

# The Finish Line

July 2006

The official newsletter of



The Wellness Center

★ Mountain States Health Alliance

## *The Doors are Almost Open*

If you missed the recent site tours, please join us on either of the following dates to see what you missed! You won't believe the progress that's being made. 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.

July 6th from 5:30-7 p.m. or July 9th from 2-4 p.m.

### Healthy News You Can Use:

#### Physical Activity Reduces Breast Cancer Risk

*Michael Hyek, General Manager*

According to a recent study, women who participated in 5 or more hours of vigorous physical activity per week had a 38% lower risk of breast cancer than women who reported no regular physical activity. It is commonly accepted in the medical community that the best "treatment" of cancer is to prevent its occurrence in the first place. Preventive steps that have been investigated for breast cancer include diet, physical activity, and certain medications.

Several studies have reported that women who participate in regular physical activity are less likely to develop breast cancer than women who are inactive. Questions remain, however, about 'how much' activity is required to produce a benefit and whether the degree of benefit varies by factors such as family history.

To investigate the relationship between physical activity and risk of breast cancer, researchers evaluated information from about 90,000 women. All were between the ages of 40 and 65 when the study began. Between 1990 and 2002, about 4% of these women developed breast cancer. Some of the findings include:

- ✓ A decreasing risk of breast cancer with increasing levels of both moderate and vigorous physical activity.
- ✓ Compared to women who reported no recreational physical activity, those who reported five or more hours a week of vigorous physical activity had a 38% lower risk of breast cancer.
- ✓ The benefit of vigorous physical activity persisted regardless of weight, family history of breast cancer, or use of hormone replacement therapy.

Although the biological mechanism for a link between exercise and breast cancer risk reduction remains unknown, it is clear that, there is an inverse relationship between physical activity and a decreased risk of breast cancer. That is, the more physically active a woman is, the lower her risk for breast cancer.

### Welcome to our new Group Exercise & Aquatics Coordinator:

We are excited to announce that Audrea Webb has joined us as the new Group Exercise & Aquatics Coordinator.



Audrea and her family moved to Johnson City almost a year ago. With over 20 years of experience with the YMCA across the state of Tennessee as an instructor in the land and aquatics areas, she also holds certifications in spinning, kick boxing and aquatics to mention a few. Her primary roles will be to expand and improve the group exercise program, develop an aquatics exercise program, and facilitate transition to the new Center in MedTech Park. Please help us make her feel welcome!

### Opening Delay

At the most recent construction meeting, we were informed that we will not meet the July 24th planned opening for the new Center. We anticipate an approximate extension of 3-5 weeks beyond July 24th. We're getting very close yet we want to be sure we are able to provide our members with the full array of programs and services we have promised. We appreciate your patience, loyalty and understanding.

**The Best is Yet to Come!**

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).

## New Center Q&A's

**Question:** What will the check in process be when we enter the new Center?

**Answer:** We will have a reception desk in the Center lobby that will be staffed at all times. Members and guests will be required to stop and register or scan their membership tag before accessing the Center. In fairness to all members, and due to the fact that part of the Center will be medical office building space, we will limit access to the Wellness Center side only to those who are active members or registered guests.

**Question:** What type of sound system will you use to listen to the televisions?

**Answer:** For those members wishing to watch TV and listen to the audio, the Center will feature a state-of-the-art Cardio Entertainment System – Cardio Theatre. With this system members can use their own personal FM-equipped headphones to listen to the audio portion of any Center TV by dialing to the posted FM frequency.

### 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.

What type of sound system will be used to listen to the television audio in the new Center? (Circle your choice)

1. AM radio
2. Cardio-Theatre
3. No sound system planned
4. Has not been determined yet

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

Address \_\_\_\_\_

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

## 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 ~ come see for yourself during the site tours! Here's an update on progress through June 27th:

- ✓ Locker installation complete in men's and women's locker rooms
- ✓ Main exercise floor lighting is complete
- ✓ Outdoor pool excavation is complete and concrete is poured
- ✓ Parking lot curbs complete in main parking lot
- ✓ Ceramic tile complete on all locker room walls and floors
- ✓ Gymnasium painting is complete; floor installation is underway



## 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 pay for.

## New Center Equipment List:

Many of you have been asking what types of exercise equipment will be featured in the new Center so here's an abbreviated list:

### Cardio Equipment

Treadmills  
Upright Cycles  
Recumbent Cycles  
Elliptical Cross Trainers  
Airdyne Bikes  
NuSteps  
Concept II Rowers  
Steppers  
Upperbody Ergometers

### Strength Training Machines

Selectorized strength training circuits  
✓ One series of 14 machines  
✓ One series of 13 machines

### Free Weight / Accessory Equipment

Dual Adjustable Pulley Cable Columns  
Multi-station unit  
Olympic Flat and Incline Benches  
Olympic Power Rack  
Smith Machine  
Leg Press and Linear Hack Press  
Seated Calf Raise  
Body Weight Back Extension  
Dumbbell Racks w/dumbbells  
Stretch Trainers  
Ab Crunch Bench  
Medicine Balls

## "Buy and Hold" Membership Promotion:

Do you know someone who is waiting to become a member when the new Center opens? Tell them the doors are almost open and July is their last chance to save! 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. If you know someone who is interested let them know the month of July 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.

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