

The Finish Line

August 2006

The official newsletter of



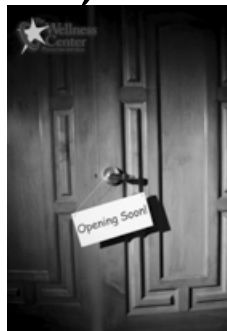
The Wellness Center

★ Mountain States Health Alliance

The Doors are Almost Open

If you missed the recent site tours, please join us on one of the following dates and times to see what you missed! The final touches are underway on the area's premiere medically-based health and fitness complex. 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.

Tours: August 6th and 13th from 2-4 p.m.



Healthy News You Can Use:

Women's Health Risks Rise Along With Body Weight

Michael Hyek, General Manager

Another major study reports the more obese a woman is, the greater her risk for coronary heart disease, hypertension, diabetes, high blood pressure and death. In a recent issue of the Journal of the American Medical Association, researchers from the University of Pittsburgh published results on weight, death, and cardiovascular disease among approximately 90,000 ethnically-diverse U.S. women who were followed for an average of seven years.

According to personal background information in the study, there were 3 categories of obesity based on body mass index (BMI): Category 1 (body mass index of 30 to 34.9); Category 2 (BMI of 35 to 39.9); and Category 3 (BMI of 40 or greater). Body mass index is used to assess weight relative to height and is calculated by dividing body weight in kilograms by height in meters squared (kg/m²). For example, a 5-foot, 4-inch person who weighs 233 lbs. would have a body mass index of 40. Categories 2 and 3 (sometimes termed severe obesity) are becoming more common in the United States. For instance, from 1986 to 2000, the prevalence of women with severe obesity quadrupled.

The major conclusion of the study: the health risks of women who are extremely obese may have previously been underestimated! The study found that the higher a woman's level of obesity, the greater her health risks. Specifically, the researchers noted, "Accounting for degree of excess weight is important in understanding weight-related health risk. Overall, extremely obese women were more likely to die over the average seven years of follow-up than were women in other examined weight categories." More accurately assessing weight-related health risks may assist women in making more informed decisions about their health such as seeking guidance on healthy lifestyle behaviors such as improved dietary habits and participating in regular physical activity.

"Buy & 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 August 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 August is their last chance to take advantage of this promotion! **Time is running out on the opportunity to save before we open!** For more information, please see one of our staff members.

Childcare Services:

As you are probably aware, we will feature an on-site childcare services area, called Kid's Adventure Station (KAS), in the new Center for children 6 weeks to 12 years of age. More details are available in the new Member Handbook. Members who bring children under the age of 12 to the Center will need to place the child/children in KAS. Due to safety concerns and as a courtesy to other members, children cannot be left unattended in the lobby nor will they be able to accompany the parent(s) to the exercise areas in the Center and wait while the parent(s) exercise.

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's

Question: There is no wall between the gym and the exercise floor. Do you think the sound from the gymnasium will carry over onto the exercise floor?

Answer: The ceiling in the workout area is acoustical and will help reduce the noise to a minimum. The sound of the treadmills and other exercise equipment will offset the gym sounds. Also, most people will have their headphones on listening to the TV, radio etc. which blocks out remaining noise. Other facilities with this type of design have had few, if any, complaints or concerns.

Question: Will children under the age of 13 be allowed to use the pools and gymnasium?

Answer: We do plan to have a designated family time during which parents would be allowed to bring in their children to use the pools however; we have not set specific times as yet and we will likely wait until we are a few weeks beyond opening to set a specific time.

Question: Why are we eliminating overhead music in the new Center?

Answer: A few members have inquired about why there will be no overhead music in the new Center. There are 3 primary reasons. First, the size of the room including square footage and continuity with the gymnasium would require an exceptionally high volume for the sound to be heard. Second, agreement upon a specific type of music would be difficult to achieve. Third, although many members prefer overhead music, many are opposed to it.

Congratulations!

Congratulations to Anita Lewis who won a free month's membership dues for answering last month's Finish Line question.

It pays to read The Finish Line!

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 it yourself during the site tours! Here's an update on progress through July 29th:

- ✓ Carpet installation is complete in locker rooms, main exercise floor and most offices
- ✓ Ceramic tile installation on indoor pool deck is 50% complete
- ✓ Jacuzzi hot tub set in place; plumbing and deck work are underway
- ✓ Countertops and sinks are set in the locker rooms
- ✓ Shower fixture installation is complete
- ✓ Ceiling tile and lighting are complete on main exercise floor
- ✓ Group fitness Studio 1 floor installation complete; gymnasium floor is 35% complete

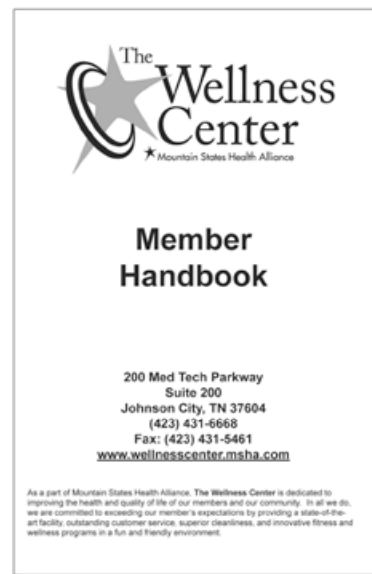


Member Handbook:

Have you picked up a copy of the new Member Handbook at either current Wellness Center location? This handbook was assembled as a guide for all our members and was designed to highlight the key policies and regulations of The Wellness Center. It is our hope that every member can get the maximum benefit from his/her membership and our policies are established to help make that happen.

Some of the new policies and regulations are different from those to which you may have become accustomed so, we ask all members to review the handbook prior to the opening of the new Center. Our primary goals are safety and customer service first. We are also particularly interested in maintaining a clean

facility from the initial opening that will remain that way for many years to come.



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.

Question:

How can members find out what the policies and regulations will be at the new Center? (Circle your choice)

Answers:

1. Listen to the radio
2. Listen to the television news
3. Read the new Member Handbook
4. Call the Chamber of Commerce

Name: _____

Address _____

Phone Number: _____