

# The Finish Line

June 2006

The official newsletter of



The Wellness Center

★ Mountain States Health Alliance

## *Did you miss the Charter Member site tour?*

If you missed the Charter Member site tour, please join us on any of the dates and times listed below to see what you missed! Some of the comments we heard at the May site tours included, "what an unbelievable view" and "this facility will truly be state of the art". Come see for yourself what everyone is talking about. If you've seen it once and would like to see it again just to follow the progress, we would be more than happy to tour you again.

June 4th, 11th, 18th, 25th & July 9th from 2-4p.m. or

July 6th from 5:30-7p.m.

### **Healthy News You Can Use: New Stroke Prevention Guidelines**

*Michael Hyek, General Manager*

Each year, strokes attack about 700,000 victims in the United States, resulting in nearly 158,000 deaths. Stroke is a major cause of disability and the third leading cause of death in the U.S. Recently, experts from the American Heart Association/American Stroke Association issued 'Primary Prevention Guidelines' stressing healthy habits and appropriate treatments to prevent stroke. The new recommendations appear in a recent issue of the journal Stroke.

The new guidelines to reduce the risk of stroke include these primary prevention measures:

1. Have regular screenings for high blood pressure -- at least every two years in adults and more frequently in minorities and the elderly -- and keep blood pressure under control.
2. Don't smoke and eliminate exposure to secondhand smoke.
3. If you have diabetes, maintain tight control of blood pressure (and blood sugar). If you have diabetes and other stroke risk factors, talk to your doctor about taking a cholesterol-lowering statin drug.
4. Reduce your intake of salt (no more than 2.3 grams of sodium a day), and increase your intake of potassium (at least 4.7 grams a day) in order to lower high blood pressure. Eat a diet high in fruit, vegetables, low-fat dairy products and low in saturated and total fat.
5. Lower total cholesterol to acceptable levels.
6. Lose weight, which can lower blood pressure.
7. Get at least 30 minutes a day of moderate intensity physical activity.

### **New Center Q&A:**

**Question:** What type of television/entertainment system will be available on the exercise floor?

**Answer:** For those members wishing to watch TV while exercising, the new center will provide 3 rows of 4 (12 total), 37-inch LCD screen televisions on the main exercise floor. A state-of-the-art Cardio Entertainment System will be available to listen to audio on the different televisions. With this system members can use their own personal FM radio transmitter and headphones to listen to the audio of any Center TV. There will be no overhead music or TV audio playing.

**Question:** What will the hours of operation be for the new Center?

**Answer:** The hours of operation for the new Center will be:

Mon-Thurs 5:30 a.m.- 10 p.m.  
Friday 5:30 a.m.- 9 p.m.

Weekend hours will be expanded to include:

Saturdays 7 a.m.- 5 p.m.  
Sundays 11 a.m.- 5 p.m.

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

## We're Going Electronic with our Billing System:

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 buy.

## Thank you for helping us fight arthritis:

Thanks to many of our members and staff who made donations, the Wellness Center raised \$257 that went to the Arthritis Foundation during the annual Arthritis Walk at Warriors Path State Park in Kingsport. This contribution combined with several other departments within Mountain States Health Alliance totaled in excess of \$3,400. Thanks for your support of this worthy cause!

### 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 June.

How many televisions will there be on the exercise floor in the new Center? (Circle your choice)

1. 8
2. 6
3. 12
4. 9

Name: \_\_\_\_\_

Address \_\_\_\_\_

Phone Number: \_\_\_\_\_

## "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 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 June is their chance for the greatest savings! Time is running out on the opportunity to save before we open! For more information, please see one of our staff members.

## Exercise and Fall Prevention

By *Jeremy Quiring, MA, CSCS*

It is estimated that almost one-third of people age 65 and older, who live in their own homes, will fall each year. Of those that fall, one in forty will require hospitalization. As we age, some physical changes will increase the likelihood of falling. Among these changes are decreases in muscle mass/strength, bone density, balance and coordination. Fortunately, a good exercise program can help maintain or even reverse these age-related changes.

A 2003 study by Lord et al published in the Journal of the American Geriatrics Society indicates that a specifically designed exercise program consisting of weight-bearing exercise and balance training can reduce the risk of falls by at least 22%. Most people who exercise perform weight-bearing exercise such as walking or weight lifting, but neglect balance exercises. Balance exercises are an integral part of any exercise program; especially those designed to prevent falls. These exercise increase joint proprioception (the sense of the position of parts of the body, relative to other neighboring parts) which in turn decreases the risk of falling. Balance exercises also strengthen the core muscles of the body which aid in stabilization.

It is never too late to begin integrating balance exercises into your exercise program. Within a few weeks of consistent training you should see and feel a difference in your balance and coordination. For more information about balance training please speak to any of our exercise professionals. "An ounce of prevention is worth a pound of cure".



## 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 ~ and now you can see it for yourself during the site tours! Here's an update on progress through May 27th:

1. 1st level fire alarm sprinkler system is 95% complete
2. Elevator rock wall finish is complete
3. State of Franklin curtain wall glass is 95% complete
4. Drywall installation on lower level is 95% complete
5. Air handler units were set in place week of May 8th
6. Outdoor pool excavation is complete; concrete is poured
7. Parking lot curbs and gutters are 75% complete
8. Ceramic tile installation complete on locker room walls; floors are underway



*Congratulations to Tina Toth who won a free month's membership dues for answering last month's Finish Line*