

# UPMC

## WESTERN MARYLAND

### Fall Happenings

#### HEALTH AND WELLNESS COACHING

**FREE** one-on-one personalized health and wellness planning for long-term behavior changes to improve well-being and health. Board-certified coaches can help with weight management, fitness planning, lifestyle changes, stress management and recovery. Sessions are offered in person, via video, or by phone. Call 240-964-8424 for more information.

#### FITNESS CLASSES

Join a **FREE** fitness class offered in locations around the region.

- Chair Yoga, Tuesdays at 2:15 p.m., at the South Cumberland Library. To register for the in-person or online class via ZOOM, contact Christina Collins-Smith at [collinssmithcd@upmc.edu](mailto:collinssmithcd@upmc.edu), or call 410-967-9112.
- South Cumberland Library Yoga Classes, Wednesdays at 11:00 a.m.
- LaVale Library Yoga Classes, Fridays at 10:30 a.m.

#### ONLINE SMART RECOVERY

Tuesdays at 7:30 a.m., Wednesdays at 6:00 a.m. and 7:30 a.m., and Thursdays at Noon. Free self-help support group assists in recovering from all types of addictions and addictive behaviors. For more information contact Carey Moffatt at [moffattcl@upmc.edu](mailto:moffattcl@upmc.edu) or call 240-964-8418.

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Visit our UPMC Western Maryland Community Health and Wellness Coaching Website at [UPMCWesternMaryland.com/Wellness](https://UPMCWesternMaryland.com/Wellness)

Find us on Facebook at *Get Healthy Allegany.*

# Real WELL

FALL 2025

WELLNESS NEWS YOU CAN USE!

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## ENERGIZED FOR FALL



**Stacey Blank, MS, BTPS, RRT**  
Manager, UPMC Community Health and Wellness

**HEY THERE, AND WELCOME TO OUR FALL NEWSLETTER!** Fall is here—and it's the perfect time to cozy up, reset, and refocus on feeling our best. This season, we're all about nourishing our bodies and minds with good food, movement, and a little inspiration. In this issue, we're sharing tips on staying energized and balanced, plus a spotlight on some of fall's best produce—like crisp apples, sweet potatoes, juicy pears, and hearty Brussels sprouts.

When it comes to healthy nutrition, fall is full of flavor and fuel. Think warm grain bowls with roasted veggies, hearty soups packed with nutrients, and snacks that keep you going without the sugar crash. Eating well doesn't have to be complicated—it just has to be colorful and seasonal!

We're also encouraging everyone to stay active! Whether it's a brisk walk through the colorful leaves, a weekend hike, or catching a local outdoor sporting event—like soccer, cross-country meets, or football games—there are plenty of ways to enjoy the fresh air and keep moving.

Grab a warm drink and enjoy the read. Thanks for being part of our community!

Stay well,

*Stacey*





# Get Real About Fitness Fads

Michael Browning, MA, NBC-HWC

It's day 14 of a promised one-month journey to a new you; the sweat beads and drops from your brow and the splash on the floor is an exhilarating testament of your will and dedication. The social media influencer congratulates you on surviving the brutal 30 minute onslaught, you buy your next week's supply of shakes and you feel like this is the one. You know the rest of the story: your weight loss stalled, your will broke, the shakes

became too expensive, and by the way, the other influencer has a much better idea...right? Are you a "fitness faddist"?

If you find that you are constantly needing a new routine and that it is hard for you to stay consistent to a fitness program for more than a few weeks at a time, you may be a fitness faddist. Here are a few tips to keep in mind that may help you, moving forward.

## COMMON PITFALLS OF FITNESS FADS

- Overtraining and Injury (programs with no rest days)
- Overspending on gimmicks you don't need
- Short Term Results
- Lack of Consistency
- Emotional Highs and Lows

If you're having trouble starting a routine, come see the health coaches at UPMC Western Maryland. You don't need a referral, just give us a call at 240-964-8424.

- Health benefits start with just 10 minutes of good quality exercise at a time.
- Be honest with yourself about your current fitness level, sometimes simple is better.
- Routine and consistency build life-long habits and long-term health, if you're new to exercise start with 2-3 days a week of 10-20 minutes of quality exercise.
- You don't have to drown in your sweat for a good workout.
- You can get a great workout using only your body weight.

Resources:

<https://odphp.health.gov/moveyourway>

<https://premierfitness.co/the-negative-effects-of-fitness-fads-why-you-should-prioritize-sustainable-health-practices/>



## Examining the Nature of Fear

Carey Moffatt, MS, NBC-HWC



Why does fear feel real, even when there is no real danger? Fear is a natural emotion. Though sometimes rooted in real danger, much of what we fear is not based on fact, but on perception. The acronym F.E.A.R. (False Evidence Appearing Real) offers a helpful lens for understanding how our minds create fear from distorted thoughts, assumptions, or past experiences.

False evidence can take many forms, such as catastrophic thinking, imagined rejection, or worst-case scenarios with little or no basis in reality. These fears often stem from unresolved trauma, low self-worth, or a desire to stay in control. When we do not examine the evidence behind our fears, we accept these mental stories as truth, letting them guide our behavior, often holding us back from growth, connection, or success.

Using the F.E.A.R. framework helps shift us from emotional reactivity to conscious awareness. It invites us to ask: What evidence do I have? Is this fear current and real, or old and imagined? By challenging our fears, we create space to respond instead of react.

As the saying goes, "Courage is not the absence of fear, but the ability to move forward in spite of it." When we realize that much of what we fear is based on false evidence, we reclaim our power to choose differently. With awareness and practice, we learn to distinguish between real threats and mental projections and begin walking a more intentional, fearless path.

Source: [www.smartrecovery.org](http://www.smartrecovery.org)

## Balancing a Happy Life through Yoga

Christina Collins-Smith,  
MLA, E-RYT 500, LMT  
Yoga, Health and Wellness Coach



A happy life is, at its core, a balanced life. Striving for symmetry in all aspects—physical, mental, and emotional—is essential to our well-being. As the seasons shift into autumn, we witness nature's own balance in action. The vibrant golden-toned colors of sunshine and the graceful shedding of leaves, all merging with the crisp, fresh scents of renewal, naturally inspire us. It is a time for thoughtfully clearing and redirecting our energy in preparation for the cooler months ahead.

Autumn is an ideal time to appreciate the essence of being—a realignment of our commitment to self-care and sustainable personal growth. It is a time to gently include ourselves on the to-do list of all the things we are planning for our family, friends, and co-workers, remembering that when we take the time to nurture ourselves, we are better able to give our very best to everyone in our lives.

A regular yoga practice offers an accessible pathway to achieving this harmonious balance by inviting us to be fully present in the moment. It encourages us to appreciate ourselves and promotes an honest, nonjudgmental assessment and practice that gently guides us toward a greater sense of stability and presence in everything we do.

In my yoga classes, I am continually inspired by individuals of all ages and body types who dedicate themselves to the practice of self-care. While yoga's blend of movement synced with focused breath builds physical strength, endurance, flexibility, and a better sense of balance, it also sharpens mental clarity and fosters a sense of calm as the body and mind release tension and stress, welcoming the gift of renewal.

No matter where you are on your journey, the invitation is open. You can do it. Join me in exploring the art of balance through yoga and discover the harmonious sense of well-being that yoga has to offer. The path to your best self is waiting.

Questions? Email Christina at: [collinssmithcd@upmc.edu](mailto:collinssmithcd@upmc.edu)



# Benefits of Strength Training and Cardio for Women



## Brittany Friend, MS, NBC-HWC

Every day, women are trying to navigate the fitness industry and all the fad exercise routines, as they try to figure out what will work and what's best for their body. The truth is spending hours in the gym on a treadmill is not going to get you the results you want. In fact, longer steady-state cardio can increase cortisol levels, which can stress your body and not let you see the results you want. Long cardio sessions cause cortisol to be released to help your body preserve your carbohydrate stores, which can inhibit weight loss. So, do you stop doing cardio? No. Let's talk about maximizing your exercise experience and what the body needs, especially as we age.

A well-rounded exercise routine that includes strength training and cardio is ideal. As we age (especially



<https://www.livestrong.com/article/86687-exercise-cortisol-levels/>

<https://www.acefitness.org/resources/pros/expert-articles/8909/cardio-vs-strength-training-why-women-need-both/?topicScope=women-s-health>

women), bone density begins to diminish. Strength training, using various forms of resistance-based activities, stimulates bone growth, can reduce the risk of osteopenia or osteoporosis, helps to regulate cortisol and other hormones, and supports a healthy metabolism and muscle mass. Cardio benefits cardiovascular health, a healthy body composition, and brain health.

The recommendations state we should aim, per week, for 150 minutes of moderate-intensity cardio, or 75 minutes of vigorous activity. If you are spending 75 minutes per day, however, you may be putting your body into a high-stress state. Resistance training two times a week, exercising all of the major muscle groups, benefits your body. And don't skip recovery days! Our bodies need to rest and recover - hydrate, stretch, and take care of you! All exercises can fit and lead us toward accomplishing our goals; this shouldn't mean endless hours in the gym each day. Experiment with different forms of exercise and have fun; the opportunities are endless!

## SPIRITUAL WELLNESS

# THE WONDER OF

# WAITING

## Rev. Bruce McBride, M.A., M.Div. Director of Pastoral Care, UPMC Western Maryland

As a spiritual care chaplain in a large hospital, we hear daily the words, I am waiting for the result of a \_\_\_\_\_. I am waiting for a procedure. I am waiting on the special test results. Life throws us unknown curveballs that all of us tend to want to avoid and the waiting for answers causes anxiety and sometimes depression. Our body and soul seeks refuge for the waiting heart and the inability to control our situation and outcome. Where do we turn? Where can we find serenity and peace as we wait for something to happen that is good news for our health? Often, I have heard patients and staff say to me, "I'm tired of fighting and waiting for something to change." So, when we are confronted with our lack of control, and we see that we are forced to wait, how do we respond? Impatience tries to wrestle God for control, while patience humbly kneels, with hands spread wide, ready to receive all that God has for us. Impatience grumbles, while patience rejoices, even when we have to wait for answers.

When problems arise, I can choose to focus on the problems or on the promises of God. Each day, I meet patients and staff who are navigating the wonder of waiting, yet all they see are the problems in their lives. They do not claim the promises, and they do not recognize what faith can do to assist them. God's Word can give us hope to cope with all the issues of life.

No one likes to wait, and few see the fruit of waiting in the moment. But the Scriptures help us understand humility: "Clothe yourselves, all of you, with humility toward one another, for God opposes the proud but gives grace to the humble" (1 Peter 5:5).

Do you want to grow in patience and experience real grace from God? Then consider responding with humility instead of frustration. This fall, claim the promises of God in the midst of the problems—and watch God work in your life.



Pastor Bruce and  
Judy McBride

Remember the famous waiting Scripture -

### Isaiah 40:31 -

**"But those who wait on the Lord  
Shall renew their strength;  
They shall mount up with wings like eagles,  
They shall run and not be weary,  
They shall walk and not faint."**

You are loved,  
Pastor Bruce



# IN THE KITCHEN with RACHEL

Rachel Sproat, RDN, LDN



## Maple Roasted Chicken Thighs with Sweet Potato Wedges and Brussels Sprouts

### INGREDIENTS

- 2 tablespoons pure maple syrup
- 4 teaspoons olive oil
- 1 tablespoon snipped fresh thyme
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 pound sweet potatoes, peeled and cut into 1-inch wedges
- 1 pound Brussels sprouts, trimmed and halved
- Nonstick cooking spray
- 4 bone-in chicken thighs, skinned
- 3 tablespoons snipped dried cranberries
- 3 tablespoons chopped pecans, toasted

### DIRECTIONS

1. Preheat oven to 425°F. In a small bowl combine maple syrup, 1 tsp. of the oil, the thyme, ¼ tsp. of the salt, and ¼ tsp. of the pepper. In a large bowl combine sweet potatoes and Brussels sprouts. Drizzle with the remaining 1 tbsp. oil and sprinkle with the remaining ¼ tsp. salt and ¼ tsp. pepper; toss to coat.
2. Line a 15x10-inch baking pan with foil. Heat the prepared pan in oven 5 minutes. Remove pan from oven and coat with cooking spray. Arrange chicken, meaty sides down, in center of pan. Arrange vegetables around chicken. Roast 15 minutes.
3. Turn chicken and vegetables; brush with maple syrup mixture. Roast 15 minutes more or until chicken is done (at least 175°F) and potatoes are tender. Serve topped with pecans and cranberries.

[Maple-Roasted Chicken Thighs with Sweet Potato Wedges and Brussels Sprouts](#)



## Fall Chopped Salad

### INGREDIENTS

- 1 small (1 ½ pounds) butternut squash, peeled and cut into ½-inch dice (about 4 cups)
- 2 cloves garlic, minced
- 3 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons balsamic vinegar
- 1 teaspoon maple syrup
- 2 teaspoons Dijon mustard
- 8 cups packed baby spinach, roughly chopped
- 1 medium Honeycrisp apple, diced
- ½ cup diced sharp Cheddar cheese
- ½ cup toasted chopped pecans

### DIRECTIONS

1. Preheat oven to 400°F. Stir together squash, garlic, 1 tablespoon oil, ¼ teaspoon salt and ¼ teaspoon pepper in a large bowl. Spread on a large rimmed baking sheet and roast, stirring once, until tender, about 20 minutes.
2. Meanwhile, whisk the remaining 2 tablespoons oil, vinegar, maple syrup, mustard and the remaining ¼ teaspoon each salt and pepper in the large bowl. Add the roasted squash, spinach, apple, cheese and pecans. Toss to coat.

[Fall Chopped Salad with Spinach, Butternut Squash, Apples & Cheddar](#)



## BE FAST

When You Spot Stroke Warning Signs

UPMC  
LIFE CHANGING MEDICINE

**B**alance: Loss of coordination or balance



**E**yes: Sudden double vision or vision loss



**F**ace: Facial drooping on one side



**A**rms: One arm becomes weak or numb



**S**peech: Slurred speech



**T**ime: **BE FAST.** Call 911



## SAFETY FIRST



Susan Lee,  
Admin Assistant

Fall brings cooler weather, deep blue skies and a kaleidoscope of changing color to decorate the landscape. This is a great time to **clean and inspect the fireplace, do that fall yard cleanup, and check outside to see if repairs need to be made to gutters or shingles**, before the snow flies in winter.

Schools are back in session, so **take caution when driving** and stay alert for children around schools, playgrounds and residential streets. As the days get shorter, driving in the dark presents another roadway hazard to be on the lookout for – wildlife on the move. Deer, turkeys, bears . . . keep in mind that some wildlife travel in groups, like deer, so if you see one, there may be more to follow.

For more information visit  
[Autumn safety tips as weather changes - Mayo Clinic Health System](#)



**LAUGHTER  
IS THE  
BEST  
MEDICINE**

From: [www.hilariousjokesworld.com](http://www.hilariousjokesworld.com)



**Why don't oysters share  
their pearls?**

*Because they're shellfish.*

**I'm reading a book on anti-gravity.**

*It's impossible to put down.*

