

The Finish Line

October/November 2006

The official newsletter of



The Wellness Center

★ Mountain States Health Alliance

New Wellness Center Opens

In case you didn't see the recent announcement of our opening in the local newspapers, here it is. Thanks for being such an important part of it!!

With members on exercise machines and a crowd of members and guests outside its front doors, the new Wellness Center was officially opened Friday in Med Tech Park. "Today marks a great day as MSHA moves into the future with this new, state-of-the-art center," said John Turner, MSHA Vice President with responsibilities over the Center. "This is a part of the journey as MSHA works to increase the overall health of the region."



The new center replaces the two older Wellness Centers and offers members the only state of the art, comprehensive medical wellness facility of its type in Washington County. With a total of 72,000 square feet, more than half of the space is dedicated to health and fitness programs. The remaining area will house Rehab Plus, Cardiac Rehabilitation, Occupational Medicine, a Synergy Laboratories site, and other medical services.

The building also has a full-size gymnasium, indoor and outdoor lap pools, a warm-water therapy pool, a large Jacuzzi, saunas and more than 110 pieces of new fitness equipment. The Center also has plans to implement volleyball and basketball leagues and currently offers group exercise classes such as yoga, pilates, aerobics and cycle classes. Childcare is also offered for children between the ages of six weeks and 12 years. Along with the luxurious locker rooms for men and women, the Center also has family locker rooms, which can be used when more privacy is needed.

"We believe this new Wellness Center has something to offer everyone and is different from a regular 'health club'" said Mike Hyek, General Manager of the Center. "The Wellness Center is more comprehensive, and our staff takes time with each member to address the different health and fitness needs, from screenings for things such as cholesterol levels to assistance with exercise programs, we're looking at the entire person." The Wellness Center also offers other services such as massage therapy and personal training, which are also available to nonmembers, though members receive a discount.

Healthy News You Can Use:

Exercise Capacity is the Best Predictor of Survival Among Cardiac Patients

By Michael F. Hyek, General Manager

A recent study conducted at Minnesota's Mayo Clinic finds exercise capacity is a powerful predictor of survival or death in patients with heart disease. Researchers put a group of 282 patients (17% women and 83% men; average age 61) through cardiopulmonary treadmill testing at the end of a 12-week cardiac rehabilitation program and followed them for almost 10 years thereafter.

The individual's exercise capacity proved to be closely linked to survival. Researchers found that few of the 282 died in the early years of the study however; within 10 years 42% of the patients with low exercise capacity died. These researchers, like others before them, concluded, "The best predictor of survival in cardiac patients is their capacity for exercise". Regardless of whether an individual has heart disease, one of the best ways to contribute to your own survival and improve overall health and fitness is by exercising regularly.

For more information or to contact the Wellness Center, please call: 431-6668
or visit our Web site at wellnesscenter.msha.com.

Holiday Gifts...

The holidays are just around the corner, and we have the perfect gift for you! Whether it's a nice warm wind shirt, sweatshirt or long-sleeve T-shirt, we have what you need! Also, check out our new walkman radios with The Wellness Center logo on them, perfect for listening while you workout! We also offer gym bags, visors and garment bags for the traveler. Stop by the front desk for more information!

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

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 in to a staff member on your next visit! You will be automatically entered into the raffle to occur the last week of November.

Where is smoking allowed on The Wellness Center property? (Circle your choice)

1. The entire property is non-smoking
2. Front lobby
3. Side parking lot
4. Locker rooms

Name: _____

Address _____

Phone Number: _____

Customer Comments & Feedback

Over the first few weeks of operation, we have received several requests/comments for things many members feel will improve our services. The requests and status of each follow:

Issue	Status
Coat racks	Coat racks installed upstairs near Studio 1 and downstairs outside the men's and women's locker rooms
Bench outside front doors for those awaiting transportation	Installed
More benches in women's locker room	Currently on order; Custom benches require a 4-6 week delivery timeline
Benches in women's shower area	Two chairs have been placed in this area
More benches & hooks near the therapy pool	More chairs added; several towel/garment hooks installed on wall
Clocks throughout the Center	Several clocks have been placed throughout the Center
Full-length mirrors in women's locker room	Two installed
Group Exercise Class Requests	See section below

New Programming

Due to popular demand, we recently made the following changes to the Group Exercise calendar that became effective Oct. 2. Pick up a copy of the calendar in the front lobby at the new **Information Station**. Thanks for your feedback ~ we will monitor attendance and comments as we continue to adjust the calendar to meet as many personal needs and requests as possible.

Class	Time/Day/Location
"Power Pump"	6 A/Monday/Studio 1
"Power Pump"	4:30P/Monday/Studio 1
"Pilates"	5:30P/Thursday/ Moved to Studio 1
"Ripple"	5:30P/Thursday/ Moved to Studio 2
"Cycle/Training Wheels"	6:45P/Thursday/Studio 2
"Hard Core"	5 P/Friday/Studio 1

No Smoking Property

As an essential feature of MSHA's commitment to providing the best possible environment for health care, MSHA-owned properties are all tobacco-free environments. This includes inside buildings and on the grounds. We appreciate your assistance in helping us maintain a healthy environment for all patrons of The Wellness Center.

Coffee or Beverage Anyone?

To quench your thirst, we are now serving coffee, water, smoothies and Gatorade at the front desk. To fill that hunger spot we also offer a variety of Nutra-Grain bars, Fig Newtons, apples and bananas! Stop by the front desk and check it out!

Congratulations!

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