well-being through the release of endorphins, which relieve pain and stress.

EXERCISE FOR STRESS

- Relaxes muscles, relieves tension, soothes the mind.

EXERCISE FOR ADHD AND CONCENTRATION

- Boosts the brain's dopamine, norepinephrine and serotonin levels—all of which affect focus and attention.
- Works in much the same way as ADHD medications such as Ritalin and Adderall, without the side effects.

EXERCISE FOR PTSD

- By focusing the body on exercise, the nervous system becomes “unstuck.”



When we get our body moving, chemicals release — like oxytocin, a calming, feel-good chemical and stress reliever, and endorphins and adrenaline — pick-me-ups.

TWYLA GINGRICH

Yoga, in particular, is an activity that brings awareness to the body, breath and present moment. Thoughts about the past and future exacerbate depression and anxiety, while, alternatively, when we become “aware of what’s happening now, usually we’re doing OK ... mind chatter is a big part of what fuels a lot of mental illness, especially depression and anxiety,” says Twyla.

Group classes, like yoga, strengthening or cardio, help people move from isolation to feeling part of a community, “which I think people need more and more in a time when we have less community due to technology,” she says. “(Plus), you have at least one other person to motivate you or help you feel accountable.”

Dr. McNeill suggests using the research on exercise’s benefits as inspiration because, as physical activity increases, it creates a positive feedback loop. “If someone is anxious or depressed and they commit to exercising, it gives them a sense of self-mastery. It provides feelings of self-confidence and self-efficacy and a sense of well-being.”

However, sometimes it’s hard enough to get out of bed and make it through the day with depression, anxiety or other mental health issues. Twyla admits it’s difficult to start, “but once they start, they feel much better.” She reminds people to let go of thoughts that create sad or fearful “stories” by dropping excuses and beginning with five minutes of movement.

“If you don’t want to do it for yourself, do it for someone you love,” Tim says.

Whichever way people find motivation to exercise, Dr. McNeill says, “Don’t wait to feel good to walk. Positive results come as a consequence of an activity.”

Of course, exercise doesn’t magically fix everything.

“Exercise is a great tool for mental health,” Twyla says, “but if the symptoms are too severe there are a number of tools in the toolbox. We, as Americans, try to look for the silver bullet, and there isn’t one. Healthy well-being is a lifestyle. It takes practice every day.

“What I see in this community — and in America in general — comes back to competition. This competitive mindset alone can fuel mental health issues if we compare ourselves and beat ourselves up. (It’s about) enjoyment and having fun with it.”

As Chris Knerl, performance manager at Howard Head Performance Powered by EXOS, sums it up: “Exercise does a world of good for your psychological state.”

But it’s not enough to just read about it, or know the facts. As Tim’s story illustrates, it takes willingness. Fortunately, only a small amount of willingness is necessary. Once the ball starts rolling, it tends to gather momentum.

“Exercise motivated me to be a better person. It just does all kinds of things, and it trickles down,” Tim says. “Self-motivation — pushing yourself to do better — is one of the best therapies out there.” **V**



DR. GEORGE MCNEILL

Licensed Psychologist

STAYS FIT

Dr. McNeill lifts weights and rides a bike five days a week, and his diet emphasizes vegetables. “Skiing and aerobic flying are my favorite activities.”



TWYLA GINGRICH

Licensed Clinical Social Worker at Mind Springs Health

STAYS FIT

Twyla does a daily yoga practice that includes poses, breathing and meditation. “I’m active and enjoy being in nature, hiking, backpacking, biking and skiing. I’m a vegetarian and love cooking new recipes. I use concepts for Ayurveda in my diet to stay well and healthy.”



CHRIS KNERL

Performance Manager at Howard Head Performance Powered by EXOS



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ACTIVE, FIT AND HAVING FUN



EAGLE COUNTY YOUTH MAKE EXERCISE A LIFESTYLE

Being active at a young age provides benefits well beyond strong muscles

BY **HEATHER HOWER** • PHOTOS BY **DOMINIQUE TAYLOR**

IT'S NOT UNCOMMON TO find youth of all ages who love to play in Eagle County. Many of them can outski, outskate and outpedal most adults. It's no coincidence they love mountain sports and are generally active and healthy. Eagle County has been deemed one of the fittest counties in the nation for adults, and that passion for fitness trickles right down to the youngest among us.

Kari Corbin has made her passion for being active one of her life goals. The owner of Nurturing with Nature preschool, Kari has degrees in both early childhood education and social work. She ascribes to the Norwegian philosophy of outdoor schools, which focuses on humans' dynamic with nature. At her school, her students are vibrantly, powerfully moving outside, all day long.

"It's important for kids; being outside and being active in the sunshine builds their immune system and resiliency," Kari says. "It's good for their mental health and builds their self-esteem. It also helps foster a love of learning, as they discover their environment."

Kari's daughters, Ruthie, age 10, and Eden, age 8, are constantly on the go, starting with biking or Nordic skiing from their home in EagleVail to school at Homestake Peak. They've both won awards from their school celebrating the fact that they do it every single day, no exceptions. They participate in ski races, lacrosse camps, surfing vacations and frequent dips in the pool, both with swim team and just for play. Next up? They plan on tackling a fourteener. For those of us who don't believe kids pay attention to what their parents do: "I've been asking for two years to do one. I see them all the time. My mom has done almost every single one in Colorado," Ruthie says with the moxie and slight impatience that colors the everyday life of 10-year-olds.

BENEFITS OF PHYSICAL ACTIVITY

Last year an international team of researchers, headed by Vicente Martínez-Vizcaíno, PhD of Universidad Autónoma de Chile, analyzed data that measured the impact of physical activity on academic performance. The team looked at 26 studies that included more than 10,000 children between the ages of 4 and 13. They discovered that when kids took breaks for physical activity — whether it was extended

recess, time in between tasks to move around or a formal physical education class — their academic performance was better.

"Overall, physical activity appeared to have the biggest impact on keeping kids on task and focused on their work, the study found," writes Lisa Rapaport for *Reuters*. "Students who participated in various experimental exercise programs also did better at math, reading and language lessons than their peers who didn't participate in these programs."

But beyond helping them in the classroom, exercise is key for kids' development. In addition to sleeping better, fit kids are better able to handle physical and emotional stress. The exercise that kids naturally gravitate to — namely, play — provides them with long-lasting elements of physical well-being. Playing tag, crossing the monkey bars and climbing on playground equipment help establish endurance, strength and flexibility: the triumvirate of physical fitness.



Ruthie and Eden DeMino ride their bikes from their home to swim practice in EagleVail.



Hunter Kapala and Georgia Reatti, students at Rumpelstiltskin Preschool, play on the jungle gym.

ALL IN THE FAMILY

Dr. Diane Voytko, who practices family medicine including women's health and pediatrics at Colorado Mountain Medical, agrees that active parents truly are half the battle to getting — and keeping — kids engaged in activity.

"Practicing as a physician in the mountains makes it easier to counsel kids on exercise because many kids follow their parent's lead and are involved in multiple sports and physical activities," Dr. Voytko says. "Ideally we want adolescents and teenagers to get 60 minutes of aerobic exercise daily. This physical activity could be involvement in a team sport; however, for many kids, it can be less structured. I encourage bike riding, scootering, swimming, walking, hiking, playing in the yard with family or friends, playing a game of tag or throwing a football or Frisbee."

Zach Turner, a 15-year-old Eagle teen, has always dabbled in sports — right now he's immersed in hockey as well as lacrosse and golf; he also skis and mountain



bikes. “I love the adrenaline rush of extreme sports too,” he says.

But, he adds, when he’s not practicing on the ice, he and his dad train in the basement, “with the mindset of becoming stronger.”

Zach’s penchant for activity is a lifestyle: hiking, biking and camping are regular activities for his whole family. He’s able to articulate what can sometimes be hard to put into words — the why behind exercise. “Sports really help me cool off sometimes. It can be relaxing, but at the same time intense. Hockey is a great example with being able to put a lot of effort into every aspect of the game while being able to be with your friends and have a good time. Personally, it helps me keep a good mindset of focusing and having discipline — golf plays a role in that too. My dad always wants me to have a good mindset no matter what. He was a semi-professional rugby player, so I have inherited a bit of his toughness trait. We both share a physical contact sport knowledge.”

Just as Zach has observed, exercise can be key to overall health and well-being.

“The benefits of exercise are multiple,” Dr. Voytko explains. “Exercise promotes healthy growth and development; better posture; strong heart, muscles and joints. It improves self-esteem, helps with focus in school and wards off diseases such as diabetes and heart disease. It also sets the stage for lifelong healthy habits.”

STRONG BONES, STRONG MINDS

Feeling — and being — strong is another benefit of working

out. And notice that kids don’t call it working out; it’s all play to them. Brush Creek Elementary School (BCES) physical education teacher Shelli Fullhart knows all of these activities — whether an organized sports league or an intense game of tag — make kids strong physically, as well as boosting kids’ mental states.

Eighteen years ago, Shelli hosted the first fifth grade biathlon at BCES. The kids trained by running and biking their little hearts out. In that first year, many of the students weren’t sure they could do it. Every single fifth grader since has completed the biathlon, and it has become a community event and something younger kids aspire to.

“I just wanted to give them a confidence boost and build their self-esteem going into middle school,” Shelli says. And it does just that: Many fifth graders start off nervous. “Then they get strong and more confident and help each other out. It’s so self-motivating. It’s so cool.”

Movement naturally builds resiliency and confidence, two things that seem to be in short supply these technologically-soaked days. Shelli adds that it’s not about being the best at one sport: it’s about being active and having a blast.

“I like to keep them moving and grooving,” Shelli says. “They feel good about themselves. When you feel good about yourself and feel strong, you have more confidence and can do better in school.”

Just ask Zach, Eden and Ruthie — if you can catch them between activities. **V**



In addition to being on swim team, Eden and Ruthie DeMino are figure skaters and competitive skiers.



Zach Turner’s love of hockey, as well as his commitment and competitiveness, fit well into his family’s active lifestyle.



DR. DIANE VOYTKO

Family Medicine Doctor at Colorado Mountain Medical

STAYS FIT

Dr. Voytko practices yoga several times a week. “I run, mountain bike, SUP, telemark ski in winter and try to be active with my kids as much as possible.”



KARI CORBIN

Owner of Nurturing with Nature Preschool

STAYS FIT

Kari is always on the move, hiking, Nordic skiing, camping and practicing yoga. The head alpine ski coach at Ski and Snowboard School Vail, she also teaches kids swimming — and occasionally bike riding — and usually travels with her inflatable SUP.





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EXERCISE FOR JOINT HEALTH

Though pain can be a deterrent, there's a strong case for exercising to help alleviate joint pain

BY KAREN MASON

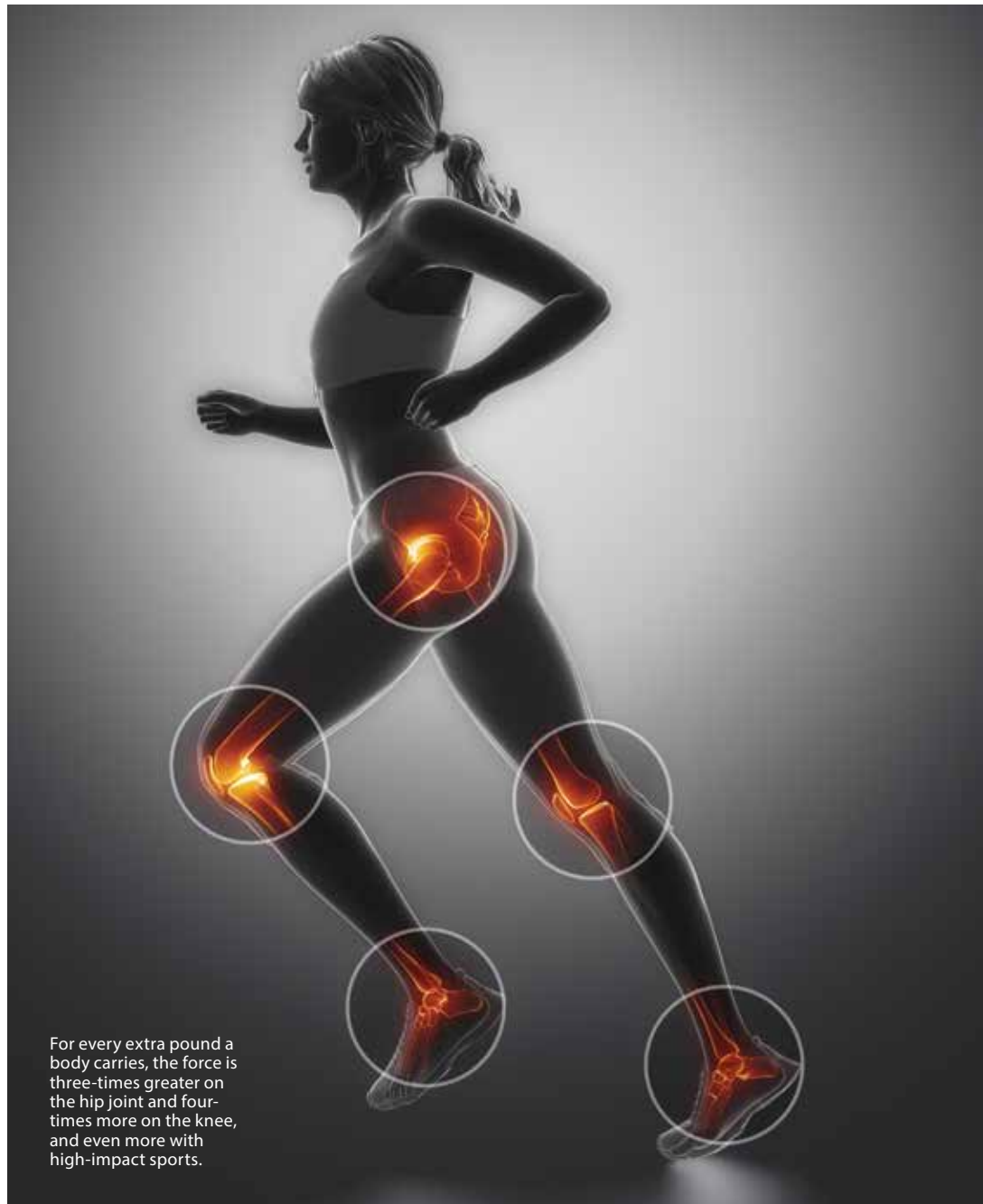
IF YOU SUFFER FROM joint pain, the last thing you feel like doing is moving. Pain is the ultimate de-motivator, so when you hurt, the impulse is to sit still and wait for it to pass. Unfortunately, when it comes to joint pain, less activity makes it worse, not better. Joints become stiffer and muscles become weaker, and that's when joint pain can really set in. In fact, science and research show that moderate exercise can not only help improve joint pain, but it may be the answer to postponing or eliminating the need for an intervention like joint-replacement surgery altogether.

Our joints, particularly in the hips and knees, are meant to be used. We utilize them for everything from normal everyday movement to the activities and athletics we so dearly love. As we get older, our focus needs to be on keeping joints healthy and well-balanced. Exercise keeps joints flexible and strong and helps people lose weight, taking further pressure off the joints.

WHAT CAUSES JOINT PAIN?

There are several reasons why someone may suffer from joint pain. Osteoarthritis is the main cause, which can come from repetitive overuse or general wear-and-tear as the joints simply break down over time. A secondary cause of joint pain is post-traumatic arthritis resulting from an injury.

While injuries can be fixed, the lingering damage typically sets patients on a trajectory that can eventually lead to arthritis.



JOINT PAIN SPECIALISTS

Eagle County is home to several nationally recognized joint replacement physicians. Dr. Raymond Kim of The Steadman Clinic specializes in adult joint reconstruction, knee and hip arthroplasty. Dr. Nathan Cafferky with Vail-Summit Orthopaedics focuses on hip, joint replacement and revision, knee and orthopaedic trauma.

Both physicians highly recommend low-impact sports for their patients who suffer from arthritis. "Pain is obviously frustrating, but we want you to keep moving, so we recommend patients take part in lower-impact activities and controlled exercises where their feet are grounded," says Dr. Cafferky.



EMILY NEAL

Physician Assistant at
The Steadman Clinic

STAYS FIT

Emily plays basketball, hikes and does circuit workouts. "I enjoy a challenging mix of aerobic, anaerobic and weightlifting exercises."



DANIEL WOOD

Physician Assistant at Vail-Summit Orthopaedics

STAYS FIT

Daniel enjoys skinning, mountain biking, trail running and stand up paddle boarding several times a week. "Living and working somewhere I can stay active is vital."

Dr. Kim says cycling, swimming and elliptical trainers are all ideal, low-impact activities. "Focus on activity modifications. If you enjoy hiking, try using hiking poles — especially on the downhill — to alleviate some of the impact and stress on the joints."

According to Dr. Cafferky, underlying muscles can become weak with arthritic pain. "A lot of changes occur slowly, so the way we treat arthritis in the early stages is by keeping muscles strong." While high-impact activities can aggravate and sometimes damage the joints, moderate forms of exercise provide critical lubrication.

"Cross training can help keep muscles and natural joints strong and healthy. Stretching and strengthening also become important. If you want to prevent stiffness, focus on range-of-motion exercises," says Daniel Wood, a physician assistant who works with Dr. Cafferky at Vail-Summit Orthopaedics.

Weight loss can have tremendous benefits for the joints. Both Dr. Kim and Dr. Cafferky explain that for every extra pound a body carries, the force is three times greater on the hip joint and four times more on the knee. "In other words, if you lose five pounds, your hip will feel 15 pounds lighter and your knee will feel a 20-pound difference." This effect is magnified even more with running and other high-impact sports, which can create four to five times the force going through a joint.

CAN JOINT REPLACEMENT SURGERY BE POSTPONED OR ELIMINATED?

"We always start with conservative treatment and recommend patients live with the joints they were born with as long as they can," says Dr. Cafferky. "While artificial joints are very good, they are still a mechanical implant. We recommend patients try all non-operative treatment approaches before considering surgery."

Advanced practice providers (PAs and NPs) working alongside orthopaedic surgeons will often see new and established patients who may benefit from non-surgical options. A con-

servative treatment approach includes modifying activities; avoiding high-impact sports; using anti-inflammatory medication such as Advil or Aleve; weight control or weight loss; assistive devices or braces; steroid injections or visco-supplementation, an injection that lubricates the joint.

"Many of the patients we see in clinic are able to delay surgical intervention by maintaining a well-balanced conservative treatment regimen that typically includes activity modification, pain relievers and joint injections," says Emily Neal, a physician assistant who works with Dr. Kim at The Steadman Clinic.

REPLACEMENT SURGERY

When is joint surgery necessary? Dr. Kim says when patients become discouraged and have given up their favorite activities because of arthritic pain, joint replacement surgery becomes an option. "Thankfully, joint pain is a fixable problem with a very good solution. Joint replacement surgery can get patients back to the recreational activities they love, such as golf, tennis, skiing and hiking."

Although physicians typically like patients to wait as long as they can before surgery, the average age of a joint replacement patient is lower than it was 10 years ago. "I would say the average patient age is 60 years old, but I have many patients who are in their late 40s or early 50s," remarks Dr. Cafferky.

"Improvements with the surgical technique, anesthetic technique and post-operative physical therapy have led to better outcomes and faster recovery times," says Dr. Kim. "Fifteen years ago, the average stay in the hospital for joint replacement surgery was four to five days; now we're doing these as outpatient procedures." A rapid recovery protocol gets patients up and moving the new joint right away, often walking by lunchtime after a morning procedure. Patients are also getting off pain medications faster than ever because pain is being treated through several avenues including post-surgical physical therapy.



DR. RAYMOND KIM

Adult Joint Reconstruction,
Knee and Hip Arthroplasty
at The Steadman Clinic

STAYS FIT

Dr. Kim enjoys rock climbing, lifting weights and hiking. "Berry Picker is a great, short local hike."



DR. NATHAN CAFFERKY

Hip, Joint Replacement
and Revision, Knee and
Orthopaedic Trauma at
Vail-Summit Orthopaedics

STAYS FIT

Dr. Cafferky exercises daily. "Whether I'm training for a race or just trying to clear my head, I focus most of my time and energy on hiking and trail running, mountain or road biking and swimming. In the winter, I do a lot more gym time and skiing. Vail is a prime location to take advantage of a healthy outdoor lifestyle, and I try to enjoy it as much as I can."

Joint replacement surgery should be a last resort. Moderate exercise, which helps keep joints lubricated and eases pain, is the easiest — and most cost-effective — way to keep the joints healthy and working. And beyond the physical advantages, regular exercise also improves mental health, contributing to an improved quality of life. **V**



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INSIDER

GET OUTSIDE

These Eagle County trails make it easy to get outdoors and exercise

BY **MELANIE WONG** PHOTOS BY **DOMINIQUE TAYLOR**



Events & Outreach Manager
Christine Albertson, Social
Worker Erin Perejda and
Manager of Cancer Services
Kim Sharkey get together
once a week in the summers
to enjoy their neighborhood
trails in Eagle.

WHEN IT COMES to the ultimate gym, it's hard to beat the outdoor playground that is Eagle County. Indoor workouts are nice on rainy or cold days, and the gym is a great place for targeted strength training, but most people would say they prefer being outdoors. After all, climbing a peak is more fun than a few hours on the Stairmaster, and a trail run through the forest typically beats half an hour on the treadmill.

Science supports the touted benefits of outdoor exercise. Researchers have found that when exercising outdoors, people tend to push themselves harder and sometimes aerobic efforts even feel easier. Studies also suggest that exercise outdoors improves mood, self-esteem and physiological markers such as heart rate, blood pressure and cortisol levels compared to exercising indoors.

So, what are you waiting for? In Eagle County, you're never far from a great spot to run, hike, walk or bike, so check out these favorite, easily accessible neighborhood trails for some inspiration.

EAGLE

Haymaker

Adored by all trail users alike, this professionally built trail system near the Eagle Pool and Ice Rink features excellent mountain biking for all levels, as well as beautiful views and plentiful terrain options for those on foot. With few sustained climbs and largely smooth surfaces, Haymaker also caters to all levels of fitness. The area gets a lot of sun, making it a good early or late season option.

AVON

West Avon Preserve

This trail system has become a staple network for the mid-valley. Access the trails from Edwards' Singletree neighborhood from the west, or from Nottingham Road to the east. Options are varied and endless here. Mountain bikers will enjoy a challenging climb to



the top of the Lee's Way flow trail for a rollicking descent, while runners and hikers will enjoy the undulations of the Avon Singletree Connector closer to the valley floor.

EAGLEVAIL

EagleVail Trail

This gem of a trail is hidden along the steep hillside of the EagleVail neighborhood, with multiple access points along the way. With punchy climbs and switchback sections, you'll get your heart pumping immediately. For mountain bikers, the path lends itself to longer rides by connecting to trails such as



Occupational Health Nurse Joyce Benson has been trail and road running for over 30 years and loves living in Wildridge, where she can access the Avon Preserve from her front door.

Paulie's Plunge and Stone Creek. Most of the route is shaded, and wildlife is abundant. This is also a great snowshoeing or trail running route in the winter months.

MINTURN

Mini Mile

As its name implies, this 1-mile connector trail hugs the hillside of Minturn from Little Beach Park to Two Elk Road. The trail is gently rolling, with little elevation gain and some fun features. This is a great option for an easy, weekday workout, or a hike or ride with the entire family.

VAIL

North Trail

It's tough to beat the accessibility of this 12-mile trail, which spans the northern side of Vail. The North Trail System is open to hikers, bikers, runners and dogs, and can be accessed from trailheads at Davos, Buffehr Creek, Sandstone and Spraddle Creek, affording users a myriad of route options. Terrain varies between switchbacks through aspen forests, gently rolling glades and rockier downhill segments.

EAST VAIL

Pitkin Lake Trail

This 9.5-mile out-and-back route has a bit of everything — stream crossings, waterfalls, wildflowers, wildlife and a lovely, emerald alpine lake rewarding those who make it to the top of the trail. It has some steep grades but is far less-traveled than some other nearby trails. **V**



Marketing & Outreach Specialist Jeff Owens and Maintenance Specialist Jason Bent enjoy a morning hike on Pitkin Lake Trail.

Exercise outdoors
improves mood, self-esteem and physiological markers.



SKI TO LIVE, LIVE TO SKI

Three generations share their passion
for Vail's favorite sport

BY **KIMBERLY NICOLETTI**



VAIL WAS FOUNDED on the sheer premise of skiing. Our World War II heroes of the 10th Mountain Division had discovered their love for the sport at nearby Camp Hale. And as many of us dream of an endless winter, these war veterans searched for mountains that would provide the ultimate vertical terrain to pursue their passion. As news of a new ski area spread across the country, people left their hometowns to join the fledgling resort. No one had any idea that Vail would become one of the most renowned ski areas in the world. They just wanted to ski.

There are few sports that are as universally loved by men and women, young and old, experienced and novice. Children who learn are typically taught by parents who want to share their affection for the incredible scenery, the ceremonial first chair of the season and the unparalleled feeling of swooshing down the mountain. We all get giddy as opening day approaches, we spend too much on our gear and we're sometimes having so much fun, we ski until our legs are jelly. Then, we indulge in a ritual that is only celebrated by skiers — après. It's our way of cooling down after a big day of exercise!



It's very emotionally and psychologically healing being up there, out in the open.

You just enjoy — you don't have to think. You leave your issues behind.

DR. JACK ECK

Skiing is the perfect sport, really. When done properly, it uses large muscles, challenges flexibility and improves balance and core strength. It also improves cardiovascular endurance. "The harder you want to ski, the harder you allow your body to work," says Matt Mymern, a physical therapist for Howard Head Sports Medicine and the U.S. Women's Ski Team.

While skiing provides the opportunity for moments of blissful solitude in nature, it's also the perfect activity to share with friends, family and strangers on the chairlift. It's calming and energizing all at once. As longtime skier Dr. Jack Eck so eloquently puts it, "I just think it's all poetry in motion. It's soothing to the soul."

Matt not only keeps the country's top female skiers on the slopes, he's out there with them, enjoying the mountain. "Skiing is a sport that gives you a sense of pleasure, freedom and well-being when you're doing it," he says. "It's something to look forward to. I get a giddy feeling when there's new snow, just like I did in childhood. It's all clean and neat, and you get to go out and mess it up and have fun."

It's why we're here. It's why we stay. It's what makes people travel from all over the world to this tiny town nestled in the Rocky Mountains. We collect precious memories from our days on the hill. Here are a few stories told by three generations who share a love and passion for skiing.

JACK COMES BACK

After a year in war-torn Vietnam, Dr. Jack Eck returned home to Pennsylvania in October of 1971. Three days later, he drove to Vail and has played an integral part in both the medical and ski community ever since. "I wasn't very good at skiing, but I thought, 'If I survive Vietnam, I'm going to go to a ski area,'" Dr. Eck fondly recalls.

"Once I'd been here that first winter, I knew I wanted to be here for good," he says.

Dr. Eck was welcomed by Dr. Tom Steinberg and Dr. Bill Holm, who at the time were the only two physicians at the Vail Clinic (now Vail Health). Back then, ski patrolling required only First Aid card certification. When it came to heart attacks or other serious medical conditions on the mountain, patrollers transported guests down to the clinic. Unfortunately, some didn't make it, so Dr. Eck taught patrollers to effectively stabilize patients before they were sledged down.

"The ski patrollers wanted me to teach them about trauma," he says. "We had to change the paradigm to what they needed to do to stabilize people before transporting them down to the clinic so the survival rate would increase."

In return for Dr. Eck's training, ski patrollers took him all over Vail Mountain, which at the time wasn't heavily groomed. Powder days lasted a week, so Dr. Eck had to learn how to ski in all terrain and snow conditions.

"It was actually scary at times. They just gave me pointers," he says. "They really got me skiing over my head, but it was a lot of fun. I had to learn to be a good technical skier."

Dr. Eck worked as a full-time ski patroller for two years, while moon-

lighting in other clinics. After that, he continued to ski with patrollers, not only to help them with interventions as the Medical Director for Vail Ski Patrol, but also for the friendships.

"They're fun characters with lightheartedness," he says. "There's a certain camaraderie you just never forget."

Now retired from medicine, Dr. Eck is the senior director of development for the Vail Health Foundation. He still skis anytime he can. For him, the sport provides physical, mental, emotional and maybe even spiritual benefits. "It's unique to put all these components of exercise together: timing, coordination, balance, energy and concentration," he says. "You're using all of your mental and physical capabilities, and the more you use them, the brain gets better at coordinating ... the physical component dissipates pent-up energy and allows you to be more creative. All that positive energy helps us psychologically. It's very emotionally and psychologically healing being up there, out in the open. You just enjoy — you don't have to think. You leave your issues behind."



Christopher Ewart learned to ski at age 2, and joined the Eldora ski team at 9. Just before moving to Vail, he embraced telemark skiing, and got rid of his alpine gear to make sure it stuck.



During the Vietnam War, Dr. Jack Eck promised himself he'd move to a ski area if he made it out alive. Three days after returning home from the war, he moved to Vail. He helped educate members of Vail Ski Patrol on how to stabilize victims of cardiac arrest and other traumas before transporting them down the mountain.



BERIT RACES WITH INTENSITY

In an era when technology sometimes gets in the way of family time, skiing brings everyone together. Two, three, sometimes even four generations might spend a day on the hill, making turns and making memories. Berit Frischholz is the 16-year-old daughter of Paisley Frischholz, a registered nurse at Vail Health's Family Birth Center. Skiing is part of her lifeblood. She says she forgets her worries when she's skiing; it clears her mind. And it's an integral way of making, and continuing, to see friends. She also likes feeling physically strong through racing and the three hours a day she spends in the gym with Ski Club Vail to stay fit.

"What I love about skiing is the intensity," Berit says. "Getting up early in the morning before the sun rises with a headlamp on my helmet, hearing the creaks in my boots from the cold and the sound of my skis against the firm snow. Skiing fast is exhilarating. Being in the gate and counting down the seconds before my slalom or GS run is intense. I like that."

Whether it's bungee jumping in New Zealand, scuba diving in Maui or sky diving in Germany, Berit thrives on adrenaline.

"Skiing has shaped me to be the person I am today because it has allowed me to travel to so many different ski resorts both in the U.S. and all around the world," she says.

She has traveled to Austria four times and New Zealand once for ski camps and races, and she qualified and competed at the US National Championships for the past three years in Utah, Maine and Washington. By winning slalom races in Burke, Vermont the last two years, she was invited to represent the United States in an international race in Europe as part of the U16 National Team where she competed against other European Nations. Despite incurring a back injury last fall, Berit persevered and had her most successful racing season, winning the Colorado SYNC Cup Race Series.

"Skiing is my life," she says. "I wasn't going to let one thing end it for me. I push through and do as much as I can so I can keep skiing."



DROPPING THE KNEE

Skiing is also in Christopher Ewart's blood. A care technician in Vail Health's Emergency Department, the 30-year-old started skiing in Massachusetts at age 2. At age 9, when his family moved to Fort Collins, he joined the Eldora race team, and then patrolled at Winter Park as a teenager through the resort's Junior Patrol Program. After he turned 18, he moved to Vail.

The "freedom of skiing and going fast and jumping" hooked him. As a teen, skiing became a way to meet up with friends and "go wherever you want to go."

He learned to telemark ski right before he moved to Vail because he wanted more of a challenge. "I thought it was new and unique," Christopher says. "I forced myself to do it by getting rid of all my alpine equipment."

"It's harder on the quads, but it gives you the freedom of going up- and downhill anytime, and being able to hold an edge and drop a knee takes a lot more balance and strength in the legs and core."

Freeing his heel allowed Christopher to practice new tricks in the park, like sliding a rail with one or both knees dropped. He spent his winters learning how to "spin to win and get upside down," in hopes of becoming a pro telemark skier. His tenacity paid off when he earned gold at the Teva Winter Games in 2012 landing what is to be believed as the first ever double front flip in a telemark competition.

Now, he spends most of his time in the backcountry when he's not working. "It gives you the feeling of being a pioneer — getting out to places most people don't go," he says.

Skiing also helps relieve any stress he builds up in the Emergency Department.

"You have time to self-reflect when you're skiing," he says. "When you're skiing, your mind just clears up. You're focused on skiing, and I think that's what's awesome about it. There's no stress."

Christopher has made skiing a lifestyle by doing his best to stay healthy, eat right and exercise. In addition to his work at Vail Health, he runs Bishop Binding's marketing and athlete program. **V**



16-year-old Berit Frischholz racing at the USSA Jr. Championships in Winter Park, where she placed in the top three and qualified for Nationals.



Christopher skis to self-reflect and clear his mind.



I get a giddy feeling when there's new snow, just like I did in childhood.

It's all clean and neat and you get to go out and mess it up and have fun.

MATT MYMERN



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EXERCISE MYTHS

Howard Head Sports Medicine's Doug Emerson and Jesse Horton prove some common myths are just plain silly

BY **KATIE COAKLEY** PHOTOS BY **DOMINIQUE TAYLOR**

HAVE YOU HEARD that morning is the best time of day to work out? Or that you have to work out every day to see results? What about the one that says cardio is all you need to lose weight? These are just a few examples of the exercise myths you might read online or perhaps hear from friends in the gym. However, not everything you hear (or read) is true.

As physicians, PAs, PTs and other experts continue to explore the human body and conduct research, more and more myths are being put to rest. Here, our experts will bust five misconceptions you've probably heard, might believe and can now file away as myth.

THERE'S A "BEST TIME" TO WORK OUT

This is a tricky one. There have been studies that indicate if you work out first thing in the morning, before you eat (i.e., in a fasted state), it helps prevent weight gain. Now, this is not the same as weight loss, but there do seem to be indications that early-morning exercise in the fasted state is more potent than an identical amount of exercise in the fed state, according to a study conducted by the Research Center for Exercise and Health at Catholic University Leuven in Belgium. However, the bottom line is that exercise should be a habit, so if you're more likely to consistently work out later in the day or after work, do that.

STRETCHING BEFORE WORKING OUT PREVENTS INJURIES

Stretching before a workout is not proven to help prevent injury, reduce muscle soreness or improve performance. In fact, you might even injure yourself if you simply jump into your workout with intense stretching, says Shirley Archer, a fitness and wellness educator with the American Council on Exercise. One of the most important aspects of injury prevention is warming up. Instead of hitting the deep stretches immediately, incorporate static stretching after you exercise, when your muscles and connective tissues are nice and warm. It makes lengthening them easier. Archer recommends holding a slow stretch for 10 or 15 seconds while taking deep breaths.

SIT-UPS ARE THE BEST WAY TO WORK YOUR ABS

Everybody has heard that the best way to get that six-pack belly is to do sit-ups — hundreds and hundreds of sit-ups. Nay, not so! In fact, by 2020, the U.S. Army will phase out sit-ups from its standard fitness tests. If you want solid abs, work on your core. Planks, squats and push-ups all help tone abs more than sit-ups.



MORE CARDIO MEANS MORE WEIGHT LOSS

The basic equation for weight loss is to make sure you're expending more calories than you take in. If you walk or run on the treadmill for 30 minutes, you'll certainly burn some calories. However, cardio alone is not going to help you shed the pounds. Strength training is also important to weight loss because it builds muscle, and muscle helps you burn more calories. The more muscle you have, the more calories you'll burn. In addition, working out is not an excuse for pigging out — if you want to lose weight, you're also going to have to cut back on your calorie intake.

**JESSE HORTON**

Physical Therapist at Howard
Head Sports Medicine

STAYS FIT

For Jesse, exercise centers around enjoyment. He enjoys all biking — especially mountain biking — as well as body weight workouts. He also places a high value on sleep. "This may sound like the opposite of a normal 'activity' but the body needs rest. Getting in a good 8-hour sleep will do wonders for the body to prep it for the next day's adventure."

**DOUG EMERSON**

Physical Therapist and Clinic
Director at Howard Head
Sports Medicine

STAYS FIT

To stay fit, Doug mountain bikes, works out with kettlebells and plays with his 1- and 4-year-olds.

**YOU SHOULD HIT THE GYM/
WORK OUT EVERY DAY**

If five days a week is good for you, then seven days a week at the gym is better, right? Nope! A little less is more in this case, and a rest day or two is actually better for you, allowing your body to recover and get charged up for the next workout. Rest days are key to optimizing workouts. However, a rest day doesn't mean a Netflix binge with a bag of chips and some ice cream. Instead, your rest day should include active recovery. Take a walk, do some yoga — it shouldn't be as intense as a normal workout, but you should incorporate some sort of movement. **V**

If five days a week is good for you, then seven days a week at the gym is better, right? **Nope!**

📷 **ROB MONROE | ALMA, CO**
husband | rancher | cardiology patient



YOUR HEART IS IN GOOD HANDS

When an EKG revealed rancher Rob Monroe was having a heart attack, cardiologist Dr. Jerry Greenberg was quickly called in to help. Due to the advanced technology available at Vail Health's Cardiovascular Center, Rob was able to be treated close to home. Three days later, Rob was hauling hay for his horses and considers the care at Vail Health to be "the best in the world" - with all his heart.



**KELLY
FRALICK, NP**



**DR. NELSON
PRAGER**



**DR. JERRY
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EXERCISE FOR SURVIVAL

Vail Health's Fit for Survival and Cardiac Rehabilitation programs help cancer and cardiac patients stay active, oftentimes leaving them stronger and fitter than before

BY **KIM FULLER** PHOTOS BY **DOMINIQUE TAYLOR**

SUSIE JOHNSON IS surviving pancreatic cancer. At age 73, the longtime local says Shaw Cancer Center has been her "savior," but it's the commitment she's made to fitness through Shaw's Fit for Survival program that may also be her saving grace.

It was Christmas Eve 2014 when Susie was diagnosed with an advanced non-resectable form of pancreatic cancer, meaning an operation to remove it was not an option. Instead, Susie has relied on exercise to keep her body and mind strong, even on chemotherapy days.

"Almost every single day during treatment, I would try to do something that was aerobic, and I also integrated weight training," she says. "Even if it was only 20 minutes, I think it really helped my attitude and my physical being, and I think it helped others because they could see that it can be done."

A WAR VET WITH HEART

Edwards local Butch Mazzuca was 24 years old when he was a helicopter pilot in the Vietnam War. He remembers thinking of himself as "10 feet tall, invisible and bullet proof."

Years later, when he suffered his first heart attack in 1994, his cardiologist speculated his heart disease began in his 20s. Veterans Affairs later determined Agent Orange — an herbicide used by the US Military as part of its warfare program — was the probable cause. Two of his friends from the war died from complications due to exposure to the agent.

Because he was asymptomatic when he suffered his heart attack,

Butch dutifully pursued an annual nuclear stress test and routine visits to a cardiologist. In 2017, Dr. Greenberg's cardiology team at Vail Health noticed something strange on Butch's stress test. They asked him to come back for a second test, and Dr. Greenberg still didn't like what he saw. After an angiogram, Dr. Greenberg sent Butch straight to Denver for open-heart surgery.

When he returned to Vail after a quadruple bypass, Butch remembers feeling exhausted. "I was overmedicated, anemic and I couldn't walk more than 10 feet," he explains.

Dr. Greenberg took Butch off of six of the medications he had been taking and prescribed Vail Health's Cardiac Rehabilitation program. A ski instructor at Vail, Butch asked Dr. Greenberg when he could start skiing again. His wife gave him "a look," but Dr. Greenberg said, "Go for it. Just don't fall."

"Cardiac rehabilitation programs are designed to provide medical supervision, supervised exercise, cardiac risk factor modification, education and counseling," shares Dr. Greenberg.

Returning patients to what they love sometimes helps the recovery process, both physically and mentally. Dr. Greenberg explains, "Frequently, individuals who undergo open-heart surgical procedures can suffer from loss of self-esteem and even significant depression."

Dr. Greenberg says Vail Health follows the recommendations of the American Heart Association and American College of Cardiology's prevention and risk-reduction guidelines. These make a strong recommendation for a referral to a

cardiac rehabilitation program for patients with a recent myocardial infarction, unstable angina, stable angina, heart failure or recent open-heart surgical procedure.

"Cardiac rehabilitation programs limit the physiological and psychologic effects of cardiac illness, reduce the risk of sudden death or reinfarction, control cardiac symptoms, stabilize or reverse the atherosclerotic process and enhance the psychosocial and vocational status of our patients," he explains. "What could be better than that?"

FIT FOR SURVIVAL

Vail Health's oncology and cardiac rehabilitation gym inside the Shaw Pavilion in Edwards is small, but there's no denying the courageous and limitless energy inside.

The gym is designed to help patients who are in cancer treatment and cardiac rehabilitation stay active safely and effectively. Cancer patients work to regain their strength during and after treatments, and patients post-surgery can work with the on-site oncology-specialized physiologists and physical therapists to improve range of motion, work with strength limitations and improve muscle mass. Cardiology patients who have had a cardiac event — a heart attack, stent placement, valve replacement, open-heart or bypass surgery — are prescribed cardiac rehabilitation as soon as three to four weeks after their event. Through monitored exercise, clinical support and education, the cardiac rehab team works closely with patients to help them achieve their personal goals.



DR. JERRY GREENBERG

Interventional Cardiologist at Vail Health

STAYS FIT

Dr. Greenberg enjoys running, skiing and biking.



KATIE SCHOFIELD

Registered Nurse and Clinical Coordinator for Cardiac Rehabilitation at Vail Health

STAYS FIT

Katie stays active by biking, hiking and trying to keep up with her kids.

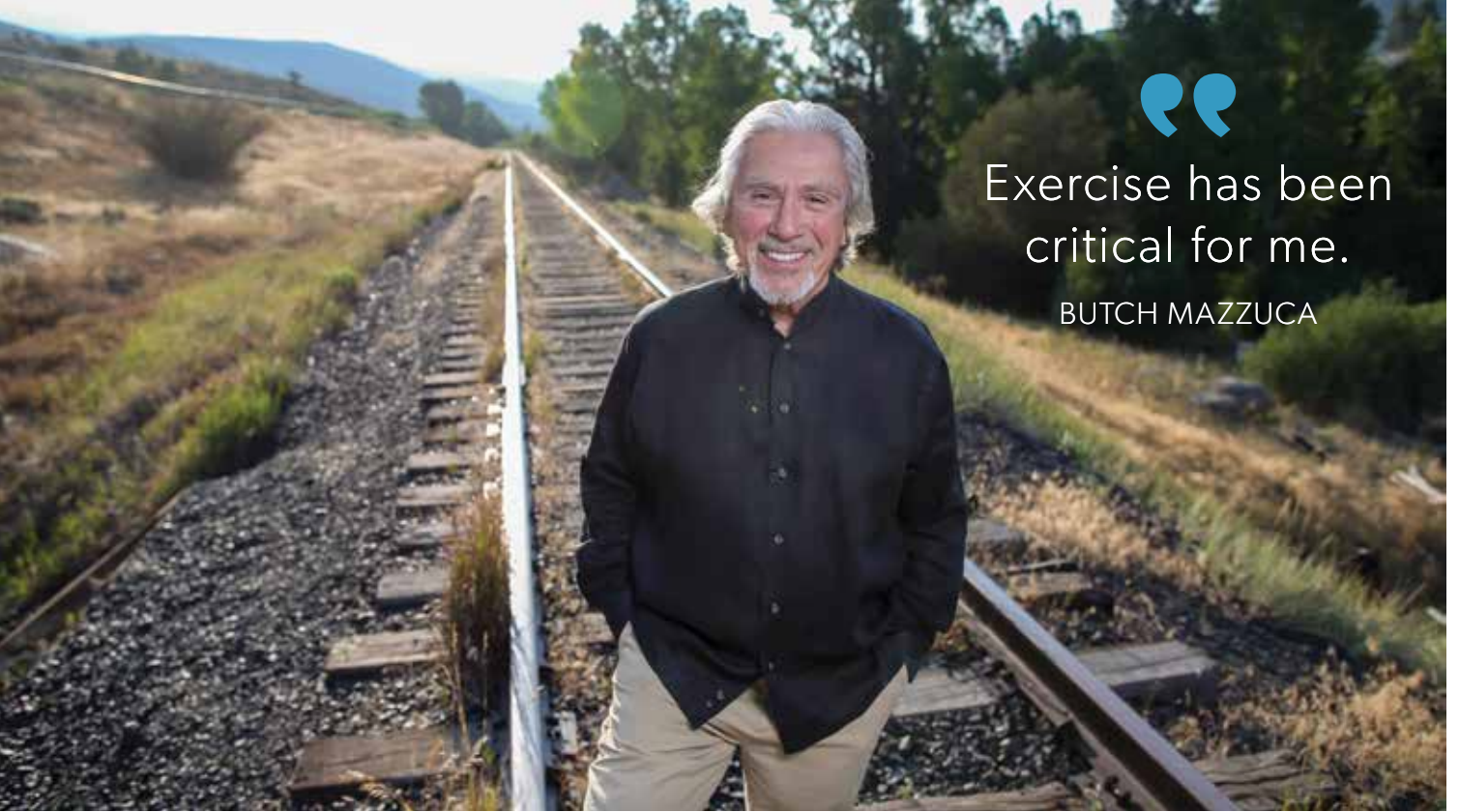


You can't stop. My motto
since all this started has
been 'Carpe Diem!' —
'Seize the Day!'

SUSIE JOHNSON



Longtime local Susie Johnson is surviving cancer by staying fit. She plays tennis and pickleball, hikes, skis and works out with Shaw's Fit for Survival program.



Exercise has been critical for me.

BUTCH MAZZUCA

SUSTAINABLE MAINTENANCE

Katie Schofield is a registered nurse and the clinical coordinator for Cardiac Rehabilitation. She explains, "Our program has been developed from evidence-based research. If you participate in a cardiac rehab program after a cardiac event, studies have shown that you are 21-34 percent more likely to be alive in five years and to have no more events."

Exercise is effective for cardiac patients because it has been shown to increase HDL (good cholesterol), overall blood flow in the body, lung capacity, coping skills and stress relief. It also helps control blood sugar, increase insulin sensitivity and helps prevent Type II Diabetes. Exercise decreases blood pressure and resting heart rate, as well as the fatigue often experienced by patients.

Research and evidence steadily support fitness for cancer recovery as well. Sarah Giovagnoli and Erin Lepper, both oncology-trained exercise physiologists with the Fit for Survival program, say fitness regimens during and after cancer treatments can reduce the odds of recurrence in certain types of cancer 30-60 percent.

"That's why we do what we do — because the research supports the importance of exercise and cancer survivorship, along with decreasing many of the side effects of cancer treatments," says Sarah.

Sarah and Erin work directly with Shaw Oncologists Dr. Hardenbergh and Dr. Urquhart to stay in alignment with treatment and recovery. Dr. Hardenbergh created the Fit for Survival program when Shaw Cancer Center opened 15 years ago, realizing the importance of lifestyle changes and the impact on quality of life and cancer survivorship.

The gym and its programs empower patients to make powerful and long-term lifestyle changes, and those survivors become ambassadors for new patients who may need an extra boost of inspiration.

"I've been able to talk to people and help them through some of their grief," says Susie. "And I've done that right in the gym, just by being there and talking and joking and laughing. I think that helps with my recovery too, because whenever you help someone, you feel good."

STRENGTH GAINS

Three-and-a-half years into treatment, Susie says she hasn't totally beaten cancer, and her will to fight persists.

"The tumor is still there, but it's not progressing," she explains. "So the chemo is holding it at bay, and I believe the exercise is also doing that — it's not advancing, which is pretty amazing for this stage of pancreatic cancer because the statistics are something like three percent of the people live five

years. I am almost at four years, so I am feeling really happy."

Butch says his cardiac rehab has given him more discipline around exercise, and scheduling workouts in the gym with Katie and teammate Hilary Welch-Petrowski has helped create accountability to stay consistent.

"I have to push myself to exercise," he explains, "but once I do, I feel great."

Butch exercises five days a week. If he's not working out with the Cardiac Rehab team, he is walking four miles a day. He says, "Exercise has been critical for me."

He appreciates the support and accountability the Cardiac Rehab program provides. "If I know I have to be there at 8:30 in the morning, I'm there," he says. "And Katie and Hilary are just unbelievable. They just have a patient-centric attitude. Through this whole thing, the care I have received has been excellent and I genuinely feel blessed."

However crucial for physical recovery, there is no doubt the mental and emotional strength gained in this gym is life-changing and certainly life-affirming.

"You can't stop," Susie says. "My motto since all this started has been 'Carpe Diem!' — 'Seize the Day!' — because I think every day you have to wake up and say 'Well, what am I going to do today?' Because it's another day, and you just have to make a good day of it no matter what." **V**



Edwards local Butch Mazzuca exercises five days a week and is looking forward to giving back by teaching veterans how to ski.



SARAH GIOVAGNOLI

Exercise Physiologist at Shaw Cancer Center

STAYS FIT

Sarah is an avid hiker and biker in the summer, and snowshoes and skis in the winter.

JUST MOVE!

10 ways to get fit in Eagle County

BY **MELANIE WONG** PHOTOS BY **DOMINIQUE TAYLOR**

Mattias Höchtl enjoys the views (and sometimes a nap!) while his parents, Kevin and Sarah, get a workout on the Nordic track.



REGULAR AEROBIC AND MUSCLE-STRENGTHENING EXERCISE is an indispensable part of a healthy life — we all know it, whether we've heard it from our health care provider or read it in an article like this one. In fact, the American Heart Association recommends that healthy adults should get at least 150 minutes of moderate-intensity aerobic exercise, plus muscle strengthening, at least twice a week.

Most of us agree this sounds like a good idea, but real life tends to intervene, with long work hours, children to care for, pesky extra pounds from the holidays or sidelining injuries that force you to slow down. The good news is that reaching the recommended exercise goal doesn't have to be a daunting task. You can get moving in a myriad of ways that are accessible, fun and fit into your busy life.

HERE ARE 10 WAYS TO GET
YOUR DOSE OF PHYSICAL
ACTIVITY IN EAGLE COUNTY »

1 GET OUT OF YOUR CHAIR

Sitting is the new smoking. According to a number of studies, those who sit for more than eight hours a day without physical activity develop health risks similar to those associated with obesity and smoking.

If that's not enough, extended periods of sitting create changes in our skeletal structure and results in pain and tight or weakened muscles, says Luke O'Brien, a physical therapist and vice president of physical therapy operations at Howard Head Sports Medicine.

"When we sit with a curved spine and shoulders hunched, our bones begin to think that's the way we are supposed to be and conform," says Luke. "There are many consequences associated with that. Back

pain develops and hunching decreases the breathing capacity of your chest, to name a couple."

Lack of hip extension can also lead to weak glutes and prime you for injury, he adds. He suggests taking scheduled breaks from sitting. Every hour, get out of a sitting position for five minutes and do some exercises and stretches such as putting your arms overhead, or hip extensions. When you do sit, make sure your monitor is at eye level. Even better, look into getting an adjustable standing desk.

2 MOTIVATE YOURSELF WITH TECHNOLOGY

Lots of people exercise and make healthy decisions using fitness apps or other forms of technology. FitBits are about as ubiquitous

as normal watches nowadays, with the added benefit of tracking your steps, calories burned and minutes of activity. FitBits start all users off with a goal of 10,000 steps per day, which equates to about five miles and encourages about 30 minutes of exercise each day.

Strava is another top program that not only tracks your bike or run workout, but connects you with other athletes, allowing you to find routes others have used, compare times and even push yourself harder to climb higher on the leaderboard.

Other popular and highly rated apps include Couch to 5K (geared for beginning runners); Asana Rebel for yogis; and SworKit, which offers customizable workouts for many different fitness levels and goals.

3 TAP INTO YOUR COMPANY'S EMPLOYEE HEALTH BENEFITS

Many companies encourage their employees to exercise through incentives and benefits. Vail Health sponsors races for employees through the Vail Rec District's trail running series. Many employees join the bike race series, trail running series and even snowshoe races in the winter as a result, says Total Rewards Manager Amy Felton.

To encourage more consistent exercise, Vail Health employees can also join SafeHealth, a three-month fitness program with weekly drop-in classes taught by an expert from Howard Head Sports Medicine. Another program, SafeFit, aims to prevent injuries by allowing employees to schedule a free appointment with a physical therapist to address aches and pains before they become chronic problems.

On-site workout facilities promote a culture of wellness. Vail Health offers open gym hours at the Shaw Pavilion in Edwards from 12 to 1 p.m., and with an abundance of trails accessible from most of its campuses, employees can head out for a walk, run or even a few turns on the hill.

Still other companies offer recreation stipends or flexible schedules to fit in workouts. Find out what's offered at your workplace.

4 DO LAWN OR GARDEN WORK

Yes, digging around in your garden and mowing the lawn count as "moderate activity" exercise, according to the Centers for Disease Control. Don't have a yard? Volunteer locally at the Salvation Army Bare Roots community garden or join the Vail Valley Mountain Bike Association and volunteer on their trail work days.



Administrative Assistant Charmayne Bernhardt's gardens are some of the most beautiful in the valley, and it's no wonder — she puts hours of sweat equity into them, and gets a good workout in the process.

5 JOIN A TEAM OR LEAGUE

When getting off your couch to go running seems lonely, try working out in groups. The Vail Recreation District, WECMRD and various towns offer sports leagues as intense as ice hockey and as low-key as cornhole. Whether it's kickball, pickleball or sand volleyball that gets you going, sign up and have fun while you get your heart rate up.

6 PLAY AND WORK OUT WITH YOUR KIDS

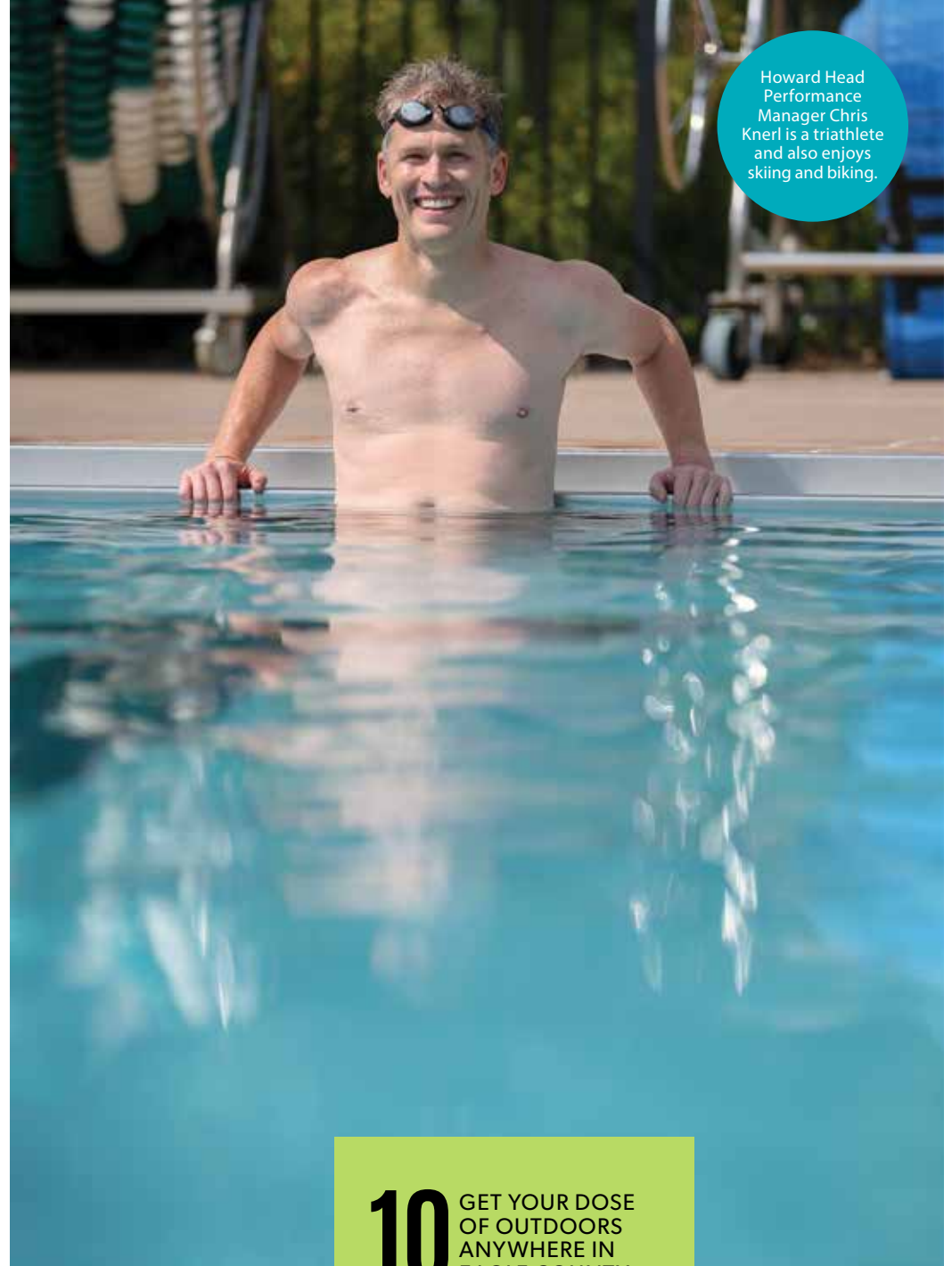
Children can wreak havoc on your gym schedule, but they can also help keep you active and even contribute to your workout. If you like to walk or run, push your kiddos in a stroller for an extra challenge. In the winter, torch calories by pulling them around in a sled or in a trailer while you Nordic ski. Taking them to the park also counts if you hop on the jungle gym and do the monkey bars.

7 POP IN A VIDEO AT HOME

Workout videos can be done at any time of day in the comfort of your home. DVDs are available for purchase online, or you can borrow from the local library. In addition, YouTube offers a plethora of channels dedicated to every type of workout, from Pilates to TABATA to bodybuilding, and the best part is, it's free. If you're a YouTube workout newbie, check out BeFiT, POPSUGAR Fitness, Fitness Blender or Blogilates.

8 TAKE THE LONG WAY

Little things add up, so get your activity in by ditching the shortcuts. Park at the far end of the parking lot at work and walk in. Take the stairs instead of the elevator. At the grocery store, work in extra activity by carrying your bags to your car and then into your house (bonus calories burned if you have a flight of stairs).



Howard Head Performance Manager Chris Knerl is a triathlete and also enjoys skiing and biking.

10 GET YOUR DOSE OF OUTDOORS ANYWHERE IN EAGLE COUNTY

Being in the midst of the rugged outdoor playground that is Eagle County, there are few excuses not to be active. Choose from skiing, snowshoeing, rock climbing, cycling, hiking, mountain climbing, hockey, swimming, dancing, trail running and more. The key ingredient is to choose something you like.

"It's not so much about one activity being better than another for exercise," says Luke. "Do the activities you enjoy most. The important thing is just to move." **V**

9 TAKE YOUR WORK MEETING OR PHONE CALL OUTSIDE

Meeting with a colleague or scheduled for a longer phone call? If appropriate, ask to meet or talk over a walk instead. A *Harvard Business Review* article reported that "walk and talks" resulted in more creativity, more honest exchanges and more productive meetings. At the very least, it breaks up your sedentary work days and gets you moving.



LUKE O'BRIEN

Physical Therapist and Vice President of Physical Therapy Operations at Howard Head Sports Medicine



FUELING FOR FITNESS

The body requires proper nutrition for optimal performance and enjoyment while exercising

BY **MOLLY DEWEY**

EXERCISE REQUIRES MORE THAN GUMPTION; it needs fuel. And though there are certainly some tried-and-true guidelines as to what we should eat just before we head out on a hike/bike/run, fueling up begins before that.

"From a dietitian standpoint, it's what we do every day that is most important," says Annegret Kessler, a registered dietitian nutritionist and certified diabetes educator at Vail Health. "In order to be successful with your exercise performance, you need to have a good foundation."

That foundation comes in the form of a nutrient-dense diet that includes protein, healthy fats and carbohydrates. Potassium, magnesium and zinc are all minerals that are essential to high performance. But nutrition is not a "one size fits all" prospect.

"As unique individuals we have our own unique nutrition needs," says Annegret. "Find out what works best for you in terms of fueling your body for fitness and longevity."



ANNEGRET KESSLER

*Registered Dietician and
Certified Diabetes Educator
at Vail Health*

STAYS FIT

Annegret likes endurance cardio activities such as skinning and skate skiing. She's also an avid alpine skier, biker and hiker.

WATER AND CARBS

"Carbohydrates and water work synergistically to provide fuel and hydration," Annegret explains. "Water is the most essential nutrient for exercise. Carbohydrates are essential during exercise to prevent fatigue and 'hitting the wall' by keeping blood sugar levels normal."

Glycogen, the storage form of carbohydrates, is tapped when the body needs energy. Preserving your glycogen stores is key to feeling good physically.

"If you want to maintain your muscle mass, you want to hydrate and fuel yourself," Annegret says. "As you become dehydrated, and there's not enough glycogen stores or fuel, you start to burn your muscle stores. And you lose 10 to 12 percent of your performance ability with dehydration."

Chris Knerl, the performance manager at Howard Head Performance Powered by EXOS, also cites water as the most essential nutrient, especially at altitude. When evaluating a client looking to achieve optimal athletic performance, "the first question is always, 'Do you know how much water you're drinking?'" says Chris.

Depending on how strenuous your workout is, you should consume 12 to 24 ounces of fluid for every hour of exercise — and Knerl actually takes this rule one step further:

"We encourage you to weigh yourself before and after working out to see how much fluid you lost," he says. "For every pound you lose during exercise, you need to be consuming 20 ounces of fluid."

WHAT & WHEN

"When to eat and drink and how much to eat and drink depends on the duration and intensity of the exercise," says Annegret. "What you eat also depends on your own preferences and individual needs. Exercise events greater than 90 minutes and performed at a higher VO₂ maximum require more fuel and water."

When you are going to exercise for more than 90 minutes, finish your meal two hours before the event begins. Then 20 to 30 minutes before the activity, have immediate carbs, such as one banana, a small handful of raisins or an 8-ounce sports drink. Fluid-replacement drinks such as an all-natural sports drink should be used during the activity, as they provide hydration, glucose, potassium and sodium, all of which are lost during exercise. Annegret recommends drinking 5 to 10 ounces every 15 to 20 minutes during high-intensity exercise.

"It is well-understood based on research that consuming carbohydrates during endurance exercise or stop-and-go sports lasting an hour or more can enhance physical and cognitive




performance by maintaining healthy blood glucose levels and preserving glycogen stores for later in the exercise," she explains.

This translates into approximately 30 to 60 grams of carbohydrate per hour of exercise. In other words, the equivalent of 20 ounces of fluid-replacement drink or one high-carbohydrate energy bar per hour.

And don't discount the value of fueling up the night before, especially if you're heading out on a full-day adventure. A high-carbohydrate, moderate-protein and low-fiber meal for dinner the night before can help, as can a high-carb meal four hours before. The trick is giving yourself ample digestion time so that you can use the meal for fuel at the start of your activity or epic recreational day.

"With the success of proper fueling pre- and during exercise, don't neglect fueling for recovery," Annegret says. "Replenishing muscle and glycogen stores will provide a quick recovery and ability to function better and be more alert, whether you're going to work the next day or to a planned training day following an event."

And though it's common to not be hungry after a long event, she recommends a small meal or large snack with adequate protein to repair the muscles and a carbohydrate to replace glycogen stores.

"Lay the foundation, and continuously hydrate and fuel — which means don't skip meals," Annegret says. "Eating smaller meals and having snacks will fuel the brain and body more effectively. Humans prefer the 'right amount' of a steady source of glucose to function. Focus on healthy carbohydrates and, of course, enjoy some occasional sugar and fat-added meals and desserts." 

OATMEAL PEANUT BUTTER ENERGY BARS

Makes 14 bars

Calories: 240 • **Fat:** 10 grams

Carbohydrates: 20 grams

Protein: 6 grams

- Cooking spray
- ½ cup honey
- ½ cup natural creamy peanut butter
- 2 tablespoons maple syrup
- 1 tablespoon canola oil
- ¼ cup light brown sugar
- ¼ teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 2 cups rolled oats
- 2 cups crisp brown rice cereal
- ¼ cup toasted wheat germ
- ½ cup chopped roasted peanuts
- ½ cup chopped dried apricots
- ½ cup chopped dried figs
- ½ teaspoon kosher salt

Directions

- Spray a 9x13-inch baking dish with cooking spray and set aside.
- In a small saucepan over medium heat, combine honey, peanut butter, maple syrup, canola oil, brown sugar and cinnamon. Stir and cook until mixture just begins to bubble, about 3 to 5 minutes. Remove from heat and stir in vanilla extract.
- In a large bowl, combine oats, rice cereal, wheat germ, peanuts, apricots, figs and salt.
- Pour peanut butter mixture over oatmeal mixture and stir gently with a spatula until well-combined.
- Transfer to baking dish, cover with parchment paper and press firmly into dish. Allow to cool completely.

SPORTS DRINK

- 1 cup 100% juice (potassium source)
- 2 tablespoons honey
- ¼ teaspoon salt
- 6 cups cold water

Directions

- In a saucepan, stir juice, honey and salt over medium heat until the honey and salt dissolve. Pour mixture into water.
- Shake or stir to combine.
- Chill until ready to serve.

IS YOUR DNA YOUR DESTINY?

New research shows different processes and environmental stimulants can change the expression of our genes

BY KATIE COAKLEY



NOT TOO LONG AGO, it was standard to consider DNA a fixed point that explained a host of physical, physiological and even emotional proclivities. You played the hand you were dealt, whether it was an aptitude for competitive sports or a family history of heart disease. And up until very recently, when most people referred to their genetic makeup or DNA, it was primarily in personally observed, intuitive terms. And then science became accessible — both easily and affordably.

Websites like AncestryDNA™ and 23andMe have made gaining detailed reports on our genetic makeup — from trait reports that may indicate male pattern baldness to genetic health risks like late-onset Alzheimer's Disease — as easy as sending in a swab and waiting for results. Though having this much information about our genetics at our fingertips is intriguing, the question

becomes, what do we do with it? If you discovered that you had DNA variants associated with a higher weight or had the variant in the APOE gene, which indicates a genetic risk for dementia, how would you utilize this information? Can you really change the map for your life indicated by your genes?

It's possible. Scientists have been studying how different processes and environmental stimulants change the expression of genes. And if you can change the expression of your genes, perhaps you can change your genetic destiny as well.

"We're getting into some heavy science on a molecular level," explains Dr. David Karli, director of non-surgical adjuvant research at Steadman Philippon Research Institute. "Our genetics are a bit more malleable than we thought. DNA is fixed, but what the DNA does is actually very different."

This process of adjusting the function of your genes is called epigenetics.

EXCITING RESEARCH

Two interesting studies by researchers at Karolinska Institute in Stockholm offered some groundbreaking information. In the first, a group of 14 young men and women who were relatively sedentary worked out on an exercise bike that measured their maximum activity levels. The participants allowed a small biopsy from their quadriceps, once before they began exercising and again within 20 minutes afterward. In the second study, 23 healthy young adults were brought to the lab and tasked with exercising only half of their lower body for three months — meaning they pedaled a stationary bike with only one foot. So while other lifestyle and environmental factors might have affected their cells over the course of the study, any difference between the exercised and non-exercised legs would show changes caused exclusively by exercise.



Our genetics are a bit more malleable than we thought.

DNA is fixed, but what the DNA does is actually very different.

DR. DAVID KARLI

What both groups of researchers discovered is that even with the very first exercise session, more genes were “turned on” in the biopsied cells taken after the exercise. And the participants’ DNA showed changes in methylation, a molecular process in which chemicals called methyl groups settle on the DNA and limit the cell’s ability to access, or switch on, certain genes. It’s long been known that lifestyle factors such as diet or exposure to chemicals can make methylation patterns change. But exercise can change them too.

Says Malene Lindholm, the second study’s author, in the publication *Epigenetics*, “Through endurance training — a lifestyle change that is easily available for most people and doesn’t cost much money — we can induce changes that affect how we use our genes and, through that, get healthier and more functional muscles, which ultimately improve our quality of life.”

OTHER EFFECTS

But there are always two sides to the coin: Just as an active, healthy lifestyle can create one type of gene expression, a sedentary, unhealthy lifestyle can create a different gene expression. Take, for example, diabetes. If someone is not controlling his or her diabetes well, if blood sugar levels are high, he or she can develop glycation-end products, where sugars attach to protein. As a result, those sugars render the proteins dysfunctional, which is why diabetics are prone to chronic problems. The DNA recognizes the problem and understands that it has to change, but it gets overwhelmed. If not managed, diabetes can outpace the DNA’s ability to keep up; the disease will win.

Other elements, like oxidative stress and free radicals, can also damage your DNA. These are the toxins that we’re exposed to every day: in our food, the water we drink and even our exposure to the sun.

“Normally DNA has repair mechanisms that can fix those problems, but eventually if the toxins build up too high, the DNA can’t keep up or it

becomes overwhelmed, which leads to permanent DNA damage,” Dr. Karli says. “That leads to things like skin cancer or other types of chronic problems.”

Dr. Karli recommends incorporating antioxidants into your diet and maintaining a high-protein diet in order to support your body’s DNA and maintain a state of health. As your DNA reacts to your environment, you need to make lifestyle choices to help support it: Be nice to your DNA and it’ll be nice to you.

NEW HORIZONS

The science behind understanding our health and risk of disease at a DNA level is still being pursued. Scientists are working on identifying variants in DNA to help understand how to better treat and help people. For example, with one type of variant, you might respond better to a particular type of exercise or diet. It’s all based on our genomes.

This can help with the prevention of diseases and conditions — and it might make us more efficient in prevention.

“As we understand DNA and our genome, we’re starting to develop clinical pathways to either counteract it or change it,” Dr. Karli says. “We can’t change the DNA, but we can change the expression of the DNA, the genes and proteins that are being expressed by the DNA. We’re just entering that area of medicine and in the next 10 or 20 years, it’s going to be very much a hotbed of research that’s going to change the way we approach preventative medicine, certainly, but also therapeutically, clinically, how we approach disease processes.”

Expanding our knowledge about gene sequencing and what that means in relation to susceptibility for certain diseases and other health factors is fascinating. However, one thing remains true.

“There’s no better medicine than a healthy lifestyle,” Dr. Karli says. “Right now, you cannot find a drug more powerful than a healthy lifestyle in terms of preventative medicine. You can’t find it.” **V**



DR. DAVID KARLI

Physician Partner at The
Steadman Clinic and CEO of
Greyledge Technologies

STAYS FIT

Dr. David Karli practices a combination of resistance training and high-intensity interval training (HIIT) and eats a low-carb, high-protein diet with very specific and strategic supplementation.

A woman with long brown hair is running towards the camera on a dirt path. She is wearing a maroon tank top and black leggings. The path is surrounded by tall grass and many birch trees with white bark and green leaves. In the background, a mountain range is visible under a clear sky. The overall scene is bright and sunny.

LIVING

INSPIRED

AMY PURDY NEVER QUILTS, AND SHE INSPIRES OTHERS TO DO THE SAME

BY KIMBERLY NICOLETTI • PHOTOS BY JULIANNE O'NEILL & COURTESY OF AMY PURDY

Within 24 hours, Amy Purdy deteriorated from an active and passionate 19-year-old who loved everything — from snowboarding to playing piano — to a teen hospitalized in critical condition with a predicted two hours to live.

During this time, in August 1999, Amy's body flashed from flu-like symptoms to septic shock due to meningococcal meningitis. Her spleen burst. Doctors rushed her to surgery to remove the organ. At one point, she was so unstable, it took hospital staff 13 hours to move her incrementally from her hospital bed to the CAT scan room. Doctors said she had less than a two percent chance of surviving the meningitis. They placed her on life support, delivered multiple blood infusions and induced a coma.

Before this rare and serious infection threatened her life, Amy avidly divided her time between outdoor activities — snowboarding (her favorite), hiking, rock climbing, water skiing and more — and becoming a massage therapist in her hometown of Las Vegas. She dreamed of moving to Vail, where her aunt lived, to continue snowboarding.

During the first week of her coma, Amy had a near-death experience. She felt her heart “beating out” of her chest. She felt her last breath, her last heartbeat. A “calm, somewhat dark, empty space” pulled her in, she says.

“I was given a choice: to stay or go. I got so frustrated (and said), ‘I’m not going anywhere. I haven’t fallen in love. I haven’t snowboarded enough.’ Every amount of energy screamed in anger. I made a choice to be here,” she says.

When she woke up from her coma, she thought: “No matter what happens, it’s all going to make sense in the end.”

She knew there would be highs, as well as lows. And, indeed, there were.

LOSS OF FOOTING

“I can’t even describe the level of fear when they said, ‘You either die or we amputate your legs.’ There was no turning back,” she explains. “I wanted to live, so I said, ‘Let’s do whatever we have to do for me to live my life.’”

Reality hit hard when she returned home three months later, confined not only in a wheelchair, but also needing kidney dialysis for about 18 months. A week before her 21st birthday, she received the gift of a kidney transplant from her father.

After losing both legs below her knees, she assumed her new legs would be “cool, bionic legs.” But it wasn’t so. The metal contraptions confined her, produced pain and were “ugly.” After receiving her new legs, she crawled into bed and slept for 24 hours.

For the next few days, she just cried with her mom.

“I was totally depressed and so scared of my future,” she says. “But then, honestly, I hit a point where I was so sick of myself, (I thought) ‘I have got to move forward.’”

So, with a knot in her stomach for the next week she asked herself: “Now that this is reality, what does my life look like?”

Amy began to visualize herself walking gracefully, snowboarding again, and returning to her love of helping people — somehow.

“I could feel it so strongly,” she says. “One way or another, I was going to do these things again.”

Her goals and near-death experience decision pulled her out of depression.

“I knew I made a choice to be here, so I took responsibility. If I wanted the easy way, I could have taken the easy way out. That’s why no victim mentality. (And) I had faith that everything will work out in the end,” she says. “Not that I was always positive, but I was so grateful to be alive ... I only lost my legs, thank God. I was just so aware of how bad it could have been.”

So, she began to prioritize what she needed to do each day.

MOVING ON

With her sister’s wedding rapidly approaching, Amy had about a month to learn how to use her new legs if she wanted to walk down the aisle. So that became her first goal.

“Every part of that was baby steps — literally just trying to take one more step,” she says.

Two weeks after receiving her prosthetics, she also got a new puppy — yet another reason to get out of bed.

She began to walk.

“It was step by step,” she says. “A lot I’m not in control of, but a lot I am in control of and if I can put effort into that ...”

Amy walked the aisle at her sister’s wedding and returned to snowboarding that year. When her legs hurt or challenges arose, she reminded herself of the bigger picture: “Somehow, it will all make sense.”

Pieces started to fall into place when, in 2005, Amy joined other adaptive snowboarders in the cause to recognize Para Snowboarding at the Paralympics. That year, she also co-founded Adaptive Action Sports with her now-husband, Daniel Gale, a competitive snowboarder and avid skateboarder. The nonprofit introduces action sports, such as snowboarding and skateboarding, to people with physical disabilities and creates more opportunities for them to increase skills, and even compete.

In 2012, the International Paralympic Committee announced it would allow Para Snowboarding in Sochi’s 2014 Games. Nearly 15 years after losing her legs, Amy seized her moment and earned bronze in snowboard-cross.

The Sochi Games overlapped with her participation on ABC's *Dancing with the Stars*, where she learned to dance everything from the salsa to tango with various prosthetics. She worked seven hours a day, seven days a week for three months straight to earn the runner-up spot on the show.

TRAGEDY THREATENS 2018

Before contracting meningitis, one of Amy's many goals involved traveling, but she never imagined it would be with Oprah Winfrey. She seemed to be living a dream life after Sochi's Paralympics — she danced in front of millions in gorgeous costumes, she published a book, she starred in a Super Bowl commercial. She even got married and bought a house. And then she accompanied Oprah on a speaking tour.

Then, one morning in June 2017, when Amy was at the Olympic Training Center preparing for the 2018 Paralympic Games, she couldn't feel her arms. She couldn't even move them. The condition arose as quickly as the meningitis had.

"My arms were on fire," she says. "They were numb, yet in pain."

For years, she had learned to rely on her arms, but now because of a condition diagnosed as idiopathic brachial neuritis, she couldn't wash her own hair. She couldn't even put her legs on.

"I cried every morning and every night," she says. "It was more traumatic than losing my legs. That was cut and dried. This wore me down emotionally because of the fear of: What is this and will I have this the rest of my life?"

By early fall, she had regained some arm function, but it wasn't nearly enough to continue her plan to compete in 2018 at the PyeongChang Winter Games, so she turned to Howard Head Performance Powered by EXOS. The coaches and physical therapists usher athletes, as well as the general population, to the next level of personal fitness and overall wellness.

Chris Knerl, Amy's coach at Howard Head Performance, takes a special interest in helping people realize their personal goals, and despite the condition of Amy's arms, he was confident he could help her. He used EXOS' four pillars — mindset, nutrition, movement and recovery — to prepare Amy for the Winter Games.

Amy needed her arms for a strong pull out of the gate, as well as balance on the course. Yet, the neuritis prevented her from strengthening her arms; they needed rest to recover. So Chris focused on core and lower body strengthening.

Still, by November, Amy says she felt "nowhere near prepared for the Paralympics." She battled with the decision of whether or not to compete in PyeongChang. At 38, she was twice as old as many of the competitors.

With Chris' help, she focused on her strengths. She possessed a solid strategy and more experience in competition, so she directed her energy there.

"Instead of what I lost, I was focusing on what I was going to do with what I had," Amy says.

Week by week, her arm muscles, previously flaccid and drooping from the nerve injury, strengthened. Still, she worried. She wasn't ready for world-class competition.

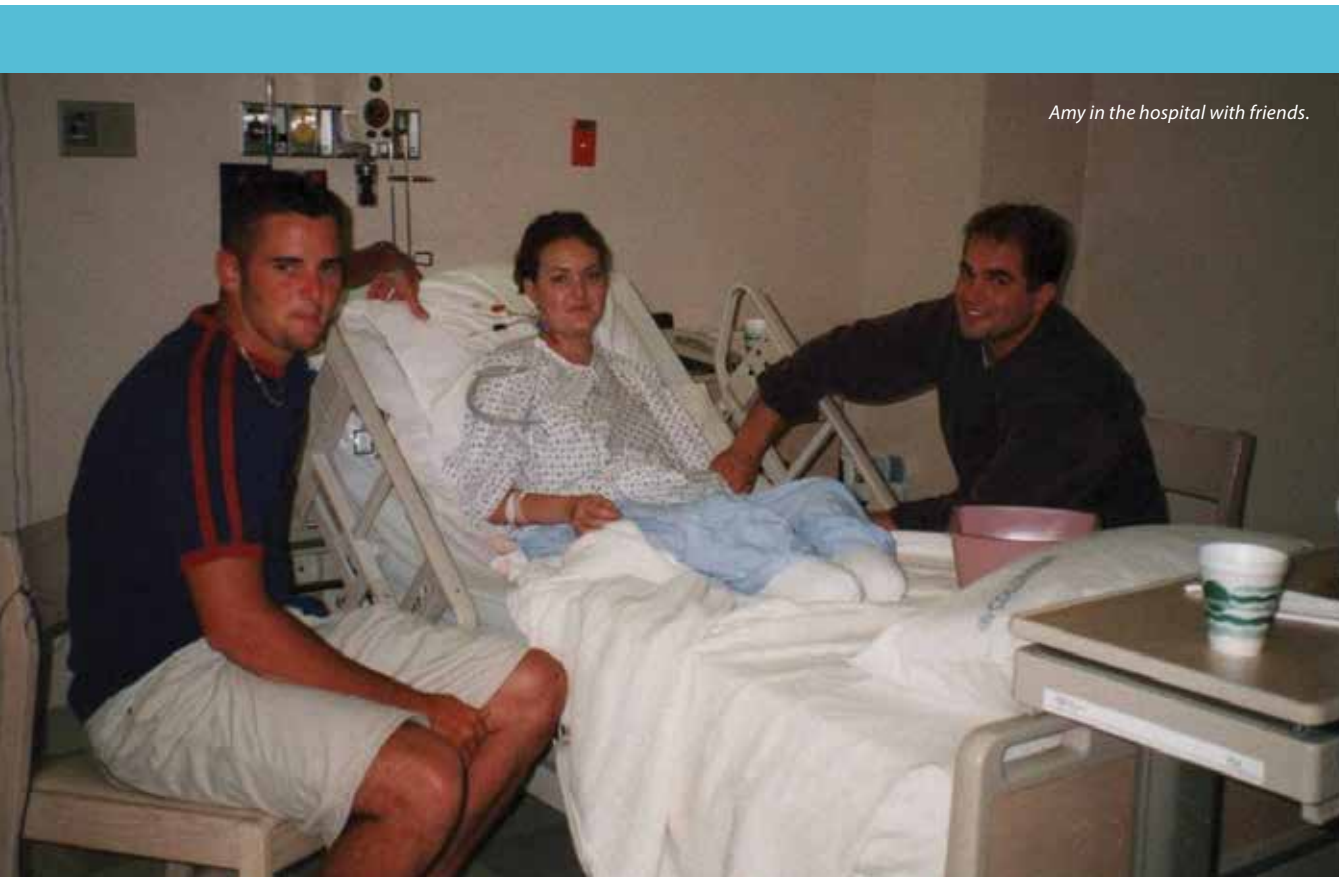
"When it came to her legs, she had no fear. She would try anything," Chris says. "But when it came to her arms, you could tell she was tentative."

Just like any client Chris works with — be it a 94-year-old he coaches or a weekend warrior — he didn't ignore Amy's fear.

"Taking people to the desired level of fitness begins with making them feel comfortable," he says of his clients. "Some days you back off and have a little fun and other days you work at strength. You build confidence through something they're good at and take baby steps."

Education plays a big role with everyone he works with, including Amy. One key to her healing included a high-protein diet.

"I didn't trust my own knowledge of how to do physical therapy and weights safely," Amy says. She pursued Howard Head Performance because "It was the right place to go to safely work out again. I certainly wouldn't have gotten



Amy in the hospital with friends.



Amy takes the final jump in the snowboard-cross at the Paralympics in PyeongChang.

where I'm at if it weren't for them. It's not just a Band-Aid. It's proper healing. It gave me a lot of confidence, and confidence builds on confidence."

By the end of November, Amy committed to competing at the Winter Games. By January 2018, she had regained about 60 percent strength in her arms; she didn't experience pain, just atrophied muscle due to the nerve injury.

She arrived in PyeongChang with 75 to 80 percent strength in her arms. She couldn't pull out of the gates with 100 percent force, so she focused on strategy, a positive mental state, remaining calm under pressure and truly enjoying herself.

"I kept a very soft heart all day, and ultimately I won one of the trial races and advanced all day into the finals due to that strategy," she says. "(Winning trials) made me realize my strategy of being light-hearted and taking the pressure off of myself was working. It showed me that I didn't need full strength physically to get ahead. I could do it mentally and with how I approached the day."

Her tactic earned her silver in snowboard-cross and bronze in banked slalom in PyeongChang, proving, once again, that when Amy sets her mind to something, she accomplishes it.

"So much comes down to choice and the decisions we make," she says. "You can decide to do nothing and be a victim and lay in bed, or you can give yourself little steps that can pull you through."

For Amy, it comes down to focusing her attention on what is possible and never giving up.

"Amy's serious drive is evident in everything she does," Chris says.

Amy's optimism, love for outdoor adventure and desire to help others has continually fueled her. Her motto is "live inspired," and not only does she embody it, she inspires others to do the same.

These days, she's entering yet another transition: Post-Paralympic life. Her main goal involves taking care of herself, not in a selfish way, but in a manner that will allow her to grow older and remain physically and mentally strong. The last five years — and, one could argue, her whole life — have been "Go, go, go," she says.

"I want to take the pressure to achieve off. I plan to snowboard more for my soul than for medals."

Amy's life journey has taken many turns, but she consistently finds ways to not just walk but blaze through every obstacle and come out stronger on the other side.

"Exercise has been a constant healer in my life," Amy says. "It's how I take care of myself. **V**



Amy took bronze in the snowboard-cross during the 2014 Sochi Paralympics; in 2018 she won silver in snowboard-cross and bronze in banked slalom at the PyeongChang Paralympics.

■ EXERCISE HAS BEEN A CONSTANT HEALER IN MY LIFE. IT'S HOW I TAKE CARE OF MYSELF.

EXERCISE:

THE ELIXIR

FOR AGING



For many of Eagle County's 50+ crowd, growing older isn't a barrier to activity but rather an opportunity to keep going strong. Retirement often comes with increased leisure time, and couples such as George and Charlene Strate — 81 and 80 years old, respectively — are making the most of their time by staying active in Vail's naturally inviting landscape. But their pursuit of lifelong fitness has taken them far beyond this mountain community.

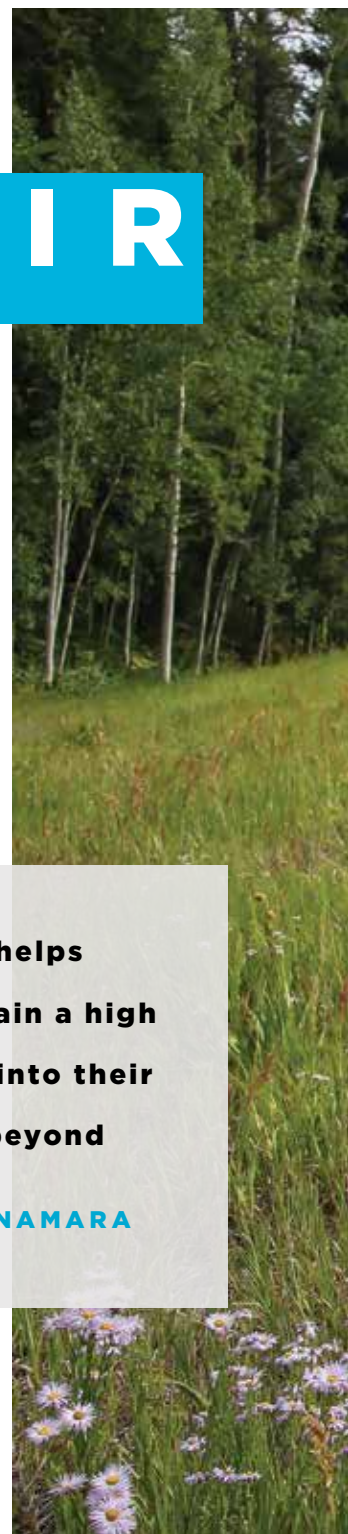
Three years ago, the Strates hiked the Grand Canyon rim to rim, and this fall they have plans to backpack from hut to hut in Colorado's San Juan Mountains. In June, they cycled 350 miles in eight days on trails from Pittsburgh to Washington, D.C., with two other couples from Vail. They've hiked the Haute Route in Switzerland, and biking in Iceland is next up on their list.

Through initiatives aimed at bringing active adults together, such as those organized by Vail Club 50, others besides the Strates are also finding that staying fit can be social and fun. "It has been our lifestyle to do these things, and Vail Club 50 gives us a way to stay a part of an active community," explains Charlene. With more than 800 members, Vail Club 50 is a nonprofit social group that supports older adults in achieving exercise goals — and simultaneously reaping a wide array of medical benefits.

Aging is inevitable, but exercise can act as an elixir to smooth and even slow the aging process. Physical activity benefits people of all ages, and it's especially important in helping older adults avoid common issues associated with aging, including loss of lean muscle mass, osteoporosis, degenerative brain disease and weight gain, among others. When it's a social activity, exercise can also promote cognitive function, emotional health and overall longevity. Medical professionals and active individuals, alike, attest to the link between exercise and aging well.

An active lifestyle helps aging adults maintain a high quality of life well into their 60s, 70s, 80s and beyond

► BY TRACI J. MACNAMARA



Octogenarians George and Charlene Strate partake in many fitness-minded adventures. In June, they cycled 350 miles from Pittsburgh to Washington in eight days. Next up: biking in Iceland. PHOTO BY DOMINIQUE TAYLOR



EXERCISE AND AGING WELL

While genetics plays a role in how well people age, exercise is also an essential factor. What “aging well” means can vary from person to person, but the concept is generally associated with thriving — and not just surviving — throughout the lifespan.

“To me, aging well means maintaining the ability to enjoy life with age,” says Dr. Dennis Lipton, an internist at Vail Health. “It means being physically able to take care of yourself or others, and mentally able to be engaged with life, staying free of disabling medical conditions. Exercise has been proven to help on all counts.”

Dr. Lipton explains that our bodies adapt to the stress we put on them, and exercise works in a positive way as a physical stressor. When we’re moving and weight-bearing, our muscles and bones have a reason to stay strong.

“People who stress their bodies regularly with exercise are naturally more muscular, and they’re better able to withstand falls and the daily physical demands of life,” he says.

The physical benefits of exercise are only one piece of the aging-well puzzle, however. Exercise leads to endorphin release and has mood-boosting benefits too, as scientific studies have shown — and as anyone who has experienced a post-workout high can attest. Exercise has been proven to increase brain-derived neurotrophic factor, a brain hormone that nurtures brain cells and preserves precious synapses, helping us to maintain memory and processing speed.

▼ Vail Club 50 hosts outings year-round, such as hiking excursions to Bighorn Cabin and snowshoe trips to Lily Lake.

While exercise can’t be bottled and sold, Dr. Lipton doesn’t discount its medicinal qualities. He says, “Exercise is a proven treatment for depression and anxiety, working as well as medications in some studies.”

Exercise also leads to resilience, which enables older adults to withstand setbacks and still bounce back with their health intact. As people age they naturally lose resilience. For this reason, it’s more important than ever to address injuries quickly and safely. Dr. Lipton recommends working with a physical therapist when recovering from an injury to get expert advice on how to return swiftly to a healthy, active routine.

OVERCOMING EXERCISE BARRIERS

The amount and specific type of exercise that each person needs depends on factors including fitness history and current medical conditions. But some general principles apply, including the idea that movement — in its great variety of forms — is key. Staying physically active maintains heart health and keeps the body’s metabolism functioning properly.

Yet even with many opportunities to simply get moving each day, several barriers threaten to keep older adults grounded. Injuries, arthritis and pain are physical conditions that can lead to a sedentary lifestyle. Fatigue and fear of getting hurt can also keep people stuck in an inactive routine. Finally, finding the time it takes to commit to exercise regularly can be challenging for those who work full-time as well as those who are retired.

Scheduling time for exercise takes only a moment, but discipline and commitment are needed for successful follow-through. Personal trainers

and group fitness classes can help in this regard. Working with a personal trainer can have a positive impact on commitment, especially when there’s also a financial commitment at stake. A variety of group fitness classes are often included in gym membership, and the enthusiasm of a trained leader can help generate the tenacity needed to attend classes on a regular basis.

Instead of sticking to one type of fitness class or pursuing a single favorite sport, mix up the movement patterns for greater overall health benefits. Dr. Rebecca Adochio, an endocrinologist at Vail Heath, suggests seeking out a balance of activities: “Cardiovascular and strength training are both important, along with stretching and remaining flexible,” she says. All types of exercise can be appropriate for all ages, but it’s best to consult with experts — including physicians and physical therapists — beginning something new or making a step change in exercise intensity.

“We try to do something active every day, and we’ve been able to keep moving through illness and injuries. We definitely recommend physical therapy and following up on an injury recovery training plan when it’s needed.”



► Summiting a peak can be more fun with a group of like-minded individuals.



DR. DENNIS LIPTON

Internist at Vail Health

STAYS FIT

In addition to eating a high-nutrient, whole-food, plant-based diet, Dr. Lipton makes sure he's getting optimal amounts of sleep, exercise, meditation and quality time with his family and friends. "To maintain mental clarity and sharpness, I also make sure I learn something new every day!"



DR. REBECCA L. ADOCHIO

Endocrinologist at Vail Health

STAYS FIT

Dr. Adochio stays healthy by eating a balanced diet of vegetables, fruits and lean proteins. "I enjoy staying active with my family by hiking, skiing and walking our dog. I also try to make time for yoga, some CrossFit and playing tennis."



With endocrinology, diabetes and metabolism as her specialty areas, Dr. Adochio sees several additional benefits of exercise: "Regular exercise improves our response to insulin, which decreases our risk of developing diabetes mellitus," she says. "We can also see positive benefits on cholesterol levels, including an increase in HDL, which is cardio-protective." In this way, exercise has the power to both prevent and protect against common chronic medical conditions, including diabetes and cardiovascular disease.

With so many health benefits, exercise leads to a lifestyle that's worth pursuing even if it means working hard to overcome these barriers. When exercise becomes both social and fun, it's easier to see the challenges as stepping stones rather than roadblocks.

KEEPING EXERCISE FUN-FOCUSED

Community-focused organizations like Vail Club 50 make it easier for Eagle County's over-50 population to pursue an active lifestyle with others committed to doing the same.

Vail Club 50 has been offering group activities like skiing and biking, back-country hiking and mountain climbing for the past 30 years. With a low-barrier annual membership fee of \$50, Vail Club 50 remains inviting to "anyone and everyone over the age of 50 who wants to join," says President Pat Cornett, who attributes the club's success to its non-exclusive nature and vibrant volunteer leadership. "Vail Club 50's mission is all about exercise, aging and health," she explains. "We give people a way to actualize their health goals by providing structure and opportunity in a safe, supportive environment that's also very fun-focused."

There's strength in numbers, and the strength of Vail Club 50's members is inspiring. "I'm 70 years old," says Pat, "but there are a lot of other members who are older than I am and just as active — or even more active. I look at them and think, 'Yes, that's what I want to be doing when I'm 80.'"

George and Charlene Strate are two of those inspiring people. While their commitment to staying healthy has taken them on fitness-focused adventures across the globe, their day-to-day approach remains simple. "We try to do something active every day, and we've been able to keep moving through illness and injuries. We definitely recommend physical therapy and following up on an injury recovery training plan when it's needed," says Charlene.

With opportunities that help support Eagle County's aging population stay active, more couples like the Strates are choosing to retire near Vail and in Colorado's mountain communities. A 2017 report published by the University of Washington's Institute for Health Metrics and Evaluation revealed that Eagle County has the third-highest life expectancy in the United States. The other two Colorado counties that top the national list are bordering Summit and Pitkin counties.

The magnetic and magical pull of Colorado's central mountains has always drawn ski bums in search of an endless winter, but more recently, retirees are choosing to make Eagle County their home. Our mountain landscape inspires people of all ages to get outside and stay physically active. And when exercise can be as beautiful as hiking across a trail bursting with wildflowers or as easy-going as catching up with friends while skiing, there's no reason not to join in on what could otherwise more simply be called fun. **V**

TECHNOLOGY

TAKES OVER



SCREENS AFFECT OUR RELATIONSHIPS,
OUR EXPERIENCES AND OUR HEALTH

by heather hower

Once upon a time, children played outside until dark and families entertained themselves with games, books and conversation.

Today, parents struggle with limiting screen time to make sure their kids are getting fresh air, human interaction, nourishment and some exercise in between their video games, online chats and binge-watching TV.

It seems almost daily we see a new headline denouncing technology, casting blame for myriad ills from attention deficit hyperactivity disorder (ADHD) to depression and anxiety. Technology, with its potential for doing good, can also cause harm to youth who have the World Wide Web at their fingertips. It can create negative feelings well beyond “FOMO” or Fear Of Missing Out. And yet a caveat: Where do we read these articles, find the newscasts and hear the stories? Online.

All of us — youth, millennials, GenXers, baby boomers — have a love/hate relationship with devices. Panic sets in when we realize we might have left our phone at home. Checking our email feels both obsessive and necessary. And though we might recognize the wisdom of occasionally turning off our phones, our devices don’t seem to be going anywhere.

The iPhone was released in 2007. The pervasiveness of technology is a relatively new and fast-moving phenomenon and its effects on the brain are still being studied. Recently the World Health Organization recognized gaming disorder as a mental health condition, while the *Journal of the American Medical Association* (JAMA) asserted that frequent use of social media by adolescents may increase their odds of developing symptoms of ADHD.

In 2016, the National Institute of Health shared a study that focused on social media usage by young adults. The conclusion was that social media use was “significantly associated with increased depression.” It further noted, “It may also be that those who use increased amounts of social media like Instagram, Snapchat or Facebook subsequently develop increased depression. Multiple studies have linked social media use with declines in subjective mood, sense of well-being and life satisfaction.” And so Pew Research Center’s data that assert “95 percent of teens have access to a smart phone and 45 percent say they are online ‘almost constantly’” does not sound like good news.

Colorado Mountain Medical Pediatrician Dr. Janet Engle sees the negative consequences unfolding right here in Eagle County with increased behavioral problems, “worsening attention deficit disorder, more ADD; just temper tantrums. Kids are acting addicted,” she says. “Understand that a lot of social media and technology are designed to be addictive, and we are letting our young children — who have more pliable brains — use these things. We really don’t know how bad the repercussions can be.”

“Early or excessive smartphone use in youth has been linked to a number of negative outcomes, including sleep difficulty, distraction and anxiety,” observes Dr. Casey Wolfington, a licensed psychologist and clinical director for Bright Future Foundation. “For victims of bullying, a smartphone may become a means of inescapable cruelty.

For some, it seems that social media has become intrinsically tied to one’s sense of self worth. I think it is incredibly concerning when people of any age begin to base their self-worth and value on likes, followers or views.”

Technology is also a concern for clinicians at Mind Springs Health. They say that kids in general spend more than 50 hours in front of a screen every week. “The media content they consume and create has a profound impact on their social, emotional, cognitive and physical development.”

During those hours online, children encounter a dizzying array of information. Their brains are not developed enough yet to process it all, and those images of friends at parties, for instance, can cause stress, anxiety and depression. Mind Springs Health succinctly states in its literature: “For our kids, the online world and the ‘real’ world are all the same thing.”

That means youth start obsessing over “likes” or getting points in games, explains Dr. Engle. “Starting in middle school, that’s the age when they start using social media more.” Social media is designed to take advantage of kids’ need for approval in different ways. “People have no idea how much time they are spending on social media or video games,” she adds.

It’s a need to hunt that releases dopamine and makes us addicted to social media. Kent Berridge in *Psychology Today* explains that “with the Internet, Twitter and texting, you now have almost instant gratification of your desire to seek... It’s easy to get in a dopamine-induced loop.

Dopamine starts you seeking, then you get rewarded for the seeking, which makes you seek more. It becomes harder and harder to stop looking at email, stop texting or stop checking your cell phone to see if you have a message or a new text.”

It’s that very fact — the hours spent scrolling through image after image — that inspired Eagle Valley Middle School students to take on the “Disconnect to Reconnect” challenge. The pledge was inspired by the No Place for Hate student group, explains Kayleen Schweitzer, the school counselor. The school already has a no-phone policy, but this challenged students, and some parents, to take a full technology break for a week.



DR. JANET ENGLE

Pediatrician at Colorado Mountain Medical

STAYS FIT

Dr. Engle enjoys hiking with her dogs, paddle boarding in the summer and snowshoeing in the winter. “Staying healthy for myself and my family is a passion of mine, starting with a very clean diet.” She also participates in CrossFit and varied training throughout the year.



DR. CASEY WOLFINGTON

Licensed Psychologist and Clinical Director at Bright Future Foundation

STAYS FIT

Dr. Wolfington stays healthy by prioritizing time to do what she loves. “I love spending time with my friends, my family and my dogs. I love mountain biking, skiing and traveling to places with a beach!”

“KIDS ARE ACTING ADDICTED

Schweitzer acknowledges it is hard to measure the exact results, but the students were asked to provide insight on their time away. She shares that the kids noticed they felt like they had more time since they weren't spending an hour, or more, each night surfing random sites. Although, she is quick to note, it's not only youth who scroll and log in. About 30 parents participated too and they shared that they were more present with their kids and felt more engaged.

"The majority are on social media. I wanted people to see how often they're on it and what positives could come from limiting social media," Schweitzer says. "It's about taking control back because it becomes a habit and they get so into it."

Schweitzer sees what the Healthy Kids Colorado Survey (HKCS) confirms: According to the 2017 survey, 31 percent of middle school and 28 percent of high school students played video or computer games, spent time on social media or used a computer for something that was not school work for three or more hours on an average school day; 49 percent of middle and 46 percent of high school students reported three or more hours of total screen time daily. That is a lot of time comparing one's life to another's; a lot of time spent being inactive.

This was the first year screen-time type questions were asked — the Eagle River Youth Coalition surveys every child in seventh through twelfth grades every other year.

FRIEND OR FOE

Despite dire warnings and feelings of misgivings, technology is here to stay. Students use computers for schoolwork, they text their friends and scour social media for funny videos and memes. It's with this in mind that Carol Johnson, a mother of three and community education manager at Eagle River Youth Coalition, urges parents to be realistic, yet involved, in the whole process.

"I think it depends on your family values. When your child is ready — and only you can determine that — you teach them to be a good digital citizen. This takes work. It happens in 5th grade, or 12th grade, whenever you decide to give your child a phone," Carol says. "One way to ease into it, is to start with a flip phone and a short list of rules that promote responsible behavior. If after, say, six months, your child is rocking it, you can upgrade, if your budget allows, to a smartphone. With that change, a whole new set of rules needs to be implemented. Constant monitoring is required...think of it as an added duty to your job description of being a parent in the digital age."

Dr. Wolfington concurs.

"It is important for parents to be actively involved in all aspects of a youth's life," she says. "Smartphones and social media accounts are no exception. If I could give parents any advice regarding this topic, it would be: Be involved, be curious."

She urges parents not to assume they understand what social media means to their children.

"Ask your child to show you how their apps work. Have them set up an account for you," Dr. Wolfington advises. "Discuss their favorite apps and posts and attempt to explore what draws them to that app."

These discussions shouldn't simply happen in response to a specific issue or concern, but as an ongoing conversation that is a part of daily life.

"Be open and curious," Dr. Wolfington says. "It is incredibly important to become an active participant in your

child's social media life before you have a concern. People of all ages are more likely to openly share information when they feel safe and supported. If a parent only asks about social media during times of upset or in response to a specific incident, they will likely only obtain very limited information and perhaps close the door to future communication."

Some parents limit their children's social media activity until they reach a certain age or grade. But that doesn't mean they should avoid the topic. Dr. Wolfington urges parents to discuss their reasons for this with their children.

"I always like to encourage discussion, rather than explanation," she says. "Discussions are collaborations where children are encouraged to partake and express themselves."

Screenagers, a documentary that has been shown several times throughout the valley, explores teens' digital footprint and their burning desire to be connected. It showcases youth who are addicted to gaming and those who get a phone for the first time. In it, Dr. Delaney Ruston shares her family's conversations around technology use and what worked for them — a contract that spells out what her children can do on their phone (social media or not, games, or just phone calls), how much time they can be on it and making sure it's age-appropriate.

Dr. Wolfington reminds us that social media isn't all bad.

"Social media has allowed youth with chronic illness, certain disabilities and/or overwhelming anxiety a venue for social engagement and support," she says.

While it's still a nebulous field — how much is too much? what's appropriate? what age is the right age? — experts all seem to agree: No phones in the bedroom and take conscious breaks from the phone.

"It should never be at the dinner table, and it needs to be turned off an hour or more before bed. Depending on the age, (they should spend) no more than two hours a day, but I still think that's a lot," Dr. Engle says.

"Elementary school age, no more than two hours a day. Under that age, no more than an hour a day. And under two (years old), none."

Because as much as we may enjoy a break from our devices to take a ski run or snuggle on the couch with our loved ones, the moment the phone dings or an email comes through, we are right back on them. **V**



CAROL JOHNSON

Community Education
Manager at Eagle River
Youth Coalition

STAYS FIT

Carol loves to hike local trails with her Alaskan husky mix, Kodiak, and friends. She also likes to bike, ski and practice yoga. "My daughters — ages 20 and 18 — are uber-healthy and inspire me to eat paleo style."



KAYLEEN SCHWEITZER

School Counselor at Eagle
Valley Middle School

STAYS FIT

Kayleen loves playing softball and stays busy in the summer playing on two teams. "Staying healthy is an ongoing journey for me and I find my motivation in my children. I know they are watching my every move so I do my best to make healthy choices. Also, it helps that they keep me on the go."



“ FOR OUR KIDS, THE ONLINE WORLD AND
THE 'REAL' WORLD ARE ALL THE SAME THING.



BEHIND THE GREEN FENCE

Hospital construction presents unique challenges and surprises

EXPANDING AND RENOVATING a hospital while maintaining full service is a tricky endeavor, to say the least. The men and women building Vail Health's hospital of tomorrow are busy at work, and sometimes take for granted the steps in the process that make the rest of us say, "Wow, that's pretty neat!"

If you're a big kid who still likes watching a giant excavator tear through concrete like a character from *Transformers*, Vail Health's construction site would provide hours of entertainment. Unfortunately, with safety at the forefront of the project, pedestrians aren't allowed to pull up a lawn seat and see the incredible work taking place.

In 2020, Vail Health will unveil a state-of-the-art medical center that will benefit our community and visitors for years to come. Until then, take a peek behind the green construction fence to learn a bit about what makes this project so unique.



NO IMPLOSIONS HERE

If you've ever seen the typical demolition of a concrete parking garage, you know the excitement of watching it crash in on itself, dust and debris flying everywhere. Unfortunately, we couldn't give you quite a show at the demolition of Vail Health's parking garage. To minimize vibration and noise, the garage had to be dismantled piece by piece using a large claw-like machine that appeared to have a personality of its own. The area was simultaneously hosed with water to reduce dust. This was a much more time-consuming and less-exciting process; however, it allowed patient care to be uninterrupted. At the completion of this project, the garage will have 474 parking spaces, a 135 percent increase from our original capacity.

SAVING THE OLD COTTONWOOD

When expanding the west wing, there was concern over a beloved Cottonwood tree on the Vail Health Hospital campus. Thankfully, the architects and workers found a way to build around it, and the tree remains one of the largest and most majestic on W. Meadow Dr.





CLEAN WATER INITIATIVE

Big red water filters on the hospital campus are treating millions of gallons of water being pulled from the deepest excavation points around the new east wing footprint. Water is pumped from 35 wells to the filters 24 hours a day, seven days a week to remove sediment. They are checked and tested by a lab every week to ensure the water is pure and clean. About 1,000 gallons of water per minute are being pumped, and over 1 million gallons were pumped in just the first few months. The water is then returned to the riparian stream between Vail Health Hospital and Dobson Arena. This operation prevents the construction site from becoming a mud pit and adds clean water to the stream — a win-win!



DIGGING FOR DAYS

Standing in the east wing construction zone feels like being the last chip in a big, empty bowl. But the bowl continues to grow deeper! In this photo, it's only 15 feet deep. When the construction team is finished digging to lay the foundation, it will be a whopping 65 feet deep. Excavation is expected to last through the end of this year with the foundation construction scheduled for early November 2018.



EVERYONE'S FAVORITE SUBJECT: PARKING

Do you know what happens when a frog parks in a no-parking spot? It gets toad away! To make sure no one gets toad (or towed) from the Vail Health Hospital campus, our Facilities team devised an elaborate plan to mitigate the shortage of parking spaces during construction of the new parking structure.

COMPLIMENTARY VALET

Vail Health staffs six valet drivers for the W. Meadow Dr. parking lot and three for the Medical Professional Building (US Bank). Our friendly staff in blue is available 8 a.m. until 4:30 p.m. (5 p.m. in the Medical Professional Building) and does not accept tips. They park an average 300+ cars each day!

OFF-CAMPUS PARKING

Nearly 450 spaces across the valley are made available to employees.

EMPLOYEE SHUTTLE

The first shuttle of the day picks employees up at 5:50 a.m. and the last shuttle departs at 9:30 p.m. Shuttles pick up/drop off every hour in Edwards, Avon, Minturn and Vail. Employee-driven shuttles come from as far as Frisco, Leadville and Gypsum. An average 75 employees use the shuttles in the summer, and 150 in the winter.

POWER

The new campus will be powered by a Central Utility Plant (CUP), which is like a microcosm of a city with self-contained equipment for heating, cooling, snowmelt and electricity for the hospital. Using 3D modeling, the Mechanical Electrical Plumbing team is procuring the heavy equipment that will serve as the brains of the hospital for years to come. All the equipment has been selected and designed for energy efficiency. For instance, the steam boilers will have stack economizers on their exhaust to recover heat. A new 25,000-gallon underground fuel oil storage tank will enable the hospital to operate for 48 to 96 hours before the need to refuel. We will have two water main feeds and two electrical feeds; should any one be disrupted, the hospital will be able to fully function with no interruption. All the equipment will be monitored and controlled by a Building Automation System (BAS), which will notify the Facilities staff when a system shows an anomaly and alert them to failures. Construction on the CUP will begin in late 2019, and will be completed in 2020. **V**

PROGRESS

Construction on the first phase of Vail Health's Master Facility Plan began in the summer of 2015 and was dedicated to a 72,000-square-foot expansion and renovation of the hospital's existing west wing. Completed in the summer of 2017, enhancements include the following, all of which have already directly improved patient care.

- Cardiac Catheterization & Electrophysiology Lab
- New Intensive Care Unit
- New Patient Care Unit
- A new Surgical Services suite with 10 pre-operative rooms and eight post-operative rooms
- Expanded, state-of-the-art space for Howard Head Sports Medicine
- A new fourth floor for The Steadman Clinic and additional research space for Steadman Philippon Research Institute

Construction of the new approximately 350,000-square-foot east wing began in 2017, and will include:

- New state-of-the-art 24/7 Emergency Department
- Relocated helipad on the medical center campus with direct access to the hospital
- Appropriate medical space for physician groups
- Increased parking capacity, including covered parking
- New main entrance off South Frontage Road
- New concealed loading zone
- New pharmacy, gift shop and coffee shop
- New imaging/radiology department

OUR CROWD

« THINKFIRST

Vail Health's Injury Prevention and ThinkFirst team make learning about helmet safety fun! CLOCKWISE: Injury Prevention Specialist Kim Greene provides free helmet fitting at Gypsum Daze; Trauma Registrar Becky Jewell fits an elementary schooler with a new free helmet; Kim Greene teaches helmet safety to campers at Camp 911.



LOVING THE VALLEY

» TRAIL CLEAN-UP



» PROJECT FUNWAY



Through Project Funway, Vail Health is able to provide grant funding for our local teachers who focus on science, technology, engineering and math. Congratulations to Best in Show winners Nicholas and Brielle Dale, children of Vail Health Pharmacist Lisa Dale.

Thanks to Howard Head Sports Medicine's Arianne Simmons (left) for spearheading their Adopt-A-Trail program. Joining her on Big Horn Trail in East Vail are staff members Kelly Dantas, Ryan Simmons, Matt Mymern, Rebecca White and Anna Giguere. Arianne recruited several other groups of physical therapists to clean the trail throughout the year.



« ALL YOU NEED IS HEART

Vail Health is the presenting sponsor of Starting Hearts' "All You Need is Heart" event and also sends physicians, clinical staff and volunteers to help provide valuable screenings and education. Pictured here are Vail Valley Surgery Center's Joanna Kluender, RN (left) and Vail Health's Shama Sambergerova.

VAIL HEALTH HITS THE STREETS

Vail Health staff love stepping out of their daily routines to be counselors for the day at Camp 911. Campers learn the importance of helmet safety, first aid, AED administration, traffic and fire safety, and self-defense/ personal protection.



» CAMP 911



LOVING THE VALLEY

» JOB-SHADOWING PROGRAMS



Through Vail Health's new job-shadowing program, middle and high school students are invited to the Urgent Care clinics and Shaw Cancer Center to get hands-on experience in the health care field.



» SPEAKER SERIES



Vail Health's Free Speaker Series brings experts together to present important topics in health care. This year's series covered the opioid epidemic, minimally invasive spine surgery and the dangers of head injuries.



» COMMUNITY HEALTH FAIR

ABOVE: Vail Health and Eagle County Paramedics Services presented the first Community Health Fair and also participated in other local health fairs.

LEFT: Each year, Vail Health partners with The Steadman Clinic and Eagle County Paramedics Services to offer free pre-participation high school physicals.



» HIGH SCHOOL PHYSICALS

Blizzard, Vail Health's trusty mascot, and the rest of our Sun Safety team taught over 1,200 students in 16 elementary schools about the importance of protecting themselves from the sun's strong UV rays.

» SUN SAFETY



» VAIL HEALTH'S ACTIVE HEALERS



CLOCKWISE: The Vail Valley Running Club is led by physical therapists from Howard Head Sports Medicine; Vail Health mountain bike team member Dr. Adam Kolowski; members of Vail Health's mountain bike team; members of the Vail Health Scrubs softball team; employee athlete participants of the LG Tri.

OUR CROWD

» PINKTOBERFEST

Thanks to the Dusty Boot, who hosts Pinktoberfest every year during Breast Cancer Awareness Month, and congratulations to Eric Perejda, the winner of this year's stein holding contest.



» HOMESTAKE PEAK DONATION

Shaw Cancer Center is thankful for these Homestake Peak students for spearheading a dance and 5K run to raise funds for our patients. They raised an impressive \$1,000!

THANK YOU! THANK YOU!

» VOLUNTEER CORPS



Vail Health is so grateful to our Volunteer Corps and these 2018-19 officers, Assistant Treasurer Terri Dvorkin, President Jane Reisinger, Treasurer Gail Nash and Vice President of Membership Debby Jasper.



« WINTER CELEBRATION



Vail Health's first Winter Celebration was a big success! Pictured above are President & CEO Doris Kirchner, Dr. Marc Philippon, Kathy Borgen, Erik Borgen and Board of Directors Chairman Mike Shannon. Pictured left are Susu Johnson and Elaine Kelton.



« HIKE, WINE & DINE

Thank you to the incredible chefs, event sponsors and the families and friends who attended Hike, Wine and Dine for Jack's Place.



GIVING BACK TO VAIL HEALTH



« PINK VAIL

Thanks to the nearly 2,500 participants and over 400 volunteers, Pink Vail raised a record-breaking \$934,000 to benefit patient care and the Spirit of Survival program at Shaw Cancer Center. Don't miss Pink Vail 2019 on March 16 at Golden Peak in Vail!

THANK YOU! THANK YOU!



« BREAST CANCER AWARENESS MONTH

ABOVE: Hip hip hooray for Eagle Valley and Battle Mountain High Schools, who hosted Wear Pink Night at their rivalry game in support of Breast Cancer Awareness Month.



LEFT: The Barbershop at Four Seasons Resort & Residences Vail raised awareness for breast and prostate cancer, plus \$520 for Shaw Cancer Center, through their Cut for a Cure and No Shave November.

» EAT, DRINK & BE MANLY

We 'mustache' everyone to thank the Eagle River Fire Protection District for hosting Eat, Drink & Be Manly to raise awareness and funds for prostate cancer and Shaw Cancer Center.



Vail Health Hospital's new west wing would not be possible without the support of benefactors like Dan Drawbaugh, Joe and Brenda McHugh, and Sam Bronfman (pictured left) and Dick and Nancy Knowlton, Board member Art Kelton and Mayor Andy Daly.

« WEST WING CELEBRATION

» GOLF TOURNAMENT

Heartfelt thanks to Rosanna and Johannes Faessler and the Sonnenalp Foundation for hosting the annual Scramble Against Cancer golf tournament and special dinner. Pictured on the left are Vail Health Board of Directors Trustee Charlie L'Esperance, Allan Finney, John Harrison and Rob Levine. In the middle are Sonnenalp Breast Center staff, and on the right are Rosanna Faessler and Miguel Aguirre.



» TOUGH ENOUGH TO WEAR PINK



Shaw Cancer Center is the grateful beneficiary of the Eagle County Fair & Rodeo's Tough Enough to Wear Pink night. Pictured on the left are Clinical Nurse Manager Karen Clous and her sons, Kingston and Jameson. Above are User Support Technician Kai Bernal and Sarah Schwarz with HVAC Technician Nick Augustine and his family.



« JACK'S PLACE 10TH CELEBRATION



Jack's Place would not be possible without the passion, hard work and generosity of everyone who gathered to celebrate its 10th anniversary. CLOCKWISE: Founding members of the Shaw Outreach Team; Johannes Faessler, Jack Gardner, Sheri Ball, Greer Gardner and Debby Jasper; Cookie Flaum, Elaine Kelton and Sue Godec; Jack Gardner, Dr. Jack Eck (the namesake of Jack's Place) and Jack's Place Concierge Colleen Widlak.

MEDICAL DIRECTORY



WHILE IT'S SOMETIMES uncommon to find a wide array of medical services in a rural setting like Eagle County, Vail

Health believes in providing quality health care in the communities where our patients and their families need it the most. With over 350 physicians and advanced providers, services are offered in Eagle and Summit counties, including urgent care facilities in Gypsum and Avon, as well as specialty clinics for cardiology, endocrinology, internal medicine, cancer diagnosis and treatment, physical therapy and plastic surgery. The main campus in the heart of Vail is a Level III Trauma Center, Level II Nursery and home to some of the world's most celebrated surgeons.



Vail Health's new west wing was completed in 2017 as part of our Master Facility Plan.

BREAST HEALTH

Sonnenalp Breast Center, Shaw Breast Center & Cancer Clinic

See Cancer Diagnostics & Care

CANCER DIAGNOSTICS & CARE

Shaw Cancer Center

322 Beard Creek Road
Edwards, CO 81632
(970) 569-7429

Patients travel from around Colorado and beyond to receive the unique, personalized care Shaw offers in the healing setting of the Rocky Mountains. Our knowledgeable doctors and top-of-the-line equip-

ment help cure cancer. But it's the rest of the care — courtesy of a dietitian, exercise physiologists, social worker, genetic counselor, nurse navigator and a complimentary 12-room cancer caring house in a stunning setting — that helps our patients survive and thrive.

Shaw Cancer Center is a service of Vail Health Hospital.

Sonnenalp Breast Center — Edwards

322 Beard Creek Road
Edwards, CO 81632
(970) 569-7690

Established in 2002, Sonnenalp Breast Center provides the most sophisticated technology available for breast imaging and diagnosis of breast cancer in the Rocky

Mountains, including 2D and 3D mammography. The Breast Center features a relaxing, spa-inspired interior in a private setting. Our knowledgeable and compassionate radiologists and mammography technologists provide the best care and expertise to guide patients in the pursuit of breast health.

Sonnenalp Breast Center is a service of Vail Health Hospital.

Jack's Place
332 Beard Creek Road
Edwards, CO 81632
(970) 569-7644

Patients traveling to Shaw Cancer Center for treatment are invited to stay with their caregiver at Jack's Place, a cancer caring house. Overlooking the spectacular Lake Creek Valley and peaks of the Sawatch Mountain Range, Jack's Place features 12 luxurious private rooms, an inviting common living area, gourmet kitchen, library, yoga studio and massage room. With a donate-what-you-can philosophy, patients and their family or caregiver are invited to take respite at Jack's for the day or overnight, while in active treatment. Jack's Place was built and funded by the Shaw Outreach Team.

Shaw Breast Center & Cancer Clinic — Frisco
323 W. Main Street, Suite 101
Frisco, CO 80443
(970) 668-6400

Shaw Breast Center & Cancer Clinic in Frisco offers the latest in breast screening, including 3D mammography, in a convenient Main Street location. The clinic also offers infusion treatments and provides the greatest knowledge and compassion for patients.

Shaw Breast Center & Cancer Clinic is a service of Vail Health Hospital.

CARDIOPULMONARY

Cardiopulmonary Services

181 W. Meadow Drive
Vail, CO 81657
(970) 479-7218

Cardiopulmonary medicine deals with the heart and lungs, specializing in respiratory care, cardiology, electroencephalography (EER) and sleep services. Cardiopulmonary Services provides diagnostic and therapeutic interventions to routine and critical care clients. Rocky Mountain Pediatric Cardiology offers a pediatric cardiology clinic at Vail Health, assisting patients with suspected or known heart disease from newborn to age 18.

CARDIOVASCULAR

Cardiovascular Center

108 S. Frontage Road W., Suite 206
Vail, CO 81657
(970) 476-1110

337 Sylvan Lake Road
Eagle, CO 81631

323 W. Main Street, Suite 101
Frisco, CO 80443

Led by board-certified cardiologists, the Cardiovascular Center offers adult cardiology services, including pacemaker implants and the management of coronary heart disease, hypertension, lipid disorders, arrhythmia, valvular heart disease, cardiomyopathies and congestive heart failure.

Cardiac Diagnostics

The Cardiovascular Center provides a full range of cardiac diagnostic testing, including nuclear stress testing and stress echocardiograms. In addition, echocardiography, EKGs, CT angiograms and heart rhythm monitoring services are available.

Cardiac Catheterization & Electrophysiology Lab

Vail Health's Cardiac Catheterization & Electrophysiology Lab allows cardiologists to visualize the arteries and chambers of the heart, treat abnormalities and diagnose and treat arrhythmias.

Anticoagulation Clinic

Vail Health's Anticoagulation Clinic provides convenient care for patients taking warfarin (Coumadin®), heparin and low molecular weight heparin. The staff provides assessments, reviews and adjusts medications, checks for possible drug interactions, provides patient education and guides the management of blood thinners for invasive procedures.



EMERGENCY & URGENT CARE SERVICES

IF YOU ARE EXPERIENCING A MEDICAL EMERGENCY,
CALL 911 FOR IMMEDIATE HELP

Emergency Department — Vail

181 W. Meadow Drive
Vail, CO 81657
(970) 479-7225
Open 7 days a week, 24 hrs/day

Vail Health's Emergency Department (ED) is a 24-hour facility staffed by board-certified emergency physicians. A Level III Trauma Center, emergency trauma care is provided to infants, pediatrics, adolescents, adults and geriatrics.

Beaver Creek Medical Center

1280 Village Road
Avon, CO 81620
(970) 949-0800
Open during ski season only
8:00 a.m. to 5:30 p.m. - 7 days a week, open holidays

Beaver Creek Medical Center is located in Beaver Creek Village. The clinic offers emergency care services with a 12-bed treatment area, two of which are critical care. X-ray, lab services, occupational health services, wound care, orthopaedic and respiratory care are available. No appointment is needed.

Beaver Creek Medical Center is a service of Vail Health Hospital.

Urgent Care — Avon

230 Chapel Place
Avon, CO 81620
(970) 949-6100
Open 8 a.m. to 8 p.m. - 7 days a week, open holidays

Urgent Care — Gypsum

410 McGregor Drive
Gypsum, CO 81637
(970) 777-2800
Open 10 a.m. to 8 p.m. Mon-Fri,
10 a.m. to 4 p.m. Sat/Sun,
open holidays

The Urgent Cares in Avon and Gypsum are equipped to manage most emergency medical situations, including wound, orthopaedic and respiratory care. They also offer on-site x-ray and lab services such as urinalysis, quick strep, influenza, pregnancy, occult blood and glucose testing. No appointment is needed.

TREATING:

- + Abrasions, bruises, scrapes and lacerations
- + Cough, cold, fever and flu symptoms
- + Respiratory or urinary tract infections
- + Ear, eye, nose and skin infections
- + Minor burns
- + Minor fractures
- + Sprains and strains
- + Intestinal illness, including dehydration

Skip the wait — let us know you're coming at vailhealth.org/urgent.



Cardiac Rehabilitation

Cardiac Rehabilitation delivers care to individuals who have experienced a significant heart event or are involved in the maintenance and prevention of further disease. Patients are closely monitored as they follow the guidance of trained professionals to improve strength and endurance.

EAR, NOSE & THROAT

Colorado Mountain Medical

See Primary Medical Care

ENDOCRINOLOGY

322 Beard Creek Road
Edwards, CO 81632
(970) 477-5160

323 W. Main Street, Suite 101
Frisco, CO 80443
(970) 668-6404

Vail Health's board-certified endocrinologists specialize in the diagnosis and treatment of adult diseases related to the hormones of the endocrine system, including diabetes, thyroid disorders, metabolic and weight disorders, menopause, osteoporosis, adrenal gland disorders and pituitary disease.



Vail Health's oncology and cardiac rehabilitation gym in Edwards.

EYE CARE

Eye Center of the Rockies

www.eyecenterrockies.com
232 Broadway Street
Eagle, CO 81631
(970) 926-7773

Eye Center of the Rockies provides eye care and ophthalmology, including medical and surgical care for cataracts, glaucoma, retina and LASIK. Providing routine eye exams for all ages, Eye Center of the Rockies also offers eyeglass prescriptions and contact lens fittings.

Not owned or operated by Vail Health.

INFUSION THERAPY

322 Beard Creek Road
Edwards, CO 81632
(970) 569-7600

323 W. Main Street, Suite 101
Frisco, CO 80443
(970) 668-6400

Shaw Cancer Center offers infusion therapy to treat an assortment of chronic and sometimes rare diseases with two convenient locations in Edwards and Frisco.

INTERNAL MEDICINE

322 Beard Creek Road
Edwards, CO 81632
(970) 477-3090

323 W. Main Street, Suite 101
Frisco, CO 80443
(970) 668-6403

Vail Health's board-certified internists specialize in the prevention, diagnosis and treatment of diseases in adults of all ages. They help patients achieve optimal health, as well as manage complex or life-threatening chronic illnesses. No referral is necessary, and all Medicare patients and most people with health insurance can receive an Annual Wellness Visit with 100 percent of the initial costs covered and no out-of-pocket expense to the patient.

INTERNATIONAL TRAVEL & VACCINES

Traveler's Clinic
230 Chapel Place, Unit D 101
Avon, CO 81620
(970) 569-7715

Vail Health's Traveler's Clinic is a full-service provider of immunizations, travel medication prescriptions, medical advice and documentation for world travelers.

LABORATORY & BLOOD WORK

181 W. Meadow Drive
Vail, CO 81657
(970) 479-7280

Vail Health's laboratory is accredited by the College of American Pathologists and offers comprehensive testing.

MEDICAL LIBRARY

Medical Library at Shaw Cancer Center
322 Beard Creek Road
Edwards, CO 81632
(970) 569-7607

Free to the public, the Medical Library loans books, journals, magazines, audio books, videos and children's materials. The wide-ranging, up-to-date health care collection is open to patients and the community. The library is home to the region's only certified medical librarian and offers many personalized services, including reference, interlibrary loan and document delivery, material loans, databases and over 320 electronic journals.

OBSTETRICS/ GYNECOLOGY (OB/GYN)

Colorado Mountain Medical
See Primary Medical Care

Family Birth Center
181 W. Meadow Drive
Vail, CO 81657
(970) 479-7181

Vail Health's Family Birth Center is a labor and delivery unit and Level II Nursery, equipped to handle most babies born after 32 weeks or full-term babies with health concerns. Home to pediatric specialists and neonatal nurse practitioners, the center also offers lactation counseling and childbirth classes, including natural birth seminars, breastfeeding, "I Love My Sibling" and more.

OCCUPATIONAL HEALTH AND WORKERS COMPENSATION

Occupational Health Clinic
230 Chapel Place, Unit D 101
Avon, CO 81620
(970) 569-7715

Occupational medicine offers services specialized to the needs of employees and employers. Common services include physical exams, drug screening, injury prevention and vaccination programs, as well as custom programs built for the particular needs of each workplace.

ORTHOPAEDICS & SPORTS MEDICINE

Howard Head Sports Medicine
See Physical Therapy

The Steadman Clinic
www.thesteadmanclinic.com

181 W. Meadow Drive
Vail, CO 81657
(970) 476-1100

322 Beard Creek Road
Edwards, CO 81632
(970) 476-1100

360 Peak One Drive
Suite 340 | Frisco, CO 80443
(970) 668-6760

The Steadman Clinic is a world-renowned orthopaedic clinic with facilities in Vail, Edwards and Frisco. Specializing in knee, hip, shoulder, elbow, hand, spine, foot and ankle injuries, The Steadman Clinic's experience and research have led to significant advances in orthopaedics and sports medicine.

Not owned or operated by Vail Health.

Steadman Philippon Research Institute
www.sprivail.org
181 W. Meadow Drive
Vail, CO 81657
(970) 479-9797

Founded in 1988 by orthopaedic surgeon Dr. J. Richard Steadman, the Steadman Philippon Research Institute is an independent, nonprofit organization, known throughout the world for its research into the causes, prevention and treatment of orthopaedic disorders.

Not owned or operated by Vail Health.

Vail-Summit Orthopaedics
www.vsoortho.com
108 S. Frontage Road West, Suite 300
Vail, CO 81657
(970) 476-7220

1140 Edwards Village II, B-105
Edwards, CO 81632
(970) 569-3240

Peak One Drive, Suite 180
Frisco, CO 80443
(970) 668-3633

Specializing in knee, shoulder, elbow, hand, spine, foot and ankle injuries, Vail-Summit Orthopaedics (VSO) was founded in 1979 and has been an active part of the community since. VSO's physicians are fellowship-trained and take an integrated approach to injury repair and healthy recovery by creating customized treatment plans.

Not owned or operated by Vail Health.

PHARMACY

Vail Pharmacy
181 W. Meadow Drive
Vail, CO 81657
(970) 479-7253

The only pharmacy in Vail Village, the Vail Pharmacy is located inside Vail Health Hospital. The pharmacy retails over-the-counter medications, has a wide assortment of braces and accepts prescription transfers from other pharmacies, telephone prescriptions and multiple insurance plans (insurance card needed). We also offer adult vaccines, including flu, Tdap (whooping cough), shingles and pneumonia, all administered by vaccine-certified pharmacists.

Edwards Pharmacy
322 Beard Creek Road
Edwards, CO 81632
(970) 569-7676

Located at the Edwards Medical Campus, the full-service pharmacy accepts a wide array of insurances and offers over-the-counter medications and prescription delivery. The pharmacy also offers adult vaccines, administered by vaccine-certified pharmacists.



PHYSICAL THERAPY

Howard Head Sports Medicine

www.howardhead.org

Avon:

The Westin, 126 Riverfront Lane
Avon, CO 81620
(970) 949-5522
Open during ski season only

Beaver Creek:

1280 Village Road
Avon, CO 81620
(970) 949-5522
Open during ski season only

Breckenridge:

505 South Main Street
Breckenridge, CO 80424
(970) 547-2763

Eagle:

377 Sylvan Lake Road
Eagle, CO 81631
(970) 328-6715

Edwards:

320 Beard Creek Road
Edwards, CO 81632
(970) 569-7777

WECMRD Field House
(Howard Head Performance & SafeHealth)
450 Miller Ranch Road
Edwards, CO 81632
(970) 569-7770

Frisco:

360 Peak One Drive
Suite 370 | Frisco, CO 80443
(970) 668-3169

Gypsum:

52 Lundgren Boulevard
Gypsum, CO 81637
(970) 777-2700

Silverthorne:

265 Tanglewood Lane
Silverthorne, CO 80498
(970) 262-0179



Howard Head Sports Medicine now offers Howard Head Performance Powered by EXOS to help people achieve higher levels of success through an integrated system that focuses on mindset, nutrition, movement and recovery.

Vail (West Clinic):

181 W. Meadow Drive
Vail, CO 81657
(970) 476-1225

Vail (East Clinic):

108 S. Frontage Road West
Vail, CO 81657
(970) 479-7291

Howard Head Sports Medicine (HHSM) helps people of all abilities rebuild their body and spirit. Working closely with the world's top orthopaedic doctors and researchers, our progressive sports medicine protocols are reshaping physical therapy worldwide. HHSM offers rehabilitative, preventive and nonsurgical therapies. Services include aquatic therapy, dry needling, hand therapy, lymphedema therapy, occupational therapy, orthopaedic rehabilitation,

Pilates, sports rehabilitation, total joint therapy, vestibular rehabilitation, men's and women's health and Howard Head Performance Powered by EXOS.

Howard Head Sports Medicine is a service of Vail Health Hospital.

PLASTIC SURGERY

108 S. Frontage Road West,
Suite 206
Vail, CO 81657
(970) 569-7656

Applying the latest innovations in plastic surgery, Vail Health specializes in cosmetic and reconstructive surgery of the face, breast and body contouring.

PODIATRY

Eagle-Summit Foot & Ankle

www.esfootankle.com

50 Buck Creek Road, Suite 205
Avon, CO 81620
(970) 949-0500

842 Summit Blvd
Frisco, CO 80443
(970) 668-4565

Eagle-Summit Foot & Ankle has been serving the feet of Eagle County for 20 years by providing quality foot and ankle care, sports medicine and surgery in Eagle and Summit counties. Our physicians provide medical and surgical care to address a wide range of foot and ankle conditions.

*Not owned or operated by
Vail Health.*

PRIMARY MEDICAL CARE

Colorado Mountain Medical

www.cmmhealth.com

108 S. Frontage Road West,
Suite 101
Vail, CO 81657
970-926-6340

50 Buck Creek Road, Suite 200
Avon, CO 81620

377 Sylvan Lake Road, Suite 210
Eagle, CO 81631

Colorado Mountain Medical is a team of primary care physicians and specialists, including ear, nose and throat; OB/GYN; pediatrics; family medicine; urology and gastroenterology. Their providers offer total family care, emphasizing wellness, as well as treatment of illness.

*Not owned or operated by
Vail Health.*

Mountain Family Health Center: Edwards

www.mountainfamily.org

320 Beard Creek Road
Edwards, CO 81632
(970) 945-2840

Mountain Family Health Center provides high-quality, integrated primary, behavioral and dental health care with special consideration for the medically underserved, regardless of ability to pay.

*Not owned or operated by
Vail Health.*



Vail Health's hospital of tomorrow — a rendering of the new entrance on South Frontage Road, scheduled to open in late 2020.

SLEEP DISORDERS

See Cardiopulmonary Services

SURGERY

Surgical Associates

181 W. Meadow Drive
Vail, CO 81657
(970) 479-5036

With some of the most respected surgeons in Colorado on our team, Vail Health is fortunate to be the home of Surgical Associates. Known for their expertise in emergency and trauma care, they also specialize in general surgery, cancer detection and prevention, cancer surgery, laparoscopic surgery and wound and ostomy care.

Vail Valley Surgery Centers

181 W. Meadow Drive
Vail, CO 81657
(970) 476-8872

320 Beard Creek Road
Edwards, CO 81632

Vail Valley Surgery Centers are world-class, multi-specialty outpatient surgical centers, offering the finest state-of-the-art technology, treatment and physician expertise.

*Partially owned, but not
operated, by Vail Health.*

*For orthopaedic surgery,
see orthopaedics.*

UROLOGY

Colorado Mountain Medical

See Primary Medical Care

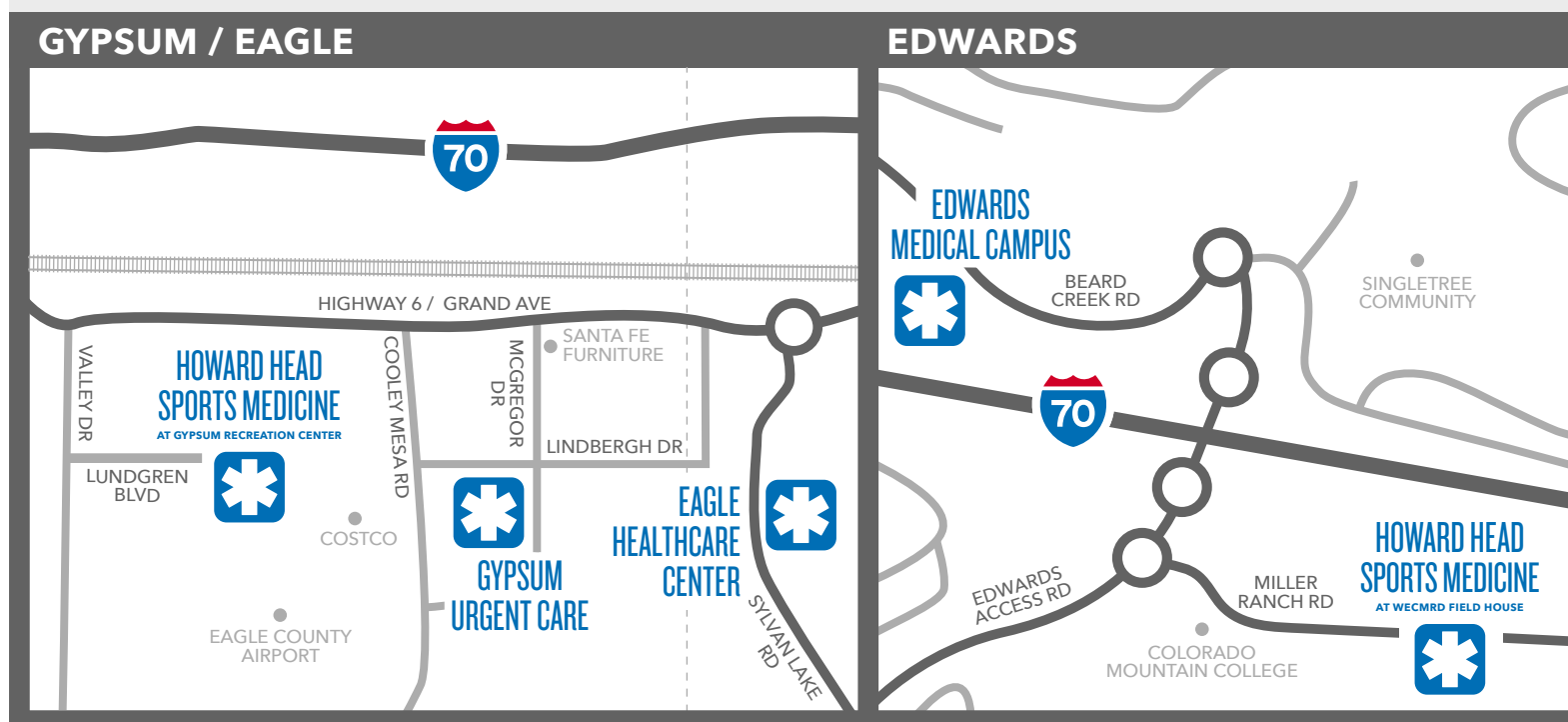
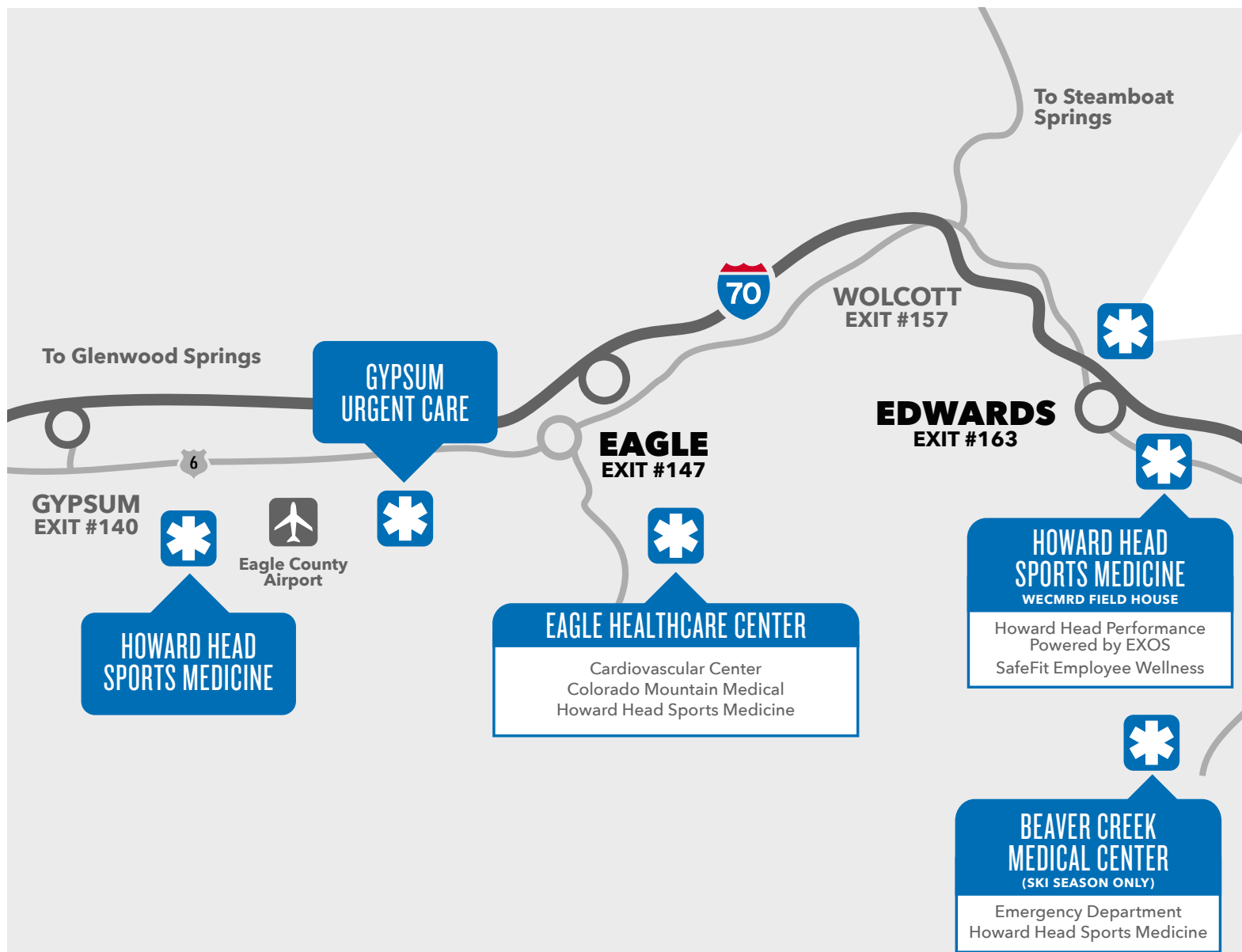
WOUND & OSTOMY CARE

Surgical Associates

181 W. Meadow Drive
Vail, CO 81657
(970) 479-5036

Using advanced wound care treatments to accelerate the healing process and maximize patient comfort, the care team specializes in burns and trauma; surgical wounds; and diabetic, venous stasis, arterial and pressure ulcers. The ostomy specialist also provides expert advice and treatment options on troubleshooting, new products, support groups, practical lifestyle tips and more. Physician referral is required.





EDWARDS MEDICAL CAMPUS

Edwards Pharmacy
Endocrinology
Howard Head Sports Medicine
Internal Medicine
Jack's Place, A Cancer Caring House
Mountain Family Health Center: Edwards
Shaw Cancer Center
Sonnenalp Breast Center
The Steadman Clinic
Vail Valley Surgery Center

HOWARD HEAD SPORTS MEDICINE

AVON
EXIT #167

WEST VAIL
EXIT #173

VAIL
EXIT #176

EAST VAIL
EXIT #180

AVON MEDICAL CAMPUS

Occupational Health
Traveler's Clinic
Urgent Care

VAIL MEDICAL CAMPUS

Cardiopulmonary Services
Cardiovascular Center
Colorado Mountain Medical
Emergency Department
Family Birth Center
Howard Head Sports Medicine
Imaging
Laboratory
Plastic Surgery
Steadman Philippon Research Institute
Surgical Associates
The Steadman Clinic
Vail Pharmacy
Vail-Summit Orthopaedics
Vail Valley Surgery Center

HOWARD HEAD
SPORTS MEDICINE
BRECKENRIDGE,
SILVERTHORNE, FRISCO

FRISCO SPECIALTY CLINIC

Cardiovascular Center
Endocrinology
Internal Medicine
Shaw Breast Center & Cancer Clinic

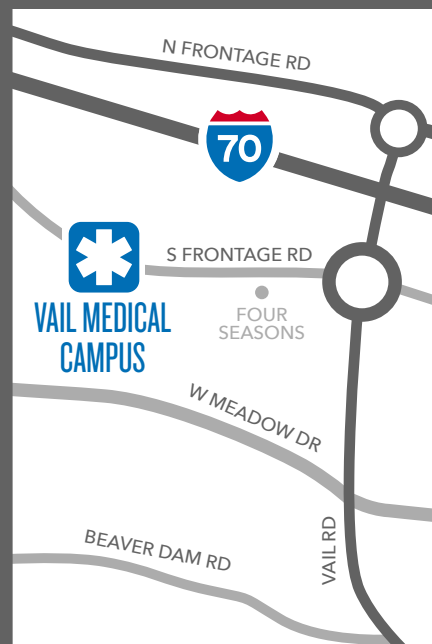
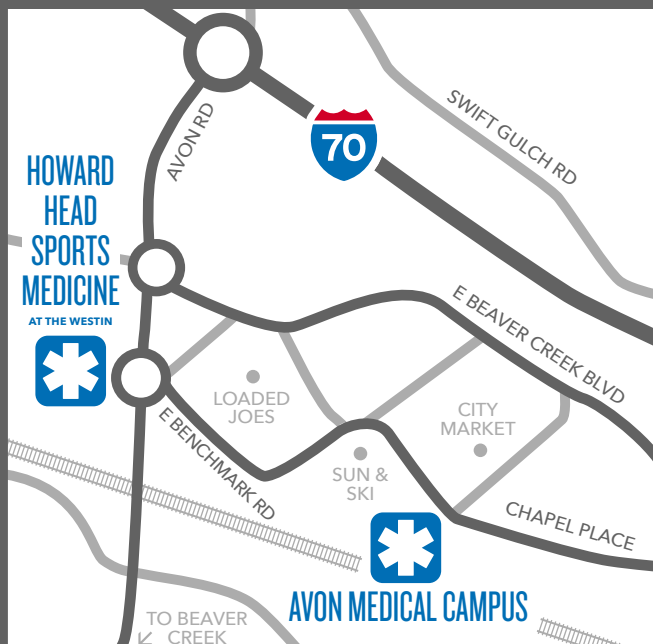
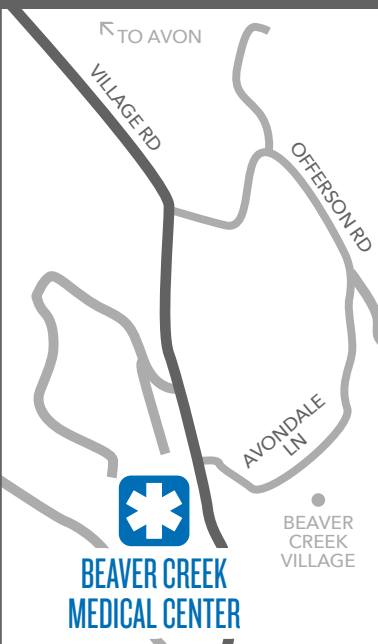


Map not to scale

BEAVER CREEK

AVON

VAIL



Walking the Knife Edge



When Vail Health Videographer Ben Gadberry reached the Knife Edge with his climbing partners at 7:30 a.m., they noticed a massive rock slide triggered by climbers on the final pitch to the summit of Capitol Peak. Climbers were screaming and diving out of the way of microwave-sized boulders. Ben knew a rock of that size would likely have carried them off the mountain. He contemplated turning around, but he had only four of Colorado's 14ers left to climb before checking all 58 off his list. Crossing the hundred-foot Knife Edge on all fours, several hundred-foot drops loomed on each side. The team reached the summit at 8:30 a.m. "There's no shortcut to finishing the 14ers," says Ben. "The hardest ones require you to be at peak physical fitness, and they often challenge the mind and spirit. I've experienced some of the most challenging, beautiful and triumphant moments of my life on those mountains."



MINOR ILLNESS MAJOR ATTENTION

Vail Health's Urgent Cares provide walk-in treatments for a wide range of minor illnesses and injuries. With two locations open seven days a week, we offer an affordable alternative to a visit to the emergency room, making it easier for you to get the medical care you need.



AVON URGENT CARE

8 a.m. – 8 p.m., Open 365 Days a Year
(970) 949-6100
230 Chapel Place | Avon



GYPSUM URGENT CARE

10 a.m. – 8 p.m. M-F, 10 a.m. – 4 p.m. S/S
Open 365 Days a Year, (970) 777-2800
410 McGregor Drive | Gypsum

LOCATED IN AVON AND GYPSUM

VAILHEALTH.ORG



+ No appointment necessary. We accept Medicaid, Medicare and most major insurance carriers.



BRINGING NEW LIFE TO THE VALLEY

Vail Health's Family Birth Center delivers hundreds of babies each year. Our Level II Nursery cares for babies born after 32 weeks and those who need the special attention of our neonatal nurse practitioners.

**TWELVE
LOCATIONS
NINE
COMMUNITIES**

SERVING EAGLE COUNTY SINCE 1965

Vail Health Hospital	Jack's Place, a Cancer Caring House
Beaver Creek Medical Center	Laboratory
Cardiac Cath Lab	Pharmacy
Cardiopulmonary	Plastic Surgery
Cardiovascular Center	Radiology
Emergency Department	Shaw Cancer Center
Endocrinology	Sleep Disorders
Family Birth Center	Sonnenalp Breast Center
Helipad	Surgery
Howard Head Sports Medicine	Total Joint Replacement
Infusion Therapy	Urgent Care - Avon & Gypsum
Internal Medicine	Vaccine Clinic
	Wound & Ostomy Clinic

AVON | BEAVER CREEK | BRECKENRIDGE | EAGLE | EDWARDS
FRISCO | GYPSUM | SILVERTHORNE | VAIL

VAILHEALTH.ORG

 **VAIL HEALTH**