

Taking CONTROL

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Rosella's journey serves as a good example of how to tackle age with attitude, drive and knowledge.

Each person's health journey is unique. The true keys to success involve finding what works for you individually, working closely with your healthcare providers, and continuously assessing and modifying your approach. Our ultimate goals are to always strive to feel better, maintain function, and improve our overall quality of life.

Baby steps or diving into the deep end...It's your goal, and how you want to achieve it is for you to decide.

You joined the gym knowing you want a change. Maybe its to gain a better understanding of your health requirements. It is often a vague concept to lose weight or enhance your strength and endurance. But, the intimidating atmosphere of the gym is daunting. The array of machines, racks of dumbbells, and rowers stacked against the walls can be overwhelming, especially when embarking on a fitness journey alone.

Everyone's goal is their own. The hard part is learning what your personal goal is! We can help you...

In my early life, exercise was simply called fun. Wanting to be good at sports led us to exercise daily, and that mindset has stayed with me to this day. My husband and I exercised together at Ahearn Field House during the noon hour with other workers, and we still called it fun. Later, as we settled into our careers, we made time for early morning walks or lunch-hour walks with friends.

In 1995, my life changed with the passing of my husband to cancer. A few years later, in 1999, I faced my own health challenge with an arterial blockage.

After a brief time with a stent, I underwent successful heart bypass surgery. I returned to my work as an Assistant Professor in the Art Department and later required additional stent care. Through cardiac therapy, I learned the science and exercises that helped me maintain the quality of life that mattered to me.

As I've grown older, I've focused more on healthy eating and continued physical therapy, especially after lower back pain, sciatica, and a recent fall affected my mobility. These experiences have encouraged me to rebuild balance and strength.

Today, I walk five days a week—both outdoors and at the Chester Peters' Recreational Center—and continue strength and balance exercises at home, making a point not to sit for long.

Working at Maximum Performance with Stephanie Johnson has helped me understand not only what to do, but why it matters.

Now, at age 90, I am supported daily by friends and by the tools and guidance I've gained through recovery therapy with Stephanie. With continued progress in balance and strength, I hope to keep living a full life of service and adventure.

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MAXIMUM
PERFORMANCE
PHYSICAL THERAPY & FITNESS



Support Your Heart. Live Quality Years.

A healthy heart doesn't just happen, it's nourished one meal at a time. What you eat can help manage cholesterol, reduce inflammation, and protect against cardiovascular disease. By making small, intentional changes, like adding more unsaturated fats, omega-3 rich foods, and colorful fruits and vegetables, you can support heart function and build a foundation for long-term cardiovascular health.

Heart disease is the leading cause of death globally, but research shows that dietary choices play a powerful role in prevention. While limiting saturated fat has long been a cornerstone of heart health, replacing these fats with unsaturated fats and omega-3-rich foods can help improve cholesterol, reduce inflammation, and support overall cardiovascular function.



Your Nutrition Action Plan

1. Survey your kitchen

Take a look through your pantry, fridge, and freezer. Check the Nutrition Facts labels of the foods you regularly eat.

2. Spot the higher-saturated-fat foods

Identify 3 foods with >4-5 grams of saturated fat per serving.

3. Swap for heart-healthy alternatives

Replace each high-saturated-fat food with an unsaturated fat option or an omega-3 rich food.

Tip: On a Nutrition Facts label, if saturated fat is low but total fat is moderate to high, much of that fat is likely unsaturated.

Examples of swaps:

Ice cream → **Greek yogurt** with fruit and a sprinkle of chocolate chips

Pork sausage → **Turkey or chicken sausage**

Packaged cheese crackers → **Whole-grain crackers** with roasted garlic hummus

Bonus tip:

For meals that may be higher in saturated fat, consider adding beans (black, pinto, cannellini, or chickpeas, peas, edamame, or lentils.)

These can help reduce absorption of saturated fat and increase fiber intake.

If you want personalized support to protect your heart and optimize nutrition for long-term health, I can help you create a plan that fits your lifestyle and preferences.

Any Questions?

Email: alissamick@protonmail.com | Call/Text: 913.229.5615

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*"I never smoked,
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regularly...Still, none of it
made me bulletproof."*

My name is Charlie, and at 72 years old, heart health has become very personal to me. Growing up, I knew heart disease ran in my family, so I focused on what I could control. I never smoked, rarely drank, and exercised regularly—often up to six days a week. My routine included biking, walking, rowing, using the elliptical, mowing the yard with a push mower, and strength training. I also ate a generally healthy diet with fruits, vegetables, lean meats, fish, and low-fat dairy. Still, none of it made me bulletproof.

On October 12, 2025, I suffered a heart attack. The next day, a coronary angiogram revealed a 95% blockage in one artery and a 70% blockage in another. A stent was implanted—an echocardiogram later showed no damage to my heart muscle—a huge relief.

After leaving the hospital, I began cardiac rehab three times a week, combining cardio and strength training. On three additional days, I walk on the treadmill at home for about 40 minutes, with Sundays set aside for rest. When rehab ends, I plan to keep exercising at the gym—no excuses.

Today, I focus even more on a heart-healthy diet, adding more fiber-rich fruits and vegetables and paying closer attention to sodium by carefully reading food labels.

My advice is simple: focus on what you can control, but don't ignore the role genetics can play. For me, that means staying active, eating well, and taking my medications as prescribed.

How Strength Training Improves Heart Health

1. Reduces Risk Factors for Heart Disease

Strength training helps lower risk factors commonly associated with heart disease. It can reduce blood pressure, improve cholesterol profiles, and enhance blood sugar regulation. Studies have shown that even moderate resistance training can lead to better control of blood pressure, particularly in hypertensive individuals.

For example, it enhances endothelial function, which helps blood vessels relax and promotes healthy circulation.

2. Supports Weight Management

Building muscle increases resting metabolic rate, which helps in maintaining a healthy weight. Excess body weight, especially visceral fat, is a significant risk factor for heart disease. Strength training effectively targets and reduces body fat while preserving lean muscle mass.

3. Improves Cardiovascular Efficiency

Although aerobic exercise is traditionally associated with cardiovascular benefits, strength training also enhances the efficiency of the cardiovascular system. It strengthens the heart muscle indirectly by increasing circulation and promoting a more robust vascular system.

4. Reduces Inflammation

Chronic inflammation is a leading contributor to cardiovascular disease. Strength training has been shown to reduce systemic inflammation, as evidenced by decreases in C-reactive protein (CRP) levels.



785.776.0670 | www.maximumperform.com | Manhattan, KS