

The Finish Line

September 2006

The official newsletter of

 **The Wellness Center**
 Mountain States Health Alliance

We Are Open!

After much anticipation we will open on Monday, September 11th at 5:30 a.m. Thank you for your ongoing patronage and for staying with us on our journey to the area's premiere 75,000 sq. ft. medically-based health and fitness complex. We apologize for the recent 2-week delay however; we did not want to open unless the facility was ready for our members to truly 'experience' the new Wellness Center. At this point, all the concerns have been addressed so as to eliminate any further delays. If you haven't seen it lately, get ready to be WOW'd!!! As a friendly reminder the rate adjustment will not occur until the first full month of operations in the new Center (October). Thanks again for your patience and patronage. ~~The Best is Yet to Come Here!~~



What About All This New Equipment?

Although most of the new, state-of-the-art exercise equipment is similar to what you have been using, you may have questions about how to use it. If so, please join our staff during one of the scheduled orientations for the cardiovascular exercise equipment or the strength circuits. Look for times on the posters below in the current Centers or in the new Center after we move. These orientations are limited to 8 people per session. There is no sign up process and attendance is on a first come, first served basis.

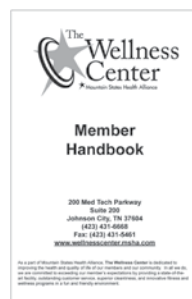
Grand Opening Week

Grand Opening events for the new Center will take place September 11th through 17th. Look for information posted in the Center for events that will take place throughout the week. Fun, prizes and educational events included!

Member Handbook:

If you haven't picked up a copy of the new Member Handbook, please stop by the Reception Desk and ask for one. 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 membership at The Wellness Center and our policies are established to help make that happen.

Some of the new policies and regulations are different than those you may have become accustomed to, 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 keenly interested in maintaining a clean facility from the initial opening that will remain that way for many years to come.



Get Toned and Have Some Upbeat Fun!

Not Sure How To Use All This New Equipment?

Attend one, two or all three of our 1-hour New Equipment Demonstrations led by a Wellness Center Personal Trainer and learn how to get better results from your workouts using the new equipment.



Demonstrations	Monday	Tuesday	Wednesday	Friday	Saturday	Sunday
Correctly setting up the new Life Fitness Signature Series Strength Plates to avoid injury and maximize results	6-7 am 10-11 am	8-9 am 11 am - Noon 4-5 pm	8-7 am 11 am - Noon 7-8 pm	7-8 am	2-3 pm	11 - Noon
Correctly setting up the new Life Fitness Pro 2 Strength Plates to avoid injury and maximize results	8-9 am 11 am - Noon 4-5 pm	6-7 am 11 am - Noon 7-8 pm	6-7 am 11 am - Noon 4-5 pm	8-9 am	10-11 am	1-2 pm
Learn how to Run Up your metabolism by mixing up your cardio routine using the new Cardio Equipment	5:30-6:00 am 10-11 am 4-5 pm	1-2 pm 4-5 pm	10-11 am	8-10 am	8-9 am 11 - Noon	11 - Noon 2-3 pm

Each demonstration is limited to 8 people.

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.

Welcome to our new Childcare Coordinator:

We are excited to announce the hiring of Caroline Holbrook as our Childcare Coordinator. Caroline completed her BA degree in psychology at the University of Tennessee. She lives with her husband and family in Gray. Caroline's primary role will be to oversee the daily functions of the childcare area at the new Center in Med Tech Park. Please help us make her feel welcome!

Member Safety

A key concern that is posted on the exercise floor guidelines in the new Center, as well as outlined in the Member Handbook, is the requirement to wear appropriate athletic shoes on the exercise floor. Heavy weights, steel edges on exercise equipment, and tiny pieces of construction debris are certainly concerns in the new environment. For the safety and well being of our members, no open-toe shoes or sandals are permitted in the fitness area or gymnasium. Please help us to keep you and all our members and guests safe!

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 is the official opening day of the new Wellness Center? (Circle your choice)

1. September 13, 2006
2. September 15, 2006
3. September 11, 2006
4. September 18, 2006

Name: _____

Address _____

Phone Number: _____

Healthy News You Can Use: How Resistance Training Helps You Lose Weight

By Jason Brice, CSCS

A phrase frequently heard in fitness centers is, "I don't need to lift weights, my goal is to lose weight." Many people falsely believe that resistance training and lean muscle mass have nothing to do with weight loss. However, resistance training is crucial to effective weight loss.

Resistance training results in many benefits including increases in muscular strength and lean muscle mass and a decrease in body fat percentage, to mention a few. While an individual is actually performing resistance exercise, few calories are consumed compared with an equal amount of time performing cardiovascular exercise. This fact and the myth that a moderate strength training program will lead to large muscles, tends to create the false belief that resistance exercise is not necessary when weight loss is the primary goal.

Studies have shown that when resistance training is included in an exercise program, participants achieve greater weight loss and lower body fat content vs. those who do not include resistance training in their program. The primary reason this occurs is that the increase in lean muscle caused by resistance training leads to an increase in Resting Metabolic Rate (RMR). Resting metabolic rate reflects the number of calories you burn at rest. With a higher RMR, an individual will burn more calories even while involved in activities such as sleeping, watching TV, and reading. Over time, the higher RMR leads to an accumulation of calories burned which means pounds lost. Therefore, although the short term effect on body weight may be minor for anyone performing strength training, the long term is significant. If you have any question about starting a resistance training program or modifying your current program, please ask one of our exercise professionals for assistance.

Locker Rentals:

If you are interested in renting a locker on a monthly basis, we have both full and half size options available! Full size are \$15 per month and half size are \$8 per month. Members who choose to rent a locker will also have the option of a **complimentary personalized name plate** to be placed on their locker. For more information or to set up a rental, stop by the reception desk.



Wellness Center Hours

Monday - Thursday	5:30 a.m. - 10 p.m.
Friday	5:30 a.m. - 9 p.m.
Saturday	7 a.m. - 5 p.m.
Sunday	11 a.m. - 5 p.m.

Kid's Adventure Station Hours (Childcare)

Monday - Friday	8 a.m. - Noon and 4 - 7 p.m.
Saturday	8 a.m. - Noon

Congratulations!

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

It pays to read The Finish Line!