

The Finish Line

December 2005

The official newsletter of



The Wellness Center

★ Mountain States Health Alliance

Member Testimonial:

"I've been using a personal trainer for several years. I wasn't getting results with my fitness training prior to taking on a personal trainer. I wanted to lose pounds, body fat and inches and I have done that. The Wellness Center provides someone who has the knowledge to help me reach my goal. I work out six days a week. I'm 5'2", so weight shows up on me. I've lost the body fat I wanted to get rid of and am maintaining a much healthier lifestyle through The Wellness Center."

-- Annalisa Mills



Healthy News You Can Use: Exercising in a Cold Environment

Michael Hyeck, Ph.D.

Many people avoid the cold by exercising indoors but those who choose to exercise outdoors are generally not at great risk because physical activity produces large amounts of body heat. Nonetheless, there are some precautions to take:

- ✓ Begin considering precautions to cold exposure at temperatures below 50°F.
- ✓ Avoid exercise altogether in environments below 25°F.
- ✓ Change wet clothing, especially socks and gloves as the insulating quality of clothing decreases at a rapid rate when it becomes wet.
- ✓ Wear several layers of light clothing that can be removed/replaced as needed.
- ✓ Continue moving during time in the cold and avoid high-fatigue circumstances or recovery far removed from a warm environment.
- ✓ Wear a cap, hat and/or scarf.
- ✓ Especially protect the hands, feet and other exposed tissues.
- ✓ To relieve chest discomfort from the cold inspired air, a facial mask/scarf can be worn to warm the inspired air

Although healthy individuals usually tolerate exercise in cold weather without much risk, older participants and persons with existing circulatory or cardiovascular disorders should use greater caution.

More New Programming!

Due to popular demand, we are adding a second "Keep Moving" class at 10:30 a.m., Thursdays at Market Street. This class focuses on reducing joint pain and stiffness, increasing flexibility, and improving muscular strength with exercises specifically designed to alleviate arthritic symptoms. This 45 minute group class will teach you new exercises and techniques that can help you improve your overall fitness level in spite of your limitations. If you identify with the article in this issue by Dustin Price titled, 'Exercise and Arthritis', this might be just the class for you!

Give The Gift Of Health!

The holiday season is upon us once again and what better way to say "Merry Christmas" than to "Give the Gift of Health"! We have a variety of gift certificates from 1 hour massages to personal training sessions to memberships and enrollment fees. Make this season a healthy season for someone you love!



New Center Q & A: What is the size of the group exercise studio in the new Center?

Many members are asking how the size of the group exercise studio in the new Center compares to the existing Centers.

For starters there will be two group exercise studios in the MedTech Park Wellness Center. The main group exercise studio on the upper level of the Center will be slightly larger than the individual studios at Market Street and Wayfield Drive. However, since there will be dedicated closet storage space for accessories and equipment, the effective space will be increased even more! The second studio, which will be located on the lower level of the Center, is approximately 750 square foot and will be used primarily for spinning but may also be used for yoga, Pilates and Tai Chi classes.

Answer this Question for a Chance to Win!

To earn a chance to win one month's membership dues, simply answer the question below, fill in your personal information, and turn into a staff member on your next visit! You will be automatically entered into the raffle to occur the week of Christmas.

Question: What is the current progress of the indoor pools in the new Center at MedTech Park? (Circle your choice)

1. Not started.
2. Excavated and formed.
3. Excavated, formed and concreted poured.
4. None of the above.

Name: _____

Address _____

Phone Number: _____

New Center Construction Update:

Construction is moving along at a very brisk pace for the most innovative health care complex region! Steel construction over the indoor pool and locker rooms are 95% complete. The decking over the exercise floor, upper level group exercise studio decking and gymnasium are complete and elevator footers and pit walls have been poured. The excavation, formation, and concrete pouring for the indoor pools has all been completed. Much of the internal plumbing for the locker rooms and pools has also been completed.

The "virtual tour" of the exercise floor is showing continuously during hours of operation in the lobbies of the Centers and is a 95% accurate demonstration of the exercise floor arrangement. The 'Construction Man' poster in the lobbies of each center have new center progress bullet points that rotate once per month and photos that rotate every 2-3 weeks. Stay tuned! July is just around the corner.



Exercise and Arthritis

By *Dustin Price, CSCS*

Arthritis is a term that collectively refers to any one of more than 100 diseases that affect the areas in and around your joints. This year alone, nearly one out of every three people in the United States will be affected by this disease. The most common type, Osteoarthritis, is most prevalent in people over 60 years of age and results in pain, inflammation, and swelling of the joints.

The good news is that proper diet and exercise can greatly reduce the side effects of this debilitating disease. While once believed that exercise and arthritis did not mix well research in recent years has shown that exercise is an essential tool in helping control the disease. Some of the benefits of an exercise program include reducing joint pain and stiffness, increasing flexibility, improving mobility, and strengthening your muscles and bones. An exercise program for individuals with arthritis should incorporate 1) flexibility; 2) strengthening; and 3) cardiovascular exercise.

Start with flexibility exercises (stretching) to increase your range-of-motion. These exercises can be performed every day and are crucial for improving your mobility and decreasing the stiffness and pain in your joints. Resistance exercises can improve the strength of the muscles surrounding your joints, and cardiovascular exercise, such as walking, swimming, or bicycling, is also an important part of a comprehensive program.

Perhaps most important, don't allow arthritis to control your life and keep you from doing the things you love. At the Wellness Center we offer classes and programs such as Yoga, Strength for Balance, and Keep Moving, that may benefit those individuals with arthritis who want to improve their quality of life. Ask any of our exercise specialists about how you can begin a program to help with your arthritis. Remember, you should consult your physician before beginning any exercise program.

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.