

The Finish Line

March 2007

The official newsletter of



Fighting Fatigue? Want More Energy? Get More Exercise!

By Michael Hyek, General Manager

Feeling tired? A walk may be better than a nap for boosting energy and fighting fatigue. New research suggests regular exercise can increase energy levels even among people suffering from chronic medical conditions associated with fatigue. It may seem counterintuitive, but researchers say expending energy by engaging in regular exercise may pay off with increased energy in the long run.

Many times when people are fatigued, the last thing they want to do is exercise however; if you're physically inactive and fatigued, being just a bit more active will help.

Current lifestyle habits have people constantly looking for the next sports drink, or energy bar that will give them the extra edge to get through the day. What many will find however, is lacing up your tennis shoes and doing some physical activity can provide that spark of energy most are looking for. Although many studies have shown that sedentary people who start a regular exercise program experience an increase in energy levels, researchers say few studies have quantified those effects. In a study published in Psychological Bulletin researchers analyzed 70 studies on exercise and fatigue involving more than 6,800 people.

More than 90% of the studies showed the same thing: Sedentary people who completed a regular exercise program reported more energy compared to groups that did not exercise. Researchers say nearly every group studied -- from healthy adults, to cancer patients -- benefited from exercise. Bottom line, regardless of your health status, participating in a regular exercise program boosts energy levels!



Welcome to our new Membership Services Associate

We are excited to announce the hiring of Sandra Germain as our new Membership Services Associate. Sandra has been



a Group Exercise Instructor for The Wellness Center for over five years including both land and aquatic classes. She has been a team member with Mountain States Health Alliance (MSHA) for 4 years, most recently with the MSHA Foundation. Sandra will be assisting the Membership Services Director in marketing and membership as well as overseeing the front desk. Please help us welcome Sandra aboard The Wellness Center team!

Group Fitness Schedules:

Pick up a copy at the Information Station in the front lobby.

Group Fitness Class Calendar

Effective: March 5, 2007

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Power Pump Meditation (30 min)		Power Pump Meditation (30 min)		High Intensity Interval Cardio Meditation		
6:15AM		Core Meditation (30 min)		Core Meditation (30 min)			
6:30AM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
6:45AM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
7:00AM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
7:15AM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
7:30AM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
7:45AM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
8:00AM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
8:15AM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
8:30AM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
8:45AM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
9:00AM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
9:15AM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
9:30AM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
9:45AM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
10:00AM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
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10:45AM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
11:00AM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
11:15AM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
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2:15PM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
2:30PM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		
2:45PM	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)	Core Meditation (30 min)		

Note: Classes averaging less than 6 participants are subject to change or removal from the schedule.



New Fitness Coach

Please help welcome Robin Roark as the newest member of our Wellness Center Team. Robin will join our team as a Fitness Coach. Her primary roles will consist of member health and risk assessments, equipment orientations and exercise prescriptions. Robin has a BS degree in Physical Education from East Tennessee State University. She also has numerous years of experience in the health and wellness field including public education, exercise prescription and program design. Most recently she was a Fitness Instructor at the Kingsport YMCA. Robin's first day with The Wellness Center team will be March 20th. Please help us welcome her aboard!



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

Battle it out with... BOOT CAMP!

A high intensity, 8-week course that will meet three mornings a week (Monday, Wednesday and Friday) from April 2nd - May 25th, 5:45 a.m. - 7:15 a.m. (90 minutes). Exclusive Registration for MEMBERS begins March 22nd!

Member price is \$149 + \$50 Incentive Deposit. The Incentive Deposit will be returned if the participant attends all sessions over the 8-week period! **That works out to a little over \$4 an hour for the area's premiere group Boot Camp course!** For more information stop at the Front Desk or call 431-6668.

THE
**BOOT
CAMP**
WORKOUT



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 April.

Which of the following is a requirement to be a personal trainer at The Wellness Center? (Circle your choice)

1. a degree in Exercise Science
2. CPR training
3. a professional certification
4. all of the above

Name: _____

Address _____

Phone Number: _____

Lacking Motivation? Is Your Exercise Routine Boring? Try Personal Training!

Benefits of working with a personal trainer

The structured, consistent regimen your trainer prescribes will keep you focused and result in optimum improvements in minimal time. While our professional trainers educate and prepare you to perform your workouts on your own, the personal attention and motivation can be so gratifying that you schedule workouts with your trainer on a regular basis. Your unsupervised workouts will become more meaningful when you are accountable for workouts away from your trainer.



- ✓ A personal trainer can help you improve strength, flexibility, endurance, posture or achieve whatever personal goals you have set.
- ✓ A personal trainer can help you develop strategies and set realistic goals for weight loss that can be progressed as expectations are met.
- ✓ Lack of time is one of the biggest reasons cited for not exercising. A personal trainer can help create a program that is both effective and efficient and maximizes the time you have available.
- ✓ Knowing you have a scheduled appointment once or twice a week motivates you to show up. An appointment with a personal trainer can help you include exercise in your daily schedule.
- ✓ Lack of variety in your exercise program can lead to boredom and a decrease in motivation to exercise. A personal trainer can help you by frequently changing your exercise routine while maintaining a focus on your overall health and fitness goals.

What Makes Our Trainers Unique?

All our professional trainers must have an exercise science related degree from an accredited university, a current CPR certification, and hold one of the following fitness professional certifications:

- NSCA Certified Strength and Conditioning Specialist
- ACSM Health and Fitness Instructor
- NATA Certified Athletic Trainer

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