

MAXIMUM

PERFORMANCE

PHYSICAL THERAPY & FITNESS

DXA Scan Testing Recommendations

1. **Women:**
Routine screening begins at age 65
Age 60 in presence of risk factors
2. **Men:**
Routine screening begins at age 70
Between 50-69 in higher risk men
3. **Everyone:**
Repeat every 2 years if:
 Initial score is ≤ -2.0
 Currently on osteoporosis medications
 Change in medical status
Longer intervals if:
 Over 65 with no risk factors and baseline score is > -2.0

Instructions for DXA Scan Accuracy

1. **Lumbar Spine Tips:**
Align your spine as close as possible to the center line
It is ok to use a cushion under your legs
2. **Hip Tips:**
Legs must be straight and flat on the table
Blocks are used to hold the hips in proper position
3. **If you have a hip replacement or spinal surgery**
They will complete a scan of your forearm, usually non dominant
4. **Best test results come from repeated testing being performed at the same facility, on the same machine, by the same technician**
5. **Avoid calcium supplements 48 hours before testing, as they can cause inaccurate results with the lumbar spine testing**



Fracture Risk Calculators

FRAX™

Garvan Risk Calculator

American Bone health Fracture Risk Calculator™

Taken online (no printable versions available)

Type one of the names above into your web browser, for the calculator you would like to use.

Strong Bones, Steady Steps

NUTRITION FOR BALANCE, STRENGTH & FALL PREVENTION

- Good nutrition supports strength, stability, and confidence in daily movement
- Muscle naturally declines with age, affecting balance and reaction time
- Bone density decreases over time, increasing fracture risk
- Illness, inactivity, and certain medications can accelerate both

Simple Steps to Support Bone Health

Prioritize Protein

- Aim for **0.45-0.55 g/lb body weight** to support muscle strength, balance, and stability.
- **Try:** eggs, Greek yogurt, cottage cheese, chicken, fish, tofu, beans, edamame.

Calcium + Vitamin D

- These partners support bone density and muscle function.
- **Try:** dairy, fortified plant milks, leafy greens, safe sun exposure.

Magnesium

- Often overlooked, it supports bone remodeling and helps activate Vitamin D.
- **Try:** nuts, seeds, whole grains, greens.

Hydration Matters

- Even mild dehydration can affect balance, cognition, and energy.
- **Try:** steady water intake, fruit, soups, cooked vegetables.

Fuel for Movement

- Pair **carbs + protein** before activity to maintain energy for strength and balance training
- **Try:** Greek yogurt with fruit before a walk or resistance session.

References:

1. CDC - Older Adult Fall Prevention (2026)
2. Iuliano et al., *BMJ* 2021; 375:n23364
3. Dominguez et al., *Endocrines* 2025; 6(1):10
4. Wolf J, et al. *Osteoporos Int.* 2025; DOI:10.1007/s00198-025-07393-5
5. National Institute on Aging - Falls & Fractures (2025)

The Science in Action

- ▶ A large BMJ trial of 7,195 older adults found that increasing daily calcium and protein through dairy foods led to:
 - 33% fewer fractures
 - 46% fewer hip fractures
 - 11% fewer falls
- ▶ Participants consumed ~1,100 mg calcium and 70 g protein daily - about three servings of dairy plus balanced meals.
- ▶ Other research shows that combining adequate protein, key micronutrients, and resistance training can reduce falls by 30-40%.

Work with me for **\$0 out-of-pocket** with insurance

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Cigna



QUESTIONS?

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Why Nature Matters

During and After Cancer

 RECONNECT. RESTORE. RENEW.



WHAT THE RESEARCH SHOWS



REDUCES STRESS

Spending time outdoors promotes relaxation and calm.

*Less stress. Less anxiety.
More peace.*



CLEARs YOUR MIND

Time in nature may improve attention and concentration.

May help with "brain fog" and mental fatigue.



SUPPORTS HEART HEALTH

Nature-based activities may help:

- Lower blood pressure
- Improve heart health
- Increase physical activity
- Improve sleep

*Good for your heart.
Good for your life.*



BOOSTS ENERGY

Many people report feeling more energized after time in nature.

Nature can help replenish your body and mind.



IMPROVES QUALITY OF LIFE

Cancer survivors in nature-based programs often report:

- Better mood
- Greater well-being
- More enjoyment of activity
- Improved quality of life

You deserve to feel better.



BUILDS CONNECTION

Being outside with others—whether walking, gardening or simply sitting together—can foster:

- Social support
- Meaningful connections
- A sense of belonging

Connection heals.

Nature Counts—Even in Small Doses



Tend a flower garden



Sit beneath a tree



Take a 10-minute walk outside



Watch birds from a porch or window



Enjoy your morning coffee outdoors



Visit a local park

One Small Step This Week 

My nature goal for this week:

SOURCES

- Bikomeye, J. C., Beyer, A. M., Kwarteng, J. L., & Beyer, K. M. M. (2022). Greenspace, inflammation, cardiovascular health, and cancer: A review and conceptual framework for greenspace in cardio-oncology research. *International Journal of Environmental Research and Public Health*, 19(4), 2426.
- Christiana, R. W., Besenyi, G. M., Gustat, J., Horton, T. H., Pembroke, T. L., & Schultz, C. L. (2021). A scoping review of the health benefits of nature-based physical activity. *Journal of Health, Eating and Physical Activity*.

*You are strong.
Nature can help
you thrive.*



10

Easy Ways

TO BRING MORE NATURE INTO YOUR DAY

During Cancer Treatment and Recovery

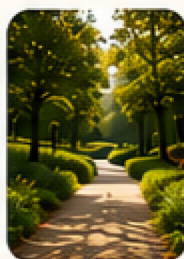
You don't need a lot of time or the perfect day. Small moments in nature can make a big difference. 

1

STEP OUTSIDE EVERY DAY



Even 5–10 minutes outdoors can lift your mood and lower stress. Step onto your porch, balcony, or take a short walk.

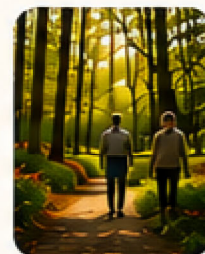


6

MOVE IN NATURE



Walk a park trail, stroll around your neighborhood, or try gentle stretching outside.



2

BRING NATURE IN



Add a plant, fresh flowers, or a bowl of natural elements (stones, shells, pinecones) to your space.



7

CONNECT WITH OTHERS



Invite a friend or family member for a walk outside, visit a community garden, or join a nature group.

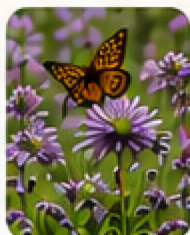


3

ENGAGE YOUR SENSES



Listen to birds, feel the breeze, notice the colors of leaves or flowers, smell fresh air, or touch the texture of plants.

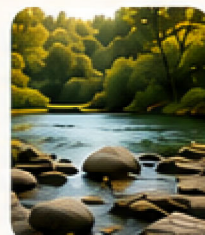


8

ENJOY WATER



Visit a lake, stream, or fountain. The sight and sound of water can be deeply soothing.

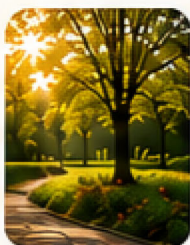


4

CATCH NATURAL LIGHT



Sit near a window or go outside to soak in daylight. Natural light supports mood, sleep, and energy.



9

CAPTURE NATURE



Take photos, sketch, or journal about what you see. It helps you notice the beauty around you.



5

GARDEN, EVEN A LITTLE



Try a few herbs on a windowsill or a small container garden. Nurturing plants can be calming and empowering.

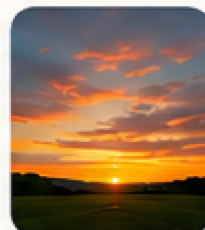


10

END YOUR DAY OUTDOORS



Watch the sunset, look at the stars, or sit quietly outside before bed. It's a peaceful reset.



Remember

There is no "right" way to experience nature. Find what feels good for you—and do a little of that, often. 



PARCS Lab
Physical Activity Research
in Community Settings

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Name: _____

Today's Date: _____

1 STEP 1: WHAT BRINGS ME JOY?

Circle or write activities that sound appealing to you.

- | | |
|----------------------|--------------------------------------|
| Walking outdoors | Photography |
| Gardening | Outdoor yoga/stretching |
| Bird watching | Reading outdoors |
| Sitting under a tree | Coffee on the porch |
| Visiting a park | Time with family or friends outdoors |
| Watching a sunset | Other: _____ |

2 STEP 2: MY NATURE GOAL FOR THIS WEEK

This week I will:

Days of the week:

- ☐ Mon ☐ Tue ☐ Wed ☐ Thu
- ☐ Fri ☐ Sat ☐ Sun

How long?

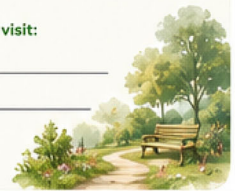
- 5 min 10 min 15 min 20+ min

3 STEP 3: WHERE WILL I GO?

Possible locations:

- | | |
|---------------------------------------|---------------------------------------|
| ☐ Backyard | ☐ Garden |
| ☐ Porch/Patio | ☐ Sunset Zoo |
| ☐ Neighborhood | ☐ Other: _____ |
| ☐ Local Park | |

Park(s) I would like to visit:



4 STEP 4: WHAT MIGHT GET IN MY WAY?

Common barriers:

- | | |
|---|---|
| ☐ Fatigue | ☐ Transportation |
| ☐ Pain or discomfort | ☐ Low motivation |
| ☐ Weather | ☐ Treatment appointments |
| ☐ Busy schedule | ☐ Other: _____ |

My plan:

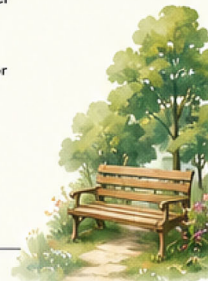


5 STEP 5: BRING SOMEONE ALONG

I would like to enjoy nature with:

- Family member
- Friend
- Fellow survivor
- Pet
- On my own

Name:



REFLECTION

After spending time in nature, how did I feel?

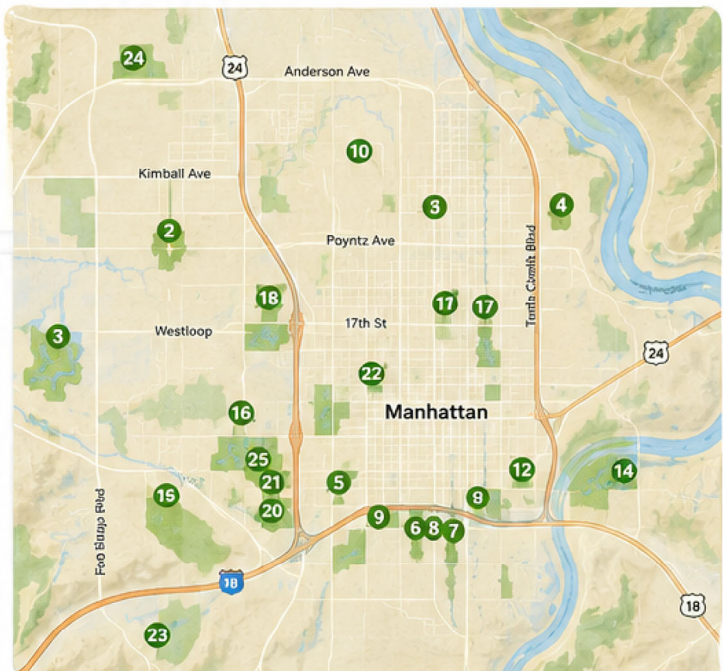
- Energy: ☐ Worse ☐ Same ☐ Better
- Stress: ☐ Higher ☐ Same ☐ Lower
- Mood: ☐ Worse ☐ Same ☐ Better

What did I notice?

ONE THING I AM GRATEFUL FOR TODAY

Manhattan, KS Parks

- | | |
|--------------------------------|-------------------------------------|
| 1 City Park | 14 Fairmont Park |
| 2 CiCo Park | 15 Future Parkland |
| 3 Frank Anneberg Park | 16 Girl Scout Park |
| 4 Northeast Community Park | 17 Goodnow Park |
| 5 Longs Park | 18 Pioneer Park |
| 6 Sojourner Truth Park | 19 Stag Hill Park |
| 7 Blue Earth Plaza | 20 Sunset Neighborhood Park |
| 8 Douglass Park | 21 Sunset Zoo |
| 9 Griffith Park | 22 Triangle Park |
| 10 Northview Park | 23 Warner Park |
| 11 Bluemont Hill Park | 24 Washington Marlatt Memorial Park |
| 12 Colorado Park | 25 Wildcat Creek Linear Park |
| 13 Eisenhower Baseball Complex | |



Remember

You don't have to hike a mountain to benefit from nature. Even a few minutes outside can make a difference.



For more information on amenities, hours and rules, visit www.mhkprd.com

