

NEWSLETTER

SEPT. 2026
VOLUME 37
ISSUE NO. 4

WISCPHR

Wisconsin Society for
Cardiovascular and Pulmonary
Health & Rehabilitation



PRESIDENT'S CORNER

I am not only honored, but humbled and excited to serve as the President of WISCPHR for the upcoming year! I am excited to follow some great leadership and to be challenged to lead in new ways and find new and exciting adventures for this organization. WISCPHR continues to be a leader in cardiovascular and pulmonary rehabilitation, and I am so proud to call Wisconsin my home. After meeting a couple from Missouri today, in an entirely different realm, I reflect on a comment that was made; "You all do not know what you have here." We are blessed. We live in an amazing state, surrounded by amazing landscapes, with amazing people! I am proud to be able to attend the upcoming National Conference in San Antonio, TX to be able to represent the state of Wisconsin, and I hope to be able to see some familiar faces at the conference to connect and to represent, alongside of me, the amazing Affiliate that we continue to be!

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AND PROGRAM
SUSTAINABILITY**

My main goal for this upcoming year is to connect the members of this organization. What incredible work do YOU do day-to-day? What new and amazing ideas do YOU have that we can all utilize? What are the newest innovations that YOU have implemented? What successes have YOUR program and patients seen recently? Let's talk!

I thrive for a year of conversation ... the new hires, the experienced, and those in between. We all possess a value to this organization and profession! Let's share with one another. Let this be a year of networking and growth.

I challenge each one of you, recruit a new member. Invite a new hire and/or graduate to the organization and introduce them to what and who we are. If you know of an individual who was a member in the past, encourage them to return. Let us make this a year of growth and collaboration. Healthcare has changed and now challenges us more than it ever has. How does Wisconsin showcase success more than it already does, and how do we embrace change and innovation?

I look forward to working with ALL OF YOU! I encourage you all to consider volunteer opportunities, or just to engage; offer your insight and input! Thank you for this opportunity! It is going to be an amazing year!

McKenzie Peckman, MS, ACSM-CEP, WISCPHR President



UWHealth

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Center

WISCPHR NEWSLETTER

THE WISCPHR NEWSLETTER IS DEDICATED TO THE DISSEMINATION OF INFORMATION TO ASSIST WISCPHR MEMBERS IN PATIENT CARE AND PROFESSIONAL GROWTH. IT IS PUBLISHED FIVE TIMES A YEAR FOR THE EDUCATION AND BENEFIT OF ITS MEMBERS. WE ENCOURAGE MEMBERS TO SUBMIT ARTICLES TO THE NEWSLETTER BY CONTACTING THE EDITOR.

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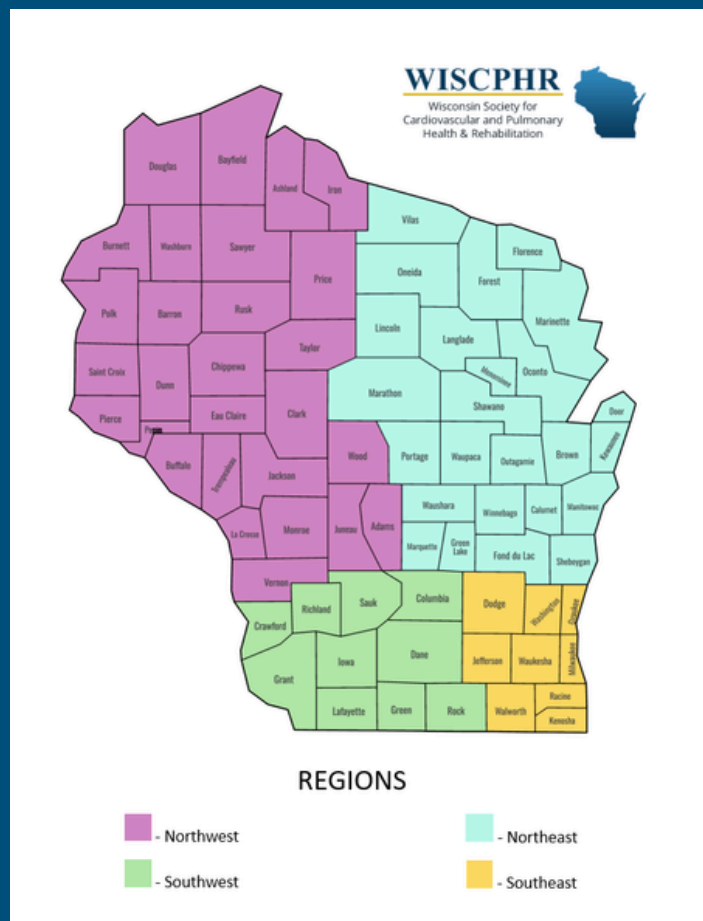
Join us

WE ARE LOOKING TO FILL THE FOLLOWING OPEN POSITIONS:

**TREASURER ELECT
MEMBERSHIP CHAIR
SECRETARY ELECT
PRESIDENT ELECT
REGIONAL REPS**

IF YOU HAVE EVEN THE SLIGHTEST INTEREST IN ANY OF THESE POSITIONS, PLEASE CONTACT OUR PRESIDENT, MCKENZIE PECKMAN, AT

MCKENZIE.PECKMAN@SANFORDHEALTH.ORG



The Weighted Vest

By: Carley Schramski: Mayo Clinic Health System- Eau Claire

While at the gym or out walking/hiking, you may have noticed more and more individuals wearing a weighted vest or rucksack. A weighted vest/rucksack is a wearable fitness tool that adds extra load to your body during exercise, which is thought to enhance endurance, muscle power, and stamina. They have a wide variety of styles, weight, and price points. They are commonly used during walking, running, body-weight exercises or even daily chores. Though weighted vests have been used for centuries in military, athletics, and martial arts training, the mainstream fitness popularity surged around 2023-2025. The real question is, does it deserve a spot in your training regimen?

While the hype is evident, there is little research in this field and a lot that experts are not sure about. In two studies, subtle increases in balance and muscular strength were noted in older women but these results do not mean there would be increases in muscle mass. For someone just starting out, they could see slight growth in strength and endurance (beginner gains!). For someone that has been strength training for sometime, don't expect to see an increase with adding say a five-pound vest to your workout. For our intermediate exercisers, though, a heavier vest can help slightly load movements without sacrificing form the way free weights might. Due to the vest sitting close to your center of mass and being hands free, it can provide enhancements in body weight movements like pushups, squats, and step-ups. To make these changes in strength, the vest should allow those final reps to be difficult but doable with good form.

In regards to bone health, the INVEST trial was completed at Wake Forest University in regards to weight, bone and muscle loss in older adults. This study did not find evidence that wearing a weighted vest or engaging in resistance training prevented bone loss in older adults undergoing intentional weight loss. While weight loss is advised by many practitioners, it should be cautioned that other alternative strategies are needed to protect skeletal health in obese populations. When there is weight loss, there is an increase for fractures which can be life-altering in older adults. This study proves that we need to think beyond traditional exercise and consider multidisciplinary approaches to protect bone during weight loss.

Now for the real question of body recomposition while wearing vests. Yes, increasing weight on your muscular system requires your muscles to have to work harder, which in turn, increases energy expenditure/calories burned. But the research out there hasn't confirmed how much- and calorie burn is relative. Comparing your one mile walks on a flat surface, of course you will burn more wearing a moderate, weighted vest. But also going on a steep one-mile hike without weight or following your traditional strength training program may be deemed more effective. It should be noted in the INVEST trial mentioned above, they completed a small pilot study following participants 6 months and 24 months after completion. The weight-loss only group regained nearly twice as much weight than the weight-loss group wearing a weighted vest. This suggests that wearing a weighted vest during active weight loss may help people maintain that loss over the long term.

Continued on page 5...

The research on this topic is scant and many of the trials have been completed in older adults and older adults who are obese. Future studies are looking at different populations and other types of workouts to see if there will be the same results as the studies already published. So is a weighted vest worth it? It depends on what you're doing and what you already do, consistently. A vest can make body weight moves, like push ups, pull-ups, lunges, squats, more difficult. From an ergonomic perspective, it's a lot easier to put on a vest than to have someone place a weighted plate on your back. Or like many people, you may be limited on time and love to do cardio but know you need to work and optimize on strength. Adding a weighted vest can be a good starting point for you. The general rule of thumb when starting is to choose a weighted vest that's 5-10% of your body weight. Wear it for 10 minutes and gradually increase your time wearing it. Now depending on what you already do (i.e. cardio vs. strength training), that may help you decide whether to get a fixed or adjustable vest. A fixed weight vest will fit more snugly and jostle around less as you move, while an adjustable one allows you to progressively increase the resistance as you get stronger. In general for the majority of people, weighted vests are safe to use. If you have neck, back, spine, balance issues or are in the second-third trimester of pregnancy, doctor clearance should be given due to the increase in load on the trunk. So do you see yourself joining this new exercise fad and "strapping in"?



Picture Source: <https://time.com/7314181/weighted-vest-benefits-workout/>

Article References:

[Weighted vest intervention during whole-body circuit training improves serum resistin, insulin resistance, and cardiometabolic risk factors in normal-weight obese women](#)

[weighted vest vs rucksack - Search](#)

[Are Weighted Vests Worth It? Benefits, Myths About Bone Density, Strength](#)

[Weighted Vests Are the Latest Fitness Trend. Do They Work?](#)

[Effects of exercise training with weighted vests on bone turnover and isokinetic strength in postmenopausal women](#)

[Weighted vest exercise improves indices of fall risk in older women](#)

[Weighted Vests Might Help Older Adults Meet Weight Loss Goals, But Solution for Corresponding Bone Loss Still Elusive](#)

[Does weighted vest use during weight loss influence long-term weight loss maintenance? A pilot study in older adults living with obesity and osteoarthritis](#)

Wildfire Smoke and Cardiovascular Risk

Submitted by: Kacey Iwen, MS, ACSM-CEP Aspirus Howard Young Medical Center

Wildfires are an ongoing concern where there is dry, hot weather. During a wildfire, people throughout the surrounding area may suffer from the effects of the smoke, especially from a cardiovascular standpoint. Wildfires have been becoming more prevalent, and it is important to protect yourself and others around you at risk. "A study published in the Journal of the American Heart Association in 2020 found that exposure to heavy smoke during wildfires raised the risk of out-of-hospital cardiac arrests up to 70%. The risk was elevated among men and women, among adults 35-64 years old and in communities with lower socioeconomic status" (American Heart Association, 2025). "Previous findings from the same research group noted that wildfire smoke exposure was associated with increased rates of emergency room visits, not just for breathing trouble, but also ischemic heart disease, irregular heart rhythm, heart failure, pulmonary embolism and stroke. Emergency room visits increased 42% for heart attacks and 22% for ischemic heart disease within a day of exposure to dense wildfire smoke. The increase was most notable for adults age 65 and older, according to the study published in the Journal of the American Heart Association in 2018" (American Heart Association, 2025). "In research presented at the American Heart Association's Scientific Sessions 2023, investigators found smoke from summertime wildfires that created short-term spikes in fine particulate matter air pollution was significantly associated with same-day hospitalization for unstable chest pain in Utah" (American Heart Association, 2025). In general, and especially when exposed to wildfire smoke, it is important to recognize signs and symptoms of a heart attack and stroke. Seek medical attention if needed. Talk with your doctor about how to prepare for wildfire smoke, especially if you or someone in the family fits into one of these categories: works outdoors; is under age 18 or over age 65; has asthma, COPD or other lung diseases, chronic heart disease, diabetes or is pregnant (American Lung Association, 2026). Check the Air Quality Index available at airnow.gov to see about current forecasts for unhealthy air in your area.

Tips for reducing exposure to wildfire smoke (American Heart Association, 2025 and American Lung Association, 2026):

- Stay indoors with doors and windows closed. If traveling, keep car windows rolled up and operate on "recirculate" setting, including when using air conditioning.
- Use high-efficiency air filters in air conditioning systems or portable air cleaners. Air cleaning devices that have HEPA filters can provide added protection from the soot and smoke.
- Avoid exertion, especially outdoors.
- Keep well hydrated.
- Seek other shelter if evacuation is advised and consider seeking other shelter if your home does not have an air conditioner and it's too warm to stay inside.
- Be mindful that your pets may also be affected by the smoke and bring them indoors, as well.
- Residents and volunteers should use caution during clean-up because the process involves ashes and other sources of pollution. Wear an appropriate mask during clean-up, a HEPA-filtered one or an N-95.

Article References:

[Where There's Smoke, There's Fire – and Heart Health Risks. \(2025, May 30\). American Heart Association](#)

[Wildfire Smoke and Lung Health. \(2026, July 23\). American Lung Association.](#)

LET'S Get Cookin'

Pumpkin Chocolate Chip Oatmeal Cookies

Submitted by Submitted by: Kacey Iwen, MS, ACSM-CEP
at Aspirus Howard Young Medical Center
[Recipe Source](#)

Ingredients:

- 1 cup (100g) instant oats (gluten-free if necessary)
see notes for measuring
- ¾ cup (90g) whole wheat flour or gluten-free* flour
see notes for measuring
- 2 tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp ground ginger
- 1 ½ tsp baking powder
- ¼ tsp salt
- 2 tbsp (28g) coconut oil or unsalted butter,
melted and cooled slightly
- ¾ cup (183g) pumpkin purée
- 1 tsp vanilla extract
- ½ cup (120mL) pure maple syrup
- 2 tbsp (28g) dark chocolate chips
- 1 tbsp (14g) miniature chocolate chips



<https://amyhealthybaking.com/blog/2015/09/24/pumpkin-pie-chocolate-chip-oatmeal-cookies/>

Instructions:

- Preheat the oven to 325°F, and line a baking sheet with a silicone baking mat or parchment paper.
- Whisk together the oats, flour, cinnamon, nutmeg, ginger, baking powder, and salt in a medium bowl. In a separate bowl, whisk together the coconut oil, pumpkin purée, and vanilla. Stir in the maple syrup. Add in the flour mixture, stirring just until incorporated. Fold in the dark chocolate chips and ½ tablespoon of miniature chocolate chips.
- Drop the cookie dough into 15 rounded scoops onto the prepared sheet, and flatten to the desired thickness and width using a spatula. Gently press the remaining miniature chocolate chips into the tops. Bake at 325°F for 11-14 minutes. Cool on the pan for 10 minutes before turning out onto a wire rack.

Important Notes

It's extremely important to measure both the oats and flour correctly using the "fork" method or a kitchen scale. The "fork" method: It is for flours (all-purpose, whole wheat, gluten-free, peanut, almond, coconut), cocoa powder, and even oats are all the same. Use a fork to "scoop" up whatever you are measuring from the container, and lightly shake the fork back and forth over the top of your measuring cup to transfer the flour into it (like you'd do with a hair drier!). Once there's a small mound of flour extending above the rim of the measuring cup, then place the flat backside of a knife against the top of the measuring cup, and gently scrape it across the top to get rid of the excess flour.

LET'S *Get Cookin'* Tailgate Chili

Submitted by Submitted by: Whitnee Noble, MS, ACSM-CEP
at Reedsburg Area Medical Center
[Recipe Source](#)

Ingredients:

- Cooking spray
- 1 pound extra-lean ground beef
- OR
- 1 pound skinless ground turkey breast or chicken breast
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 1 medium fresh jalapeño, seeds and ribs discarded, chopped (optional)
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 4 garlic cloves, minced OR 2 teaspoons jarred minced garlic
- 1/2 teaspoon ground coriander
- 1 (15.5-ounce) can no-salt-added pinto beans or kidney beans, drained and rinsed
- 1 (14.5-ounce) can no-salt-added diced tomatoes, undrained
- 3/4 cup salsa (lowest sodium available)

Optional Garnishes:

- 1/2 medium avocado, thinly sliced
- 1/2 cup chopped green onions
- 1/4 cup fat-free or low-fat shredded cheddar cheese
- 1/4 cup fat-free or low-fat sour cream OR 1/4 cup fat-free Greek yogurt
- 1/4 cup chopped fresh cilantro



<https://recipes.heart.org/en/recipes/tailgate-chili>

Directions

1. Lightly spray a large skillet with cooking spray. Cook the beef and onion over medium-high heat for 5 to 7 minutes, stirring frequently to turn and break up the beef.
2. Stir in the bell pepper, jalapeño, chili powder, cumin, garlic, and coriander. Cook for 5 minutes, stirring occasionally.
3. Stir in the remaining chili ingredients. Bring to a boil. Reduce the heat and simmer, covered, for 20 minutes.
4. Ladle the chili into large mugs or soup bowls. Top with the garnishes.

Tip: For three-alarm chili, stir 1 teaspoon cayenne into the beef mixture with the other ingredients.

Professional and Program Sustainability

Please note that the WISCPHR Cardiovascular & Pulmonary Risks of Cannabis and Tobacco Co-Use webinar **expires** from the website on November 20, 2026.

WISCPHR provides FREE quarterly webinars to its members.

These webinars are available for 1 YEAR after the live meeting date. Members can receive 1 FREE CME for each quarterly webinar by following the instructions on the Education Tab at www.wiscphr.org

If you haven't watched this webinar, please do so by November 20th to be able to receive your CEU.



Cardiovascular and Pulmonary Risks of Cannabis and Cannabis Co-Use with Tobacco



DR. HASMEENA KATHURI

Dr. Kathuria, MD, is the Director of the University of Wisconsin Center for Tobacco Research and Intervention (UW-CTRI) and holds the prestigious Jan and Kathryn Ver Hagen Professorship of Translational Research in Medicine. A tenured professor and specialist in pulmonary, critical care, and sleep medicine, Dr. Kathuria's work focuses on the intersection of clinical care, policy, and health equity—particularly in relation to tobacco dependence among disproportionately affected communities.



Professional and Program Sustainability

SAVE THE DATE



**SATURDAY,
OCTOBER 17TH**



9:00 AM – 4:00 PM



**501 GOPHER AVE,
TOMAH HEALTH**

The WISCPHR Fall Retreat has been scheduled! The Tomah Health Organization has graciously donated the space for us to use. Lunch will be provided.

If you are interested in attending, we would love to have you there. Please email McKenzie Peckman, President WISCPHR, for more information at mckenzie.peckman@sanfordhealth.org. A virtual option will also be available.

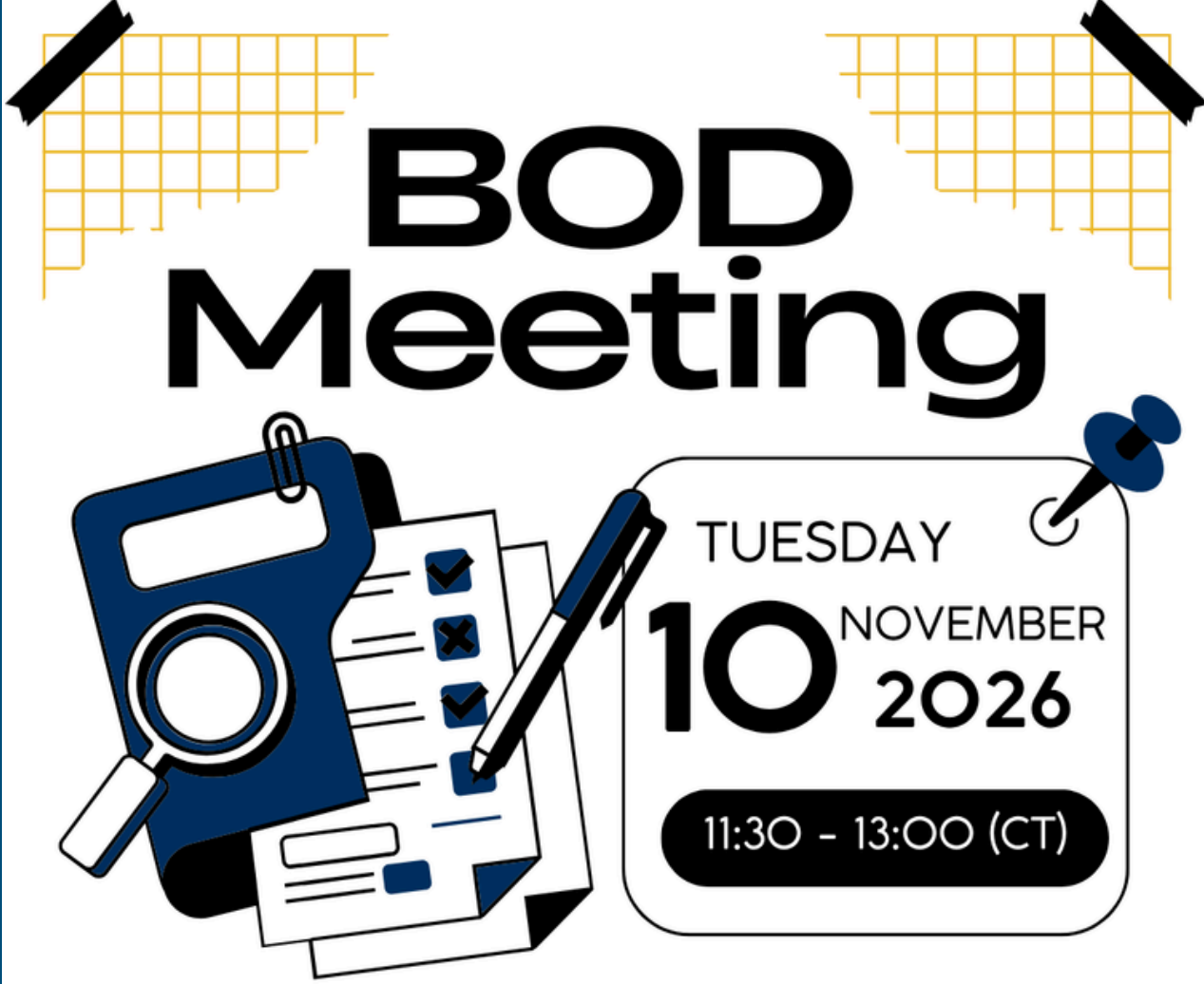
RSVPs coming soon!

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Professional and Program Sustainability

A graphic for a BOD Meeting. It features the text "BOD Meeting" in large, bold, black letters. Below the text is an illustration of a blue clipboard with a magnifying glass, a pen, and a checklist. To the right of the clipboard is a calendar icon showing "TUESDAY 10 NOVEMBER 2026" and "11:30 - 13:00 (CT)". The entire graphic is set against a white background with yellow grid lines and black corner brackets.

BOD Meeting

TUESDAY
10 NOVEMBER
2026
11:30 - 13:00 (CT)

WISCPHR
Wisconsin Society for
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Health & Rehabilitation

www.wiscphr.org



Professional and Program Sustainability



SAVE THE DATE



THURSDAY, NOVEMBER 12TH

Ho-Chunk House of Wellness - Baraboo, WI

For event details and registration, please visit: www.wiscprheartsofgoldgames.com



Professional and Program Sustainability



Speaker:

Tracy Herrewig, MS, RCEP,
MAACVPR
Clinical Exercise Physiologist
SSM Health St Agnes Hospital
Fond du Lac, WI

Education Topic:

Exercise Prescription—Where
Do I Begin?

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Tracy is a Registered Clinical Exercise Physiologist currently working at SSM Health, St Agnes Hospital in Fond du Lac, WI. She has been a part of cardiac and pulmonary rehab programs at 4 different healthcare facilities during her career ranging from a large interventional teaching hospital to a rural community hospital. She has focused her career on helping patients with cardiovascular and/or pulmonary disease improve their overall health through exercise, education and support—the three pillars of cardiac and pulmonary rehab. She has been a member of WISCPHR and AACVPR since the beginning of her career and credits this involvement for her commitment to ongoing learning and willingness to help patients and other professionals within the field.



Professional and Program Sustainability

WISCPHR 38TH ANNUAL CONFERENCE
WISCONSIN DELLS, WI
APRIL 16-17, 2027

SAVE THE DATE

PLEASE REFER TO THE WISCPHR WEBSITE FOR
CONFERENCE UPDATES
WWW.WISCPHR.ORG

PLEASE EMAIL WISCPHR@GMAIL.COM TO UPDATE
YOUR HOSPITAL NAME OR YOUR MAILING ADDRESS

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IS YOUR PROGRAM DOING SOMETHING YOU'D LIKE MENTIONED OR HIGHLIGHTED IN OUR NEWSLETTER?

OR

HAVE AN ARTICLE YOU WOULD LIKE TO SUBMIT TO THE NEWSLETTER?
PLEASE SEND ANY INFORMATION TO OUR EDITOR, WHITNEE, BY EMAIL AT
WNOBLE@RAMCHEALTH.ORG