

The Finish Line

March 2006

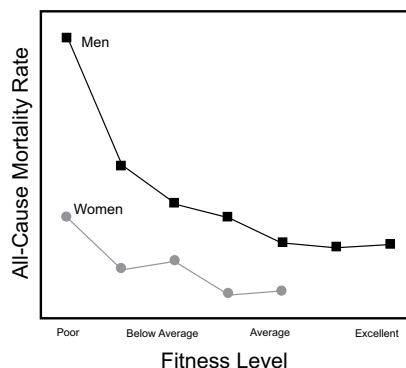
The official newsletter of

 The Wellness Center
★ Mountain States Health Alliance

Healthy News You Can Use: Aerobic Fitness Level and All-Cause Mortality Rates

Michael F. Hyek, Ph.D.

A study by Stephen Blair and colleagues, published in 1989, identified a low level of aerobic fitness as an important risk factor for all-cause mortality. The 8-year study included 10,224 men and 3,120 women who underwent a medical examination as well as a maximal stress test. In broad terms, the higher the initial level of fitness, the lower the mortality rate from cancer and heart disease. This relationship held up to a slightly above-average fitness level for both men and women and there was no additional benefit associated with "excellent" fitness levels (see figure). In addition, the greatest reduction in risk for both men and women occurred with the progression from the "poor" fitness level to the "below average" category. These results suggest that even a modest improvement in fitness yields significant health benefits. The fitness levels associated with a plateau in lowering death rates corresponded to 30 minutes of brisk walking most days of the week.



More Spinning Coming Soon:

Ten (10) more Schwinn Evolution spinning bikes have been ordered for the Wayfield Drive location. The bikes were ordered in response to member requests to further expand our class capacity before moving into the new Center. The seven Reebok bikes will be exchanged for 7 Schwinn bikes and 3 more new bikes will round out the total! 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.



Looking for a Change of Scenery?

Sometimes a change in environment provides the spark that ignites your exercise program all over again so don't forget you have the benefit of two present locations! If you usually visit the Market Street location, you might want to check out the Wellness Center on Wayfield Drive. It is a larger facility and gets fewer visits in a day than does Market Street. Since the members and the staff from the two centers will merge into one Center when we move to MedTech Park, it is a good opportunity to meet other members and staff you'll be seeing at the new center.

March Madness Incentive Program

Are you up for the challenge? It's not too late to join The Wellness Center March Madness incentive program. More time exercising not only improves your health, but during the month of March it gives you a chance to win prizes! Program details and rules are listed on the game cards available at both locations. For more details, see a staff member.

The "Buy Now and Hold" Membership Promotion Continues:

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 is an offer that allows 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 opening of the new center in July. If you know someone who is interested let them know the month of March is their chance to get the greatest savings! For more information, please see one of our staff members.

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

New Center Q & A: What is the size of the sauna in the men's and women's locker rooms in the new Center?

Many members are asking about the size of the saunas in the locker rooms of the new Center and how they compare to the sauna at the Wayfield Drive location, so here are some numbers for you. The new Center will have a sauna in each locker room that will be approximately 8 X 13 or about 105 square feet each. To put this into perspective, the single, co-ed sauna at the Wayfield Drive location is approximately 8 X 8 or about 65 square feet. All that adds up to greater convenience and more privacy.

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 March.

The saunas in the new Center will be approximately ____ square feet each? (Circle your choice)

- 1. 30
- 2. 55
- 3. 70
- 4. 105

Name: _____

Address _____

Phone Number: _____

Pregnancy and Exercise

By Amber Austin

Having a baby is an exciting time! Whether you have been exercising for years or are ready to get started on an exercise program, the most important thing to do is consult with your physician. Most times, if the mom-to-be is in good health, the doctor will recommend 30 minutes of moderate intensity exercise 3-5 days a week. Some of the benefits an expectant mother can look for from an exercise program are:

- ✓ a decrease in the severity and frequency of back pain associated with being pregnant
- ✓ a decrease in stress, anxiety and depression that can accompany a pregnancy
- ✓ better controlled weight gain
- ✓ a reduction in "postpartum belly"

Examples of good exercises in which to participate throughout a pregnancy are stretching exercises, stationary cycling, swimming and walking. Jerky or bouncy movements should be avoided, as well as exercises that involve significant straining. After the start of the 2nd trimester, it is very important that the pregnant woman not engage in any exercises where she must lay on her back.

Important points to stress to any expectant mother who is involved in an exercise program are that she should stop the exercise before she becomes overly fatigued and to consult with her doctor any time problems occur. For more information visit www.webmd.com/ and type "exercise and pregnancy" into the search field.

New Center Construction Update:

Construction continues to move along at a very brisk pace for the area's premiere 75,000 sq. ft. medically-based health and fitness complex! Concrete floor decking is complete in all areas. Masonry work is complete on the Wellness Center exterior and on the West elevation of the Medical Office Building. Stainless steel gutter installation for the indoor pools is complete and the concrete deck is poured. The tile lane markers are scheduled to be installed in April along with the plaster for the finish. The filtration and pump equipment for the swimming pools are scheduled for installation near the end of February. Roof decking is complete in all areas and roof installation is proceeding on schedule and should be complete by March 14th. Interior stud walls and fireproofing in the locker rooms is also complete.



March Group Exercise Calendar:

Due to popular demand, a new 'Ripple' class has been added to the Wayfield Drive schedule on Saturday mornings at 10:30AM with Vanessa! Start off your Saturday with this strength & conditioning class that focuses on form and intensity with a variety of techniques and exercise equipment.

Congratulations to Mark Pearce who won a free month's membership dues for answering last month's Finish Line question. It pays to read The Finish Line!