

The Finish Line

December 2006

The official newsletter of



The Wellness Center

★ Mountain States Health Alliance

Healthy News You Can Use: Exercising in a Cold Environment

Michael Hyek, Ph.D.

Many people avoid the cold by exercising indoors but those who choose to exercise outdoors are generally not at great risk because physical activity produces large amounts of body heat. Nonetheless, there are some precautions to take:

- ✓ Begin considering precautions to cold exposure at temperatures below 50°F.
- ✓ Avoid exercise altogether in environments below 25°F.
- ✓ Change wet clothing, especially socks and gloves as the insulating quality of clothing decreases at a rapid rate when it becomes wet.
- ✓ Wear several layers of light clothing that can be removed/replaced as needed.
- ✓ Continue moving during time in the cold and avoid high-fatigue circumstances or recovery far removed from a warm environment.
- ✓ Wear a cap, hat and/or scarf.
- ✓ Especially protect the hands, feet and other exposed tissues.
- ✓ To relieve chest discomfort from the cold inspired air, a facial mask/scarf can be worn to warm the inspired air

Although healthy individuals usually tolerate exercise in cold weather without much risk, older participants and persons with existing circulatory or cardiovascular disorders should use greater caution.

Thank you for your Generosity:

A special thank you to all our members and MSHA team members who contributed to benefit the American Heart Association (AHA) and the effort to stamp out heart disease – the nation's #1 killer! The grand total for Wellness Center donations was \$714 and the grand total raised by MSHA was \$25,000. Also, thank you to everyone who joined in the AHA walk on Saturday, November 11th at ETSU.

No Smoking Property

We appreciate your assistance in helping us maintain a tobacco-free environment for all patrons of The Wellness Center.

Give The Gift Of Health!

The holiday season is upon us once again and what better way to say "Merry Christmas" than to "Give the Gift of Health"! We have a variety of gift certificates for everything from massage and personal training to garment & gym bags, sweatshirts, windshirts and much more! Make this season a healthy season for someone you love!



Welcome Rehab Plus

Rehab Plus opened its doors on Monday, September 18th. If you are not aware of their services, Rehab Plus is a comprehensive outpatient physical therapy center that offers:

- ✓ Rehabilitation of musculoskeletal injuries & sport related injuries
- ✓ Industrial Rehab: pre & post testing, work conditioning, educational classes & rehabilitation for work-related injuries
- ✓ Specialized therapy for temporomandibular joint & hand related injuries.
- ✓ Aquatic therapy as prescribed by a physician or physical therapist.

REHABPLUS

Center For Outpatient Rehabilitation

★ Mountain States Health Alliance

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

Childcare Hours

Expanding

Due to popular demand, we are expanding the hours of our Kids Adventure Station (child-care) effective Monday, December 4th to include 4 - 8PM Monday - Thursday. See below:

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 - Thursday	8 a.m. - Noon and 4 - 8 p.m.
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 December.

What is the new Monday-Thursday evening closing time for childcare that became effective Monday, December 1st? (Circle your choice)

1. 6 PM
2. 7 PM
3. 5 PM
4. 8 PM

Name: _____
 Address _____
 Phone Number: _____

Customer Comments & Feedback

Over the first two months 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
Closed captioning on the televisions	Completed in early November
Toilet tissue tears off easily; end of paper is hard to locate	Problem resolved; dispensers adjusted.
Inconsistent sauna temperature	Thermostats adjusted; temperature reset.
Benches in women's shower area	Currently on order; Custom benches require a 4-6 week delivery timeline
Sauna timers	One has been placed inside each sauna
Second towel return near men's locker room exit	Two returns are now located near the exit from the men's locker room
Air temperature in the pool area too warm/cold	Air temperature is set at 84 degrees ~ 2 degrees warmer than the lap pool temperature. This is in accordance with the American College of Sports Medicine facility guidelines.

Group Fitness Calendar Changes

Due to popular demand, we've made more changes to the Group Exercise calendar that became effective December 1st. Pick up a copy of the calendar in the front lobby at the new 'Information Station'. Thanks for your positive feedback and comments ~ 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
Pilates	9:30A/Tuesday/Studio 1
Yoga	9:30A/Thursday/Studio 1
Cycle	6:15A/Friday/Studio 2
Cycle	9:00A/Tues & Thurs/Studio 2

Safety & Consideration: Perfumes and Colognes

As a general courtesy to other members and guests who may have allergies or pulmonary disease, please keep use of perfumes and colognes to a minimum. Your understanding and concern are appreciated.

Congratulations!

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