

Wellness Center Happenings

at MIDDLE TENNESSEE MEDICAL CENTER

Committed to Medically-Based Fitness Since 1986

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National Wear Red Day on February 5

Source: American Heart Association (AHA)

On **National Wear Red Day**, Friday, February 5, millions of people will choose to wear red and make a statement about the No. 1 killer of American women: cardiovascular disease. It gives women and men everywhere a way to show their dedication and support of the cause and empowers them to take action for their health.



Heart disease does not discriminate; it affects women from all age groups, ethnicities, family histories and walks of life. One in three women suffers in silence, and almost one woman dies every minute of this largely preventable disease. By wearing red, we can bring a voice to this silent killer. We must shatter the silence by choosing to speak up about heart disease and help spread the word that the little choices women make every day are the ones that matter most. **Wear red** and join women — and men — across the nation who are wearing red and speaking up to save women's lives.

Women and Heart Disease Luncheon

Hosted by Saint Thomas Heart at MTMC on 2/19



Join us on Friday, February 19 at 11:30 a.m. at the Embassy Suites Hotel and Conference Center for the Women and Heart Disease Luncheon. Hosted by Saint Thomas Heart at MTMC, this free, educational lunch will teach women about the effects of heart disease in women. As the #1 killer of women in the United States, it is important to know the causes and

symptoms of heart disease and how to live heart healthy. The luncheon will have guest speakers Amy Marsalis, official spokesperson for NashvilleGoesRed.org, and Dr. Britt Mioton, an invasive cardiologist with Saint Thomas Heart at MTMC. At the end of the luncheon, Roseann Mosey, Wellness Center exercise physiologist, will lead exercises.

To RSVP for the luncheon, call 615-396-4352.

Group Exercise Classes For All Levels

- **Ball Room Dancing:** Learn the Waltz, Foxtrot, Swing, and Latin and country dances on Thursdays from 7-8pm. Cost is \$15 per couple and \$10 per single. For more information, contact John Basinger at 615-904-5966.
- **Body Toning:** Upper & lower body muscles worked individually & simultaneously.
- **Cardio:** Mix of step & other dance moves.
- **Circuit Training:** Fast pace class but moves are basic. Combination of cardio & toning circuits using cardiovascular & strength machines.
- **Personal Training:** Contact Cynthia Vowell, Better Bodies Owner, at 615-496-5208 or visit www.betterbodies.us for information.
- **Pilates:** Full body strength & flexibility conditioning to improve core control, coordination, alignment & balance.
- **Rejuvenate Low Impact:** Combination of low-impact aerobics & weight training.
- **Strength, Balance and Stretch:** Improves strength, balance, & flexibility using free weights and stretch bands.
- **Yoga:** Improves flexibility & balance, builds strength & stamina, & reduce stress through various poses & postures.

Download the group exercise class schedule at www.mtmc.org/wellnesscenter.

**1 MONTH
FREE**

Refer a friend or family member to The Wellness Center and we'll give you one month membership for free!



**Middle Tennessee
Medical Center**

We're here for life.

10 Ways to Help Children Develop Healthy Habits

Source: American Heart Association (AHA)



Be a positive role model. If you're practicing healthy habits, it's a lot easier to convince children to do the same.

- Get the whole family active. Take walks, ride bikes, go swimming, garden or just play hide-and-seek outside.
- Limit TV, video game and computer time. These habits lead to a sedentary lifestyle and excessive snacking, which increase risks for obesity and cardiovascular disease.
- Don't reward children with food. Candy and snacks as a reward encourage bad habits. Find other ways to celebrate good behavior.
- Encourage physical activities that children really enjoy. Let children experiment with different activities until they find something they enjoy doing. They'll stick with it longer if they love it.
- Be supportive. Focus on the positive instead of the negative and help children develop a good self-image.
- Set specific goals and limits, such as two desserts per week. When goals are too abstract or limits too restrictive, the chance for success decreases.
- Make dinnertime a family time. Get the kids involved in cooking and planning meals. Everyone develops good eating habits together.
- Make a game of reading food labels. The whole family will learn what's good for their health, be more conscious of what they eat and help change behavior for a lifetime.
- Stay involved. Insist on good food choices at school. Make sure your children's doctor monitors their BMI, blood pressure and cholesterol.

Transform Your Health

Source: American Heart Association (AHA)

Transform your health with small, simple choices:

- Think lifestyle, not diet. It's the small choices that make a huge difference.
- Use the nutrition facts panel and ingredients list when choosing foods to buy.
- Plan your meals, your grocery list, your snacks and your physical activity.
- Write your physical activity time on your calendar. Make an appointment with yourself and don't break it!
- Check food labels for number of servings per container.
- Helping someone with healthy habits motivates you to stick to your plans. You'll feel good too.
- Write down your eating and physical activity habits to help you track your challenges and successes.
- Don't let your mood control your food. Ask yourself why you want to eat before you pick up a snack.
- Ask your favorite restaurant for heart healthy options for any meal you eat.
- Don't smoke, and avoid other people's tobacco smoke.
- Take 15 to 20 minutes a day to sit quietly, breathe deeply and think of a peaceful picture.
- Get regular medical check-ups and follow your doctor's orders for taking medicine.



Spend more time in the outer aisles of the store where fresh foods are kept. Spend less time in the middle aisles where packaged foods, snacks and soft drinks are stocked.

Make Heart Healthy Food Choices

Source: American Dietetic Association (ADA) and AHA



Food choices
have a **big impact** on
your heart's health,
even if you have
other risk factors.

A heart-healthy diet is delicious and varied — rich in vegetables and fruits, with whole grains, high-fiber foods, lean meats and poultry, fish at least twice a week, and fat-free or 1 percent fat dairy products. By learning to make smart choices — whether you're cooking at home or eating out — you can enjoy flavorful, heart healthy meals.

To lower your risk of heart disease, your diet should be:

- **Low in saturated fats**, which can increase LDL or “bad” cholesterol levels. Eat more plant proteins, fish, poultry

and low-fat dairy foods. Cook with olive or canola oil in moderation.

- **High in omega-3 fatty acids**, including fish and olive oil.
- **High in fiber, whole grains, fruits and vegetables** which helps lower LDL cholesterol and may help protect against heart disease.
- **Low in salt and sugar.** A low-salt diet can help manage blood pressure, while a low-sugar diet can help prevent weight gain and control diabetes and pre-diabetes.

Some examples of foods for heart health include:

- Beans, peas and barley
- Soybeans, other soy-based foods (not soybean oil)
- Fruits and vegetables
- Salmon, tuna, sardines and mackerel
- Red grapes and purple grape juice
- Nuts such as almonds, walnuts, pecans and hazelnut
- Green or black tea
- Onions, scallions, shallots, garlic and leeks.

MTMC Receives Recognition for High-Quality Care in Bariatric Surgery

Middle Tennessee Medical Center announces that its Bariatric Center has been named an American Society for Metabolic and Bariatric Surgery (ASMBS) Bariatric Surgery Center of Excellence®. This designation recognizes surgical programs with a demonstrated track record of favorable outcomes in bariatric surgery. In addition, the Bariatric Center's surgeons, Drs. Wayne Westmoreland and George Eckles, have been designated as ASMBS Bariatric Center of Excellence Surgeons.

“By definition, hospitals and surgeons with ASMBS Center of Excellence designation practice top quality care and have passed a rigorous evaluation process,” said Dr. Wayne Westmoreland, bariatric surgeon at MTMC. “This process involves a huge degree of commitment from all levels of the organization including our bariatric team of surgeons, nurses, dietitians and medical staff. These tough standards ensure that patients receive optimal, safe care resulting in the best outcomes.”

To qualify for designation as an ASMBS Bariatric Surgery Center of Excellence, the MTMC Bariatric Center participated in an evaluation process designed to document its comprehensive program and meet the established program requirements for providing safe bariatric surgical care with excellent short- and long-term outcomes. The evaluation not only documents process, including equipment, supplies, training of surgeons and staff and the availability of consultant services, but also emphasizes results.

For more information on weight loss surgery or to sign up for a seminar, visit our web site at www.mtmcweightloss.org or call 615-396-4965.



Hospitals and
surgeons with
**ASMBS Bariatric
Surgery Center
of Excellence®**
designation practice
top quality care
and have passed a
rigorous evaluation
process.

About The Wellness Center

Committed to Medically-Based Fitness Since 1986

Greeted by a friendly face, our volunteers offer a welcoming voice and provide membership resources. Our registered nurses, respiratory therapist, exercise physiologists, and registered dietitians customize fitness and nutritional programs to enable members to meet personal goals—safely. The entire staff is committed to helping individuals make positive lifestyle changes.

We offers exercise and educational programs, fitness testing and evaluation, group exercise classes, nutrition counseling, wellness and post-clinical-care programs, smoking cessation classes, cardiac rehabilitation and pulmonary rehabilitation. By choosing the right program, you can achieve the optimal fitness and overall health of your lifetime!

HOURS

Monday	6am—8pm
Tuesday	6am—8pm
Wednesday	6am—8pm
Thursday	6am—8pm
Friday	6am—7pm
Saturday	8am—1pm
Sunday	Closed



*Serving the Wellness,
Health Promotion and
Fitness Needs of Our
Employee Associates
and Patients, as well as,
the Residential and
Corporate Community.*

Programs and Services

CLINICAL PROGRAMS

- Cardiac Rehabilitation (615-396-5511)
- Pulmonary Rehabilitation (615-396-4926)

HEALTH AND WELLNESS PROGRAMS

- Group Exercise Classes
- Fitness Testing and Evaluation
- Nutritional Counseling
- Senior Fitness
- Smoking Cessation Program

POST INJURY, DISEASE, SURGERY AND REHAB PROGRAMS

- Bariatric Wellness Aftercare Program
- HOPE Cancer Recovery Program
- Next Step Orthopedic
- Pulmonary Wellness Support Group
- Stroke Recovery Fitness
- Wellness for Life

SERVICES

- Body Composition Testing
- Corporate Health Screenings
- Exercise Assessment and 'Prescription'
- Better Bodies Personal Training (615-496-5208 | www.betterbodies.us)
- Treadmill Stress Tests