

The Finish Line

February 2007

The official newsletter of

 **The Wellness Center**
★ Mountain States Health Alliance

February is Heart Month

By Bob Watkins, Fitness Director

Cardiovascular disease, including coronary artery disease, stroke and congestive heart failure, is our Nation's number one killer claiming more lives than any other major cause of death. Since 1963 Congress has required the president to proclaim February "American Heart Month" to raise awareness of the disease. The list of risk factors for heart disease grows larger as more research is conducted. The risk factors are generally divided into two categories:

Modifiable - those about which a person can take action

Non-modifiable - those about which a person can take little to no action

Among the **modifiable** risk factors are:

- Smoking/tobacco use
- High blood pressure
- Abnormal lipids (cholesterol and triglycerides)
- Physical inactivity (lack of exercise)
- Obesity
- Diabetes
- Stress

Among the **non-modifiable** risk factors are:

- Family history
- Age
- Gender

For more information on risk factors for heart disease and recommended lifestyle changes, contact your physician or visit the American Heart Association (AHA) website at: www.americanheart.org.

Valentine's Massage Special

For members only ~ treat your special someone to a massage and save 10% on the already lower member price when you purchase a three-session package, during the month of February! For more information on our massage services and our therapists, pick up a flyer in the 'Information Station' in the front lobby or stop by the front desk.



Exclusive to Members Only: Sweethearts Membership Special!

During the month of February, bring your sweetheart in to receive a 50% discount off the one-time enrollment fee. If you have questions, please feel free to ask one of our staff members about this special promotion.

Salsa Dance Classes

A six-week salsa dance session runs February 15th through March 22nd, on Thursdays from 7 - 8 p.m.. Exclusive Registration for MEMBERS begins February 1st! Member prices are \$35/single and \$55/couple. For more information stop at the Front Desk or call 431-6668.



4 on 4 Basketball League Coming Soon

The season will consist of a 12 game regular season and a 4 game single elimination tournament. The league is open to members and non members however; each team will be required to have a minimum of (1) active Wellness Center member on the roster and present at each game. For more information please see a staff member at the front desk, or contact the Fitness Director Bob Watkins at 431-4093.

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

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 February.

Which of the following is a modifiable risk factor for heart disease? (Circle your choice)

1. Age
2. Family History
3. Smoking
4. Gender

Name: _____

Address _____

Phone Number: _____

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)

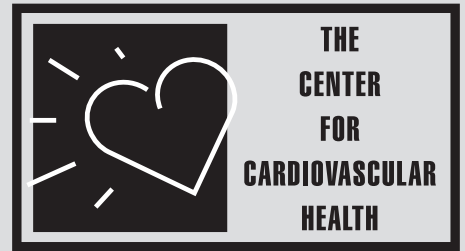
Monday - Thursday	8 a.m. - Noon and 4 - 8 p.m.
Friday	8 a.m. - Noon and 4 - 7 p.m.
Saturday	8 a.m. - Noon

Congratulations!

Congratulations to Beth Cox who won a free months membership dues for answering last month's Finish Line question. It pays to read the Finish Line!

Cardiac Rehabilitation

Cardiac Rehabilitation officially opened its doors on Monday, October 23rd! You may have met some of their patients during their program exercise time. Please help these individuals feel welcome as they journey back to full recovery. Your encouragement can make a key difference in their success!



Johnson City Medical Center

The Medical Fitness Center model almost always contains a cardiac rehab program because most of these programs are isolated and do not offer their patients a 'discharge destination' once their program is complete. As a result, many go back to the lifestyle habits they had prior to their cardiac event ~ which usually includes physical **inactivity**. Having the program in the Center helps these individuals to see the 'next step' in their recovery process and allows them an opportunity to continue with the healthy lifestyle changes they began during the formal rehab program.

Some information about the Cardiac Rehab program:

- An outpatient program for individuals who have had a recent cardiac event, such as heart attack, bypass surgery, valve repair or replacement or angioplasty.
- Program focuses on exercise and education to promote lifestyle changes.
- A physician's referral is required to participate.
- Multi-disciplinary team of staff includes registered nurses, exercise physiologists, dieticians and physicians.

For more information, please contact Terry Hinton or Carrie Arrowood at 431.5792 or 431.5970.

Losing Weight Lowers Prostate Cancer Risk

Michael Hyek, Ph.D., The Wellness Center

Yet another reason for men to avoid packing on extra pounds: A new study has found that losing weight reduces the risk of prostate cancer. During a study between 1982 and 1992, consisting of nearly 70,000 men, researchers from the American Cancer Society and the Duke University Prostate Center found that men who lost more than 11 pounds were at lower risk for prostate cancer than men whose weight remained the same. Although previous studies have demonstrated that obese men have a higher risk of developing aggressive prostate cancer, this study is the first to indicate recent weight loss can decrease that risk. Prostate cancer is more common in men over the age of 50 and is the second most common cause of cancer deaths among men.

In the study which was reported in a recent issue of Cancer Epidemiology, Biomarkers & Prevention, researchers analyzed the height and weight of the men in 1982 and 1992 and every three years after until 2003. At that time, more than 5,200 of the men, or about 7%, had prostate cancer. Among those cases, about one in eight had a form of cancer that was aggressive but had not spread to other areas of the body. The study's major finding focused on those aggressive cases, with researchers concluding that those who lost 11 or more pounds were much less likely to develop prostate cancer than those whose weight remained the same.