

The Finish Line

November 2005

The official newsletter of

 **The Wellness Center**
★ Mountain States Health Alliance

Member Testimonial:

"Previous to moving to Johnson City, I was used to convenient morning workouts in a large city. My family doctor here recommended The Wellness Center. I go consistently three times a week, mainly for cardiovascular health. The staff not only answers questions and gives advice, but they're wonderful and educated people. I don't feel sold on the program and then left to myself. It's a comfortable environment and more of a 'wellness' center than a 'workout' place."

-- Elissa Mullis-Heil



Cardiovascular Training: Training Zone vs. Fat Burning Zone

By Robbie Wagner

A common goal for anyone starting an exercise program is weight loss. While most people describe it as "more toned" or "more defined," the true goal is to target fat while preserving lean (non-fat) tissue. A common question therefore, is what is the most effective way to target fat while losing weight? Is it exercising at a higher intensity (Target Heart Rate Training Zone) or a lower intensity for a longer duration (the so-called "Fat Burning Zone")?

To first determine which zone you are in, you must first determine your target heart rate. You can do this by using the Karvonen Formula. An example calculation of a target heart rate for a 55-year-old person with a resting heart rate of 68 beats per minute (bpm) is shown below. To determine your resting heart rate, take your pulse for one full minute before getting out of bed, first thing in the morning.

Karvonen Formula

$$220 - 55 (\text{age}) = 165$$

$$165 - 68 (\text{resting heart rate}) = 97$$

$$97 \times 65\% (\text{low end of heart rate}) \text{ or } 85\% (\text{high rate}) = 63 \text{ or } 82$$

$$63 + 68 (\text{resting heart rate}) = 131 \quad 82 + 68 (\text{resting heart rate}) = 150$$

The Target Heart Rate Training Zone for this person would be between 131 and 150 bpm. However, the Fat Burning Zone, which uses lower intensity ranges of 45 and 65%, would be between 110 and 130 bpm. In general, for this person to work in the "fat" burning zone, the heart rate would have to be around 130 bpm or lower. To work within the "cardio" zone, it would have to be 130 bpm or higher.

The answer: Although many are led to believe you can target fat loss exclusively at a lower intensity of exercise, you can never completely turn on or off the physiological process of fat metabolism. You can only influence the degree to which it is turned on or off. For example, the body does burn a higher percentage of calories from fat during exercise at a lower intensity. However, at a higher intensity you burn more total calories which is important for someone whose primary goal is weight loss. Though within the same total exercise time you won't burn as many total calories exercising at a lower intensity, it should be part of your exercise program if your goal is weight loss since you can perform any activity longer, at a lower intensity level.

Raffle Drawing Winners:

Thank you to everyone who joined us for our Member Appreciation Days on September 26th and 28th at Market Street and Wayfield Drive and for sandwiches and popcorn on October 10 and 12th. During the events we featured chair massages, fitness demonstrations, healthy food options, donation opportunities to the American Heart Association, and registration for raffle drawing prizes. Congratulations to all the raffle drawing winners including:

D. Vess, R. Shumaker, R. Collins, C. Woolard - Free month's dues

T. Walters - Carrabbas gift certificate

C. Vandiver - Cheddar's gift certificate

L. Brannon, D. Anderson, K. Summers, M. Sells - 1 hour massage

E. Janutolo, N. Thomas, J. Mashburn - T-shirt, water bottle and visor

D. Zimmerman - T-shirt, water bottle and visor

Thank you for your Generosity:

A special thank you to all our members and staff who contributed donations to benefit the American Heart Association (AHA) and the effort to stamp out heart disease—the nation's #1 killer! The grand total for donations was \$400. Also, thank you to everyone who joined in on the AHA walk on Sunday, October 16 at Warrior's Path State Park in Kingsport.

Healthy News You Can Use

Gentler forms of exercise and activity are capturing the time and attention of more Americans. Elliptical-trainer workouts, yoga and tai chi are the fastest-growing fitness activities in the United States. In contrast, high-impact aerobics has been declining from 1998 to 2004. Credit the aging baby-boomers, some say!

To hear baby boomers tell it, some are looking to preserve their joints - especially knees and ankles - that have been jarred or stressed during other activities. Other exercisers are seeking activities that promote the mind-body connection. Some simply want to add variety to or round out their regimen with activities that enhance flexibility or are low-impact.

More people also are taking the time to work on strength. More are using dumbbells and resistance machines than other types of strength-training equipment. It's probably because dumbbells and resistance machines are more user-friendly.

Treadmills remain the most widely used exercise machines across the nation. However, elliptical trainer use is on the rise having increased nearly 315% over the past 6 years compared with 28% for treadmill use.

What equipment is becoming less popular? The cross-country ski machine and stair-climber. Although both provide a good workout without pounding the joints, these machines are probably spending more time gathering dust in the den than burning someone's calories.

While these trends underscore an evolution in fitness, they don't discount the activities and machines that are no longer in vogue. If you are using a machine or form of exercise that you enjoy and is safe, stick with it. Trends aside, the most effective exercise machines and activities are the ones you enjoy every day and the ones you will actually commit to use!

New Center Construction Update:

Get your swimsuits ready! Construction on the new Center is now starting to fly and we've been given an opening date of July. At long last we now have an opening date for the most innovative health care complex in our entire region.

If you have not passed the site and seen the steel going up, it's an exciting view. In the early spring we will actually start site tours for our "charter members" so that you can see what your new Center looks like from the inside out. It's an exciting time for us as we work hard to bring you the most advanced fitness and wellness center in the state of Tennessee!!

Keep an eye on the hill in MedTech Park and on the construction update posters in the center lobbies for new information. To check out the renderings and actual photos from the site of the new Center, go to www.wellnesscenter.msha.com then click on "New Wellness Center Coming Soon".



New Center Q & A:

Question: What is the size of the exercise floor in the new Center? Many of you are asking how the size of the exercise floor in the new Center compares to the floors of the current facilities at Market Street and Wayfield Drive, so here are some numbers for you. The exercise floor in the new Center will be approximately 7,000 square feet. To put it into perspective, the exercise floor will be about 50% larger than the exercise floor at Wayfield and 75% larger than Market Street's exercise floor. Bottom line, more space, more equipment and new equipment with a much more efficient arrangement to deliver service to you... and that's only the exercise floor space!!!!

New Equipment Has Arrived:

The new equipment has arrived! If you haven't tried the new LifeFitness treadmills at both locations, the new elliptical cross trainers at Market Street, the new upright bikes at Wayfield Drive, or the Nu-Steps at Market Street, check them out. These pieces represent only a mere snapshot of what is to come in the new Center.



The Virtual Tour is on Display!

LifeFitness has completed the "virtual tour" of the new center that simulates the layout of the exercise floor. If you haven't seen it yet, it is on display in the lobbies of both centers! The layout is greater than 95% accurate in equipment options, quantity, color and arrangement. The best is yet to come!

For more information or to contact the Wellness Center, please call: 431-6668 (Market Street) or 431-3925 (Wayfield Drive) or visit our NEW website at wellnesscenter.msha.com.