

# The Finish Line

February 2006

The official newsletter of



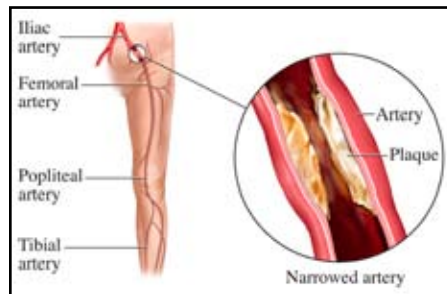
The Wellness Center

★ Mountain States Health Alliance

## Healthy News You Can Use: Regular Exercise Slows Progression of Peripheral Artery Disease

Michael F. Hyek, Ph.D.

A new study shows walking for exercise at least three times a week slows progression of peripheral artery disease (PAD) and significantly improves PAD-sufferers' walking ability. PAD is a condition that causes poor blood circulation through the arteries that affects between 8 and 12 million Americans. The most commonly affected vessels are those in the legs (see image). The most common symptom, known as claudication, is severe leg pain in the calf or thigh muscle that occurs after walking a certain distance, such as a block or two. The pain is best remedied by slowing down or stopping altogether.



The study, out of Northwestern University Feinberg School of Medicine in Chicago, included 417 men and women and was led by Mary McGrae McDermott, M.D., associate professor of medicine at the Feinberg School. Dr. McDermott says, "Data from the study suggest that doctors should take steps to encourage individuals with PAD to increase their frequency of walking exercise." Research shows the disease worsens with age and affects approximately 20 percent of elderly people. A number of studies have shown participation in regular exercise slows progression of the disease and, in many cases, significantly improves walking ability.

**Valentine's Day is Just Around the Corner: Do you have a sweetheart who would like to become a member?**



During the month of February, bring your sweetheart in to receive a 50% discount off the one-time enrollment fee. If you have questions, please feel free to ask one of our staff members about this special promotion.

### Upcoming Events:

The Senior Fit Expo will be held on February 8th at the MeadowView Conference Center in Kingsport, TN. The Wellness Center will be setup to provide information on current programs and services. Come on out and join us!

## Introducing the "Buy Now and Hold" Membership Promotion:

Do you know someone who is waiting to become a member when the new Center opens? Tell them to wait no more! The "Buy Now & Hold" promotion begins February 1st. This introductory offer will allow anyone who has been waiting for our new Center to open, the opportunity to buy & hold a membership spot now and pay nothing more until the new Center opens in July. If you know someone who would be interested in this offer please see one of our staff members.

## New Spinning Bikes Have Arrived:

Five (5) new Schwinn Evolution spinning bikes have arrived at the Wayfield Drive location. The bikes were ordered in response to member requests to expand our class capacity. If you are interested in spinning classes, call the Wayfield Drive location at 431.3925 and register up to 48 hours before a scheduled class time. Classes are \$1 for members.



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](http://wellnesscenter.msha.com).

## New Center Q & A: What is the size of the locker rooms in the new Center?

Many members are asking about the size of the locker rooms in the new Center and how they compare to the current facilities, so here are some numbers for you. The locker rooms in the new center will be approximately 2,800 sq. ft. each and upscale in all respects compared to our current facilities. To put this in perspective, each locker room in the new Center will be approximately 5½ times larger than the locker rooms at the Market Street location. All in all, it adds up to more space, more lockers, larger lockers and a much more user-friendly environment!

### Answer this Question for a Chance to Win!

To earn a chance to win a 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 last week of February.

How does the size of the locker rooms in the new Center compare to the Market Street location? (Circle your choice)

1. 2 times larger
2. 3 times larger
3. 4 times larger
4. 5 ½ times larger

Name: \_\_\_\_\_  
Address \_\_\_\_\_  
Phone Number: \_\_\_\_\_

## Risk Factors for Heart Disease

By Emily Eberhart

Cardiovascular disease, including coronary artery disease, stroke and congestive heart failure, to mention a few, is our Nation's number one killer, claiming more lives than any other major cause of death. Since 1963, to promote awareness of this disease, Congress has required the president to proclaim February "American Heart Month".

The list of risk factors for heart disease seems to grow longer as more research is conducted. The risk factors are generally divided into two categories:

**Modifiable**—those about which you have the ability to take action

**Non-modifiable**—those about which little to no action can be taken

Among the **modifiable** risk factors are:

- ♥ Smoking/Tobacco use
- ♥ High blood pressure
- ♥ Abnormal lipids (cholesterol and triglycerides)
- ♥ Physical inactivity (lack of exercise)
- ♥ Obesity
- ♥ Diabetes
- ♥ Stress

The list of **non-modifiable** includes:

- ♥ Family history
- ♥ Age
- ♥ Gender

For more information on risk factors for heart disease and recommended lifestyle modifications, check out our bulletin boards in both Centers or visit the American Heart Association website at: [www.americanheart.org](http://www.americanheart.org).

## New Center Construction Update:

Construction continues to move along at a very brisk pace for the area's 75,000 sq. ft. premiere medically-based health and fitness complex! Concrete floor decking is complete in the group exercise studio, exercise area, gymnasium and locker rooms. Bricking is complete on the South end of the building and is moving North on the East wall. Stainless steel gutter installation for the indoor pools is complete and grouting is underway. Roof decking is installed over the gymnasium, aerobics studio and fitness areas and is underway on the Medical Office Building side. Interior stud walls and fireproofing in the locker rooms is also complete.

The "virtual tour" of the exercise floor continues to run 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. July is just around the corner!



**Congratulations to Lori Rae Flanery who won a free month's membership dues for answering last month's Finish Line question. It pays to read The Finish Line!**