

Wellness Center Happenings

at MIDDLE TENNESSEE MEDICAL CENTER

Committed to Medically-Based Fitness Since 1986

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New Heart Failure Center at MTMC Opening on March 2, 2010 Call 615-396-5710

More than one half million people are diagnosed with heart failure every year, and that number continues to rise. In furthering our hospital's commitment to serving the Rutherford County community, Saint Thomas Heart at Middle Tennessee Medical Center is proud to announce the opening of a full-time, dedicated Heart Failure Clinic on March 2nd.

Heart failure is a common condition that usually develops over time as the heart weakens and needs to work harder to keep blood flowing through the body. Heart Failure typically occurs following injury to the heart, such as damage caused by a heart attack, long-term high blood pressure or simply an abnormality of the heart valves. The weekend heart must work harder to keep up with the demands of the body.

Symptoms of Heart Failure

- Shortness of Breath
- Difficulty Breathing when Lying Down
- Weight Gain with Swelling in Legs and Ankles Caused by Fluid Retention
- General Fatigue and Weakness

Risk Factors for Heart Failure

- High Blood Pressure (Hypertension)
- Heart Attack (Myocardial Infarction)
- Damage to Heart Valves or History of a Heart Murmur
- Enlargement of the Heart
- Diabetes

Diagnosing Heart Failure

A cardiologist can accurately diagnose heart failure. For more information about heart failure and to schedule an appointment with a Saint Thomas Heart at Middle Tennessee Medical Center cardiologist.



Congratulations Wellness Center Staff!

On February 5, Middle Tennessee Medical Center went red for National Wear Red Day. All departments who submitted a photo were entered to win prizes.

The American Heart Association in Nashville selected the winning department for displaying the most "red spirit." Congratulations to the Wellness Center and thank you to all associates for going red and showing your support for heart health!

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.



**Middle Tennessee
Medical Center**

We're here for life.

Cardiac Rehabilitation Program

Get Your Life Back After Heart Disease



Restore your strength and stamina & reduce your chance of another heart event.

Our medically supervised 36 visit program promotes heart-healthy lifestyle changes among individuals who recently experienced cardiac events. Our goal is to stabilize, slow or even reverse the progression of cardiovascular disease, thereby reducing the risk of heart disease, another cardiac event or death.

Our registered nurse and exercise physiologist will design a personalized plan for each participant including an exercise program, medically supervised and monitored (EKG) exercise therapy, nutritional counseling

by a registered dietitian and educational materials. Prior to participation, a physician's referral and release is required. For more program information and fees, please call 615-396-5511.

Program Benefits

- Advice, encouragement and close supervision by healthcare professionals
- Learn how to quit smoking, eat right, lose weight, lower blood pressure and cholesterol levels and manage stress
- Feel better about your health
- Reduce your chances of future heart problems,

including heart attack

- Decrease pain and the need for medicines to treat heart or chest pain
- Lessen the chance that you'll have to go back to the hospital or emergency room for a heart problem
- Improve your overall health by reducing your risk factors for heart problems
- Improve your quality of life and make it easier for you to work, participate in social activities, and exercise
- Improve your energy level and lifts your spirits

Pulmonary Rehabilitation Program

Celebrating Our One Year Anniversary

Get More Air In Your Breath

Our medically supervised program promotes proper care and symptom management for patients with pulmonary disease. Through health assessments, individualized exercise programs, monitored exercise therapy and educational sessions with a registered respiratory therapist and an exercise physiologist, individuals suffering from COPD, asthma, emphysema or other respiratory disorders strive to achieve and maintain optimal quality of life.

Prior to participation, a physician's referral and release is required. To participate in this program, call Pulmonary Rehabilitation at 615-396-4926.

Program Benefits

- Advice, encouragement and close supervision by healthcare professionals
- Decreased shortness of breath
- Enhanced quality of life
- Reduced number of hospitalizations
- Decreased respiratory symptoms and complications
- Improved physical conditioning
- Better self-management of disease and increased control of daily functioning
- Improved emotional well-being
- Promotion and development of healthy eating habits
- Increased compliance of medications



Control your breathing instead of your breathing controlling you.

Bariatric Wellness Aftercare Program

We're here to help you lose the weight for good. For life.



The most successful long-term surgical weight loss patients are committed to exercise.

Bariatric surgery is only one small component of the overall success for weight management. Physical activity, good nutritional habits and smoking cessation are essential to a patient's long-term weight maintenance and health. We want to help you achieve and sustain your personal goals while providing encouragement, support, and direction every step of the way.

Meet I-On-I with an Exercise Physiologist

- Discuss and record your personal goals.
- Develop a plan to achieve your goals.

- Develop a cardiovascular and strength training program.
- Evaluate your program on a regular basis to adjust, as needed.

Develop a Plan to Achieve Goals

- Type, frequency, intensity, duration and location of exercise
- Discuss how to track progress

Discuss How to Implement Plan

- Get started slowly and pace yourself
- Stay consistent and fit physical activity into your daily routine

Program Evaluation on a Regular Basis

Meet with an exercise physiologist between post-op week 1 and post-op week 4 and then at least every 3 months thereafter to discuss progress and program modifications.

For free exercise consultations for life, participants do not need to be a member of the Wellness Center to meet 1-on-1 with an exercise physiologist. However, a discounted membership of \$20/month is required to use the facilities and equipment. To participate, call the Wellness Center at 896-0290 or stop by the front desk.

Bariatric Clothing Swap on April 13

Clean Out Your Closet and Gain a Wardrobe!

Post-surgery and pre-surgery bariatric patients are invited to bring clean and gently used men's and women's clothing and swap with others.

Date, Time and Location

Tuesday, April 13 from 4:00 p.m.—6:30 p.m.

The Bariatric Center at MTMC

1602 West Northfield Blvd, Suite 503

Clothing Drop-off Location

Dates: February 8 through April 9

Location: The Wellness Center

Hours: Mon.-Thurs. 6 a.m. - 8 p.m.; Fri. 6 a.m. - 7 p.m.; Sat. 8 am. - 1 p.m.

Accepted Items

Clothing, hats, shoes and belts

Unaccepted Items

Undergarments, socks and soiled items

Questions?

For questions about this event, contact Jen Hartman, RD at 615-896-0290 or jennifer.hartman@mtmc.org.



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