



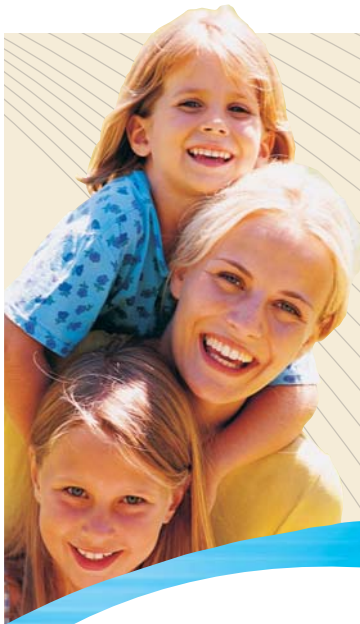
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THE FINISH LINE

The official newsletter of
The Wellness Center



Member Spotlight: Janet Hassen

When Janet joined The Wellness Center on October 23, 2006, she was motivated by the goal of staying healthy, as well as being able to live a long and happy life together with her husband Al. Janet was influenced toward a healthy lifestyle when Al had back surgery and his doctor strongly encouraged him to work out in order to strengthen his back.

Janet started to exercise regularly in her early 30s and admits that there have been times when it has been difficult to stay motivated. "There have been times when it has been tough, but I see the results and that's what motivates me, when I take time off, I see the difference in my body." In order to stay motivated with fitness, Janet takes advantage of the wide variety of group fitness classes. "I love the cycle and muscle plus classes; all of the classes are great."

Since joining The Wellness Center, Janet has improved her overall fitness level, increased her muscle tone, and the best news – she has not used her inhaler in over two years. "When I started, I was on Advair and Albuterol and I am proud to say that I have not used the inhaler in over two years!"

These days you'll find Janet in the Center about 4 to 5 days a week, "When I stay motivated to work out, I feel better and I eat better and when I take time off from exercise, I notice that I don't eat as well and I don't feel as good about myself."

Janet's advice to others seeking a healthier lifestyle? "Just do it, take a class or two, ask questions, and have fun and don't be afraid to challenge yourself."

Keep up the great effort Janet!

Visit wellnesscenter.msha.com or call 423.431.6668



N.E.W. YOU

Is Weight Loss a Goal for YOU? We have the Solution!

Nutrition, Exercise, Weight Management

This program will be managed by Debbie Fogle and will run from March 3rd through March 27th. Program includes: Fitness Assessment, Exercise Prescription, 12 Exercise Sessions with an instructor, Dietary Journaling and Nutritional Education by a licensed Dietitian. Cost is \$149. The first 20 to enroll will be accepted. Stop by the front desk today. Please call Debbie Fogle at 431-5386 with questions.

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

OUTDOOR POOL HOURS

Closed for the Fall and Winter

What's New and Exciting Around the Center?

Swim Programs

Swim Lessons

All Wellness Center swimming lessons include components of personal safety, stroke development, rescue skills, water games and confidence building.

Class Types

Group Lessons: Participants are divided by age and skill level into the appropriate class. See class levels below. Group lessons are available May through August.

Members: \$35 per session (4 lessons)

Non-Member: \$50 per session (4 lessons)

Private Lessons: (ages 3 and up): One-on-one instruction, based on individual skill level, which personalizes the learning experience.

Member: \$25 per session

Non-Member: \$35 per session

Semi-Private Lessons: (ages 3 and up): Two-on-one instruction. This allows the participant the flexibility to schedule a lesson with a friend or family member who exhibits a similar skill level.

Member: \$25 per session

Non-Member: \$35 per session

Master's Swim Class: Class for experienced swimmers who want to develop their strokes, build endurance and are looking for a coached workout.

Member Single: \$35 for twelve 1-hour sessions

Member Couple: \$60 for twelve 1-hour sessions

Non-Member: \$60 for twelve 1-hour sessions

Junior Master Swim Lessons: Class for ages 8-12 who want to develop their strokes, build endurance, and are looking for a workout coached by a swim instructor. This class is designed to help youth who are interested in joining a swim team. Jr. Master's Swim is available September through May.

Member: \$35 for eight 1-hour sessions

Non-Member: \$50 for eight 1-hour sessions

Group Class Levels *

Infant/Parent Aquatic Course (IPAC): (6 months-2 years old): Specially designed for the parent to share in this exciting experience while learning how to work with their child in the water. Classes are held in the warm water therapy pool. Class ratio is 5:1.

Preschool: (3-5 years old): Children work with an instructor in a class ratio of 4:1. Classes are held in the lap swimming pool.

Youth: (6-12 years old): Older children work with

an instructor in a class ratio of 5:1. Classes are held in the lap swimming pool.

**If less than the posted ratio registers for the class, the class may be scaled down accordingly.*

SESSION OFFERINGS & TIMES

March – Private/Semiprivate Lessons

Mondays and Wednesdays: Lessons are offered Mondays March 2nd, 9th, 16th and 23rd, and Wednesdays March 4th, 11th, 18th, and 25th at the following times:

5:00 - 5:45 PM and 7:15 - 8:00PM (Adult Lesson)

Saturdays: Lessons are offered Saturdays March 7th, 14th, 21st, and 28th at the following times:

8:30 - 9:15 AM

11:00 - 11:45 AM

12:00 - 12:45 PM

March – Group Lessons

March – Infant/Parent Aquatic Course (IPAC)

Class will meet for four lessons 30 minutes per lesson on Tuesdays and Thursdays at 5:00-5:30 PM.

Session 1: March 3rd, 5th, 10th, and 12th. (Four lessons; 2 consecutive weeks)

Session 2: March 17th, 19th, 24th, and 26th.

(Four lessons; 2 consecutive weeks)

March – Master's Swim Class

Class will meet on Mondays, Wednesdays and Fridays, including Mondays March 2nd, 9th, 16th, 23rd and 30th, Wednesdays March 4th, 11th, 18th, and 25th, AND Fridays March 6th, 13th, 20th, and 27th at the following time:

6:00 - 7:00 AM

March – Jr. Master's Swim Class

Mondays and Wednesdays: Class will meet on Mondays and Wednesdays during the month of March including Mondays March 2nd, 9th, 23rd, and 30th, and Wednesdays March 4th, 11th, 25th, and April 1st. The class will meet at the following time:

3:45 - 4:45 PM

Tuesdays and Thursdays: Class will meet on Tuesdays and Thursdays during the month of March including Tuesday March 3rd, 10th, 24th, and 31st, and Thursdays March 5th, 12th, 26th, and April 2nd. The class will meet at the following time:

3:45 - 4:45 PM

From Audrea and the Group Fitness area!

Attention NEW Members

“Power Pump” workout #15 launches Saturday, March 7th in the 9:45 a.m. class. This will kick off a NEW 8 week session of Group Strength Endurance! All 10 of our “Power Pump” classes will feature the same working routine over the 8 week period. It is a GREAT time to “get on board” and experience this multi-level challenge that will result in total body strength conditioning!

Due to low attendance, the following classes are being removed from our schedule in March: Wednesday, Hydro-Fit 6 p.m.; Thursday, Trekking 4 p.m. (we still are providing the Tuesday, 4 p.m. option); Friday, Cycle 5:30 p.m.

Looking towards April.....

We are planning a 6 week session of “Group Run” classes for Saturday mornings beginning April 4th. With the 2nd Annual Wellness Center/Foot Rx 5 miler approaching in May, we are hoping this offering will help strengthen your running performance for race day - Saturday, May 16th!

Thank You for choosing to work out with us in Group Fitness!

Tune-up Tuesdays

What is it? “Tune-up Tuesday” is a free service provided to you by The Wellness Center's Fitness Staff. They will be available to answer those quick questions regarding your fitness program. If you are worried about making that ache or pain worse or if you need help preparing for a special event, stop by the stretch area on the fitness floor and ask one of our fitness specialists your question. Every person who stops by to ask a question will receive a Wellness Center domed key chain.

March 10, 2009

9 a.m. - 11 a.m. with Jeremy Quiring
4 p.m. - 6 p.m. with Ron Renfro

March 24, 2009

9 a.m. - 11 a.m. with Jeremy Quiring
4 p.m. - 6 p.m. with Ron Renfro

Expert Is In Series

This month, Jason Brice, Personal Trainer at The Wellness Center, will lead a discussion titled “Getting back on track with your nutrition and exercise program.” This wonderful lecture is free and will be taking place on Tuesday, March 23, 2009, at 6 p.m. in The Wellness Center Conference Room A. Pre-registration is required - stop by the front desk or call 431-6668. Part of the mission of The Wellness Center is community health, awareness and education. The Wellness Center will offer this monthly free educational series to members and guests featuring popular health- and wellness-related topics discussed by an “Expert” in the topic. Stop by and bring a friend with you!

Visit wellnesscenter.msha.com or call 423.431.6668

Childhood Sleep: Waist or Waste?

Sleep has something to do with my child's weight? You're kidding, right?

No we're not kidding! In fact, recent research shows inadequate sleep greatly increases the likelihood your child will fight the battle of obesity as they grow. Here's what the research reveals: in children ages 9 to 12 years old, as little as one extra hour of sleep per night more than the average required could decrease their risk of obesity by as much as 40%.

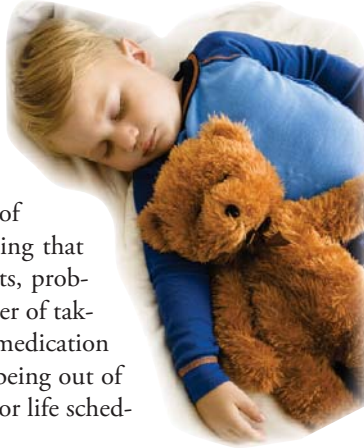
That's HUGE (no pun intended)!

Losing Sleep

As many as 15 million children in the U.S. (one in four) have difficulty sleeping – because of this, they're being put at risk for want of something that comes naturally and costs nothing. As with adults, problems with falling asleep can vary. It may be a matter of taking too long to fall asleep, a result of pain and/or medication taken for acute or chronic illness, internal clocks being out of sync with normal hours of daylight and darkness, or life schedules that just don't allow enough time to sleep.

Weight Is Not the Only Enemy

When it comes to children not getting enough sleep, weight is not the only problem. Observable symptoms of sleep deficit look much like ADHD, and it's now believed these two conditions may amplify the effects of one another. Mood disorders in both older and younger



children have been tied to insufficient sleep. Too little sleep also subjects children to learning difficulties, poor concentration, depression and a predisposition to chronic diseases.

The Bottom Line

There's no question how great the cost is for our children in consistently not getting enough sleep. So, as a parent, what do you do?

First, it's very important to learn about and watch for signs of sleep deficit in your children. Being aware of your child's sleep patterns and habits is essential. Watch to see if your child:

- Keeps a different schedule for going to bed and rising on weekends than they do during the week.
- Resists going to bed until late in the evening or takes longer than a half hour to fall asleep once they've gone to bed.
- Wakes or appears restless during the nights.
- Has difficulty waking up in the morning.
- Seems sleepy or "out-of-sorts" during the day.
- Snores regularly and/or loudly, or shows other signs

of breathing difficulty or stopping.

If you notice any of these things, you'll want to talk with your child's pediatrician. Although it's not a topic that's often discussed, you definitely don't want to take sleep issues for granted.

Fisher Institute for Wellness and Gerontology, Ball State University

Did You Know...?

The battle to quench your thirst seems to have escalated into an epic war against the need for liquids, and you – the consumer – seem to be caught in the middle. With so many options to fight dehydration, how do you choose which drink is right for you?

Water

Water is our most important nutrient. Apart from being involved in nearly every major bodily function, nearly 50 – 70% of your body weight comes from water. If you weigh 150 pounds, just a 3-pound loss of water can impair your performance. With such a water loss, you may become weak and tired, and have difficulty focusing on your work.

Advantage: You need water to live. It is the basis for all life.

Disadvantage: It has virtually no taste.

Sports Drinks

Sports drinks are a combination of water, carbohydrates and electrolytes such as sodium and potassium.

Advantage: They offer a great alternative to water for high performance athletes, who exercise for at least 60 to 90 minutes at a time. Sports drinks help to quickly replenish electrolytes that are lost during a strenuous activity such as a cycling class or marathon running.

Disadvantage: Most sports drinks contain between 50 and 80 calories per 8 oz. serving (most products have more than one serving per bottle). Drinking several bottles a day can cause weight gain.

So, which drink is right for you? Take time to read product labels to find out what ingredients are included. Try to limit both calories and caffeine when choosing your sports drinks. If you are a casual exerciser, it is recommended that you avoid most sports drinks because of the calories they contain – water will do the trick.



The 2009 Wellness Center Basketball League will have a player, team captains and draft on Wednesday March 25, 2009 at 6:30 p.m. Scrimmages will be held on Wednesdays and Thursdays April 1, 2, 8, 9. Regular season begins on Wednesday, April 15, 2009, at 6 p.m. Please see the front desk for a team registration form.

Member Services News and Notes

MARCH MEMBER REFERRAL

During the month of March refer your friends, family and neighbors to The Wellness Center. You will receive one month of membership for each referral who joins. You may pick up the referral flier at the front desk.

MARCH MADNESS

Pick up your self-tracking sheet for March Madness at the front desk and track your exercise points for a chance to win a Wellness Center sports gym bag or even a free vacation. March Madness will begin March 1st.

COPING WITH LOSS

Mon., March 2, 9, 16, 23 & 30, 6:30-8 p.m.

Speaker: Carol Ann McElwee, Certified Grief Counselor

This 5-class series will focus on: the journey through grief, dealing with depression, coping with guilt and anger, loneliness and moving forward. Attend one or all the sessions. Refreshments. **FREE!** *Annex Classroom

THE AGING SPINE

Thurs., March 12, Noon-1 p.m.

Speaker: Scott Dulebohn, MD

Time, repetitive stress and strain and bad habits can take their toll on our spines as we age. Join us to learn about newer diagnosis and treatment options available that may help keep back pain at bay throughout your lifetime. **FREE!** *Annex Classroom

OSTEOPOROSIS & YOU

Wed., March 18, 2-3 p.m.

Speaker: Misty Spano, RN, The Spine Center, JCMC

Gain a better understanding of osteoporosis, how it develops, the role of exercise, calcium and vitamin D, bone density testing and treatment options. **FREE!** *Annex Classroom

GET ON THE BALL – FITNESS BALL WORKOUT

Fri., March 20, Noon-1 p.m.

Speaker: Jeremy Quiring, Personal Trainer, The Wellness Center

If you've wanted to try using a fitness ball

The Health Resources Center located in The Mall at Johnson City is proud to announce these wonderful programs. Please pre-register for all classes by calling 952-3700 or 915-5200.

but need some instructions on what to do, now's the time to give it a try. This is a great way to strengthen your abdominal and core muscles and can provide an effective total body workout. Dress comfortably and bring a ball, if you have one. **FREE!** *Annex Classroom

LOWERING YOUR CHOLESTEROL AND TRIGLYCERIDES

Mon., March 23, 12:30-2 p.m.

Speaker: Jessica Gourley, MS, RD, JCMC

Find out how to decrease your cholesterol and triglyceride levels with lifestyle changes of nutrition and exercise. **FREE!** *Annex Classroom

BEAT THE TOBACCO HABIT!

Mon., March 23, 6:30-7:30 p.m.

Speaker: Annette Florence, Dr. P.H., JCMC

If you have been thinking about quitting a tobacco habit, but are not sure what to do – join us to find out what methods are available to help you become smoke free. **FREE!**

STRESS MANAGEMENT

Thurs., March 26, 6-7 p.m.

Speaker: Darlene Hatley, RN, MS, JCMC

How does one effectively deal with stress? Come learn strategies to help you better manage your stress. **FREE!** *Annex Classroom



ANNOUNCEMENTS

As a general courtesy to others, please follow the posted Fitness Floor Guidelines and limit your time on a piece of cardiovascular exercise equipment such as treadmills, elliptical cross trainers and bikes, to 30 minutes maximum. This simple courtesy will help everyone move through their exercise routine much more efficiently.

As a general courtesy to others, please turn your cell phones to vibrate while in the center.

Sauna Notice

Please note only water is to be used in the sauna unit. All other liquids will ruin the unit.

Thank you for your assistance!

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 it in at the front desk on your next visit! You will be automatically entered into the raffle to occur the last week of March.

Is weight the only problem that results from lack of sleep? If not, what is another issue?

Answer:

Name: _____

Address: _____

Phone number: _____

CONGRATULATIONS!

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



NUTRITION CORNER

Recipe of the Month

Whole-Wheat Spaghetti with Lemon, Basil and Salmon

Ingredients

- 1/2 pound whole-wheat spaghetti pasta
- 1 clove garlic, minced
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon salt, plus more for seasoning
- 1/2 teaspoon freshly ground black pepper, plus more for seasoning
- 1 tablespoon olive oil
- 4 (4-ounce) pieces salmon
- 1/4 cup chopped fresh basil leaves
- 3 tablespoons capers
- 1 lemon, zested
- 2 tablespoons lemon juice
- 2 cups fresh baby spinach leaves

Directions

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain pasta and transfer to a large bowl. Add the garlic, extra-virgin olive oil, salt, and pepper. Toss to combine. Meanwhile, warm the olive oil in a medium skillet over medium-high heat. Season the salmon with salt and pepper. Add the fish to the pan and cook until medium-rare, about 2 minutes per side, depending on the thickness of the fish. Remove the salmon from the pan. Add the basil, capers, lemon zest, and lemon juice to the spaghetti mixture and toss to combine. Set out 4 serving plates or shallow bowls. Place 1/2 cup spinach in each bowl. Top with 1/4 of the pasta. Top each mound of pasta with a piece of salmon. Serve immediately.