

The Finish Line

April 2006

The official newsletter of

 The Wellness Center
★ Mountain States Health Alliance

Healthy News You Can Use: Risks of a Sedentary Lifestyle

Michael F. Hyek, Ph.D.

A sedentary lifestyle, sometimes referred to as being a 'couch potato', is defined by a lack of regular exercise as a part of one's lifestyle habits. Although most Americans are aware of the benefits of a regular exercise program and know they should exercise, more than 60% do not meet the minimum recommended levels of physical activity and some 25% do not exercise at all! The statement, "Most people know what to do but few people do what they know", certainly applies. You may wonder, "Why is a sedentary lifestyle so harmful?" For starters, a sedentary lifestyle is associated with:

- ✓ an increased risk of heart disease and obesity
- ✓ abnormal cholesterol levels (high LDL and low HDL cholesterol)
- ✓ hypertension
- ✓ increased risk of blood clotting
- ✓ loss of muscle strength and muscle mass
- ✓ loss of minerals from bones that may lead to osteopenia and/or osteoporosis
- ✓ increased risk of stroke
- ✓ decreased ability to cope with stress & resist depression

Lifestyle goals to combat a sedentary lifestyle:

1. Accumulate 30 minutes of moderate intensity exercise on most days per week (greater than or equal to 6).
2. Include strength training to preserve or improve muscle mass and strength, promote bone building, and to assist with weight reduction.
3. Exercise for stress reduction & mood elevation.

New Center Site Tours:

Be on the lookout for upcoming 'site tours' of the new Wellness Center in MedTech Park! Beginning in May we will offer several special open house tours for our Charter Members and the community. Dates and times will be posted throughout the current centers and in upcoming editions of *The Finish Line*.



Electronic Funds Transfer Payment Option:

Since July 2005 when we introduced the electronic funds transfer (EFT) payment option, over 85% of our members have converted. Our goal is 100%! If you currently receive a monthly statement, ask a staff member how you can easily convert your monthly membership dues payment to a convenient EFT payment by credit card or bank draft. That's one less check to write and one less stamp to purchase.

March Madness

During the month of March we offered a Wellness Center March Madness member incentive program that included a chance to win a t-shirt and more prizes for anyone who completed the goals of the program! As of the final print time for the April Finish Line we did not have a final total on the number of members who participated or the raffle drawing winners. But judging from what we've seen, the program was well received! Thanks for participating! Raffle drawing winners will be posted in the May *Finish Line* and sent out by email.

Spinning Bikes are Here:

Ten (10) more Schwinn Evolution spinning bikes have arrived at the Wayfield Drive location giving us a capacity of 14 riders per class. The bikes were ordered in response to member requests to expand our class capacity further before moving into the new Center. The seven Reebok bikes were exchanged for 7 Schwinn bikes and 3 more new bikes rounded out the total of 10 more bikes! 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 website at wellnesscenter.msha.com.

New Center Q & A:

How many showers will there be in the locker rooms in the new Center? Many members are asking about the number of showers in the locker rooms of the new Center, so here are some numbers for you. The women's locker room will have a total of 9 showers (8 standard sized and 1 handicap shower). The men's locker room will have a total of 8 showers (7 standard sized and 1 handicap shower). And all that adds up to greater convenience and less time waiting!

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 April.

How many total showers will there be in the women's and men's locker rooms in the new Center?
(Circle your choice)

1. 9
2. 11
3. 13
4. 17

Name: _____

Address _____

Phone Number: _____

Exercise and Aging

By Ron Renfro

Without question exercise is a beneficial component of a healthy lifestyle for people of all ages. However, studies have shown that only 30 percent of individuals over the age of 65 exercise regularly. Regular physical activity can reduce the frequency of, or prevent many chronic diseases including coronary heart disease, hypertension, diabetes, osteoporosis, and depression.

Regular exercise and physical activity contribute to a healthier, independent lifestyle which can improve the functional capacity quality of life, and ease of performing activities of daily living for older adults. Regardless of the degree of functional limitations, most older adults can derive significant benefits from participating in an exercise program. The primary components of an exercise program for older adults are similar to those for all age groups. These include flexibility training, cardiovascular exercise and strength training.

For more information about exercise programs for older adults or any age group see any of our exercise professionals at The Wellness Center.

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 decking is complete in all areas including the indoor aquatics area. All roofing is installed and exterior masonry work is 95% complete. The framework for window installation on the north, State of Franklin side is complete. Masonry work on both elevator shafts is complete and both elevators are installed and operational. First floor framing around spinning, yoga and Pilates room is complete. Masonry in locker areas and the outside east retaining wall are complete. July is just around the corner!



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



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