

Wellness Center Happenings

at MIDDLE TENNESSEE MEDICAL CENTER

Committed to Medically-Based Fitness Since 1986

Volume 3, Issue 1 | January 2010

A New You in the New Year

Source: American College of Sports Medicine (ACSM)

The new year can be a great time to invest in yourself with fresh goals and new habits -- if you set your resolutions wisely. ACSM offers five strategies to create resolutions that will help you transform your life.

1. **Schedule your workout time.** Ease your tension by developing a plan that includes time for workouts and time for fun.
2. **Be true to yourself.** Are you trying to lose weight, train for a marathon or adopt a generally healthier lifestyle? Each of those goals requires a different approach to fitness, and you'll be more successful if you identify what's most important to you.
3. **Play to win.** Enhance your motivation and have a lot of fun by adding a sport to your normal fitness routine such as basketball, volleyball and even roller derby.
4. **Keep it short.** Researchers found that people who exercised in three, 10-minute segments per day were more likely to remain physically active than those who trained for 30 continuous minutes.
5. **Break down your barriers.** Try to find a new way to reward yourself when you meet your goals. If you fail, just see how you can do better the next time.



Why choose a medically-based fitness center?



- On-site medical personnel including registered nurses, exercise physiologists, respiratory therapists and registered dietitians.
- Comfortable, safe and supportive environment, especially for those with chronic health conditions.
- It's not intimidating — you see regular people of all ages and different fitness levels.
- Medically supervised programs for bariatric surgery patients and for people with cardiac conditions, respiratory disorders, orthopedic issues, cancer and other conditions and diseases.
- Bridges the return to general wellness after completing a structured rehabilitation program.
- Programs target ways of preventing and treating special health risks, as well as promoting wellness.
- Professionally designed and administered exercise programs based on personal goals, health risks, fitness assessment and needs.
- Opportunities for body composition testing, stress testing, cholesterol screening and nutritional counseling.

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.

Exercising in the Cold Weather

Source: American College of Sports Medicine (ACSM)



Wearing a hat
will prevent heat loss,
so your circulatory
system will have more
heat to distribute to
the rest of your body.

Layer Clothing

Several thin layers are warmer than a single heavy garment. Layers can be added or removed depending on the activity level to ventilate the skin surface and regulate body temperature. The goal is to keep the body warm, minimize sweating and avoid shivering.

Cover Your Head

Why? Because heat loss from the head and neck may be as much as 50 percent of the total heat being lost by your body. Cover the entire face and neck if it's extremely cold.

Cover Your Mouth

Cover your mouth with a scarf or mask if breathing cold air causes angina (chest pain) or if you are prone to upper respiratory problems. This warms the air before you inhale it.

Stay Hydrated

Dehydration affects your body's ability to regulate body heat and increases the risk of frostbite. Fluids, especially water, are as important in cold weather as in the heat. Avoid consuming alcohol or beverages containing caffeine.

Stay Dry

Wet or damp clothing, whether from perspiration or precipitation, significantly increases body-heat loss.

Keep Your Feet Dry

Use a fabric that will wick perspiration away from the skin. Cotton is a poor choice for socks, gloves or underwear because once wet, it loses its insulating properties. Polypropylene, wool or other fabrics wick moisture away from the skin and retain insulating properties to keep the body warm when wet.

Focus on Sodium in the New Year

Source: American Dietetic Association

Reducing sodium intake is an important step in maintaining a healthy blood pressure. When it comes to food labels, "unsalted," "processed without salt," or "no salt added" may signify the producer didn't put in any additional salt during processing, but the food may still be naturally high in sodium.

The following tips will help you identify lower-sodium food choices and reduce your daily intake of sodium to less than 2,400 milligrams per day (less than 1,500 milligrams a day if you have been diagnosed with hypertension or are salt-sensitive):

- Look for labels that say low sodium, very low sodium or sodium free.
- Most of the sodium in the food supply comes from packaged foods. Processed meats such as hams, sausages, frankfurters and luncheon or deli meats are particularly high in sodium.
- Fresh chicken, turkey and pork that have been enhanced with a salt-containing solution also have added sodium. Check the product label for statements such as "self-basting."
- Frozen dinners, package mixes, cereals, cheese, breads, soups, salad dressings and sauces also tend to be high in sodium. The amounts in different types and brands often vary widely, so be sure to read the labels and compare.
- Choose fresh, plain frozen or canned vegetables without added salt most of the time.
- Choose fresh or frozen fish, shellfish, poultry and meat most often. They are lower in salt than most canned and processed forms.



Use herbs and spices, such as garlic and fresh ground pepper, to make food flavorsome, colorful and tasty.

Exercise and Arthritis

Source: American Council on Exercise (ACE)

Arthritis is becoming a more prevalent health problem—and not just among the elderly. More than 40 million people have arthritis, including 33% of individuals over the age of 65. The good news is that a program of moderate exercise can offset the pain associated with this disease.

What is arthritis?

Arthritis means “inflammation of a joint.” Osteoarthritis, the most common form of arthritis, is characterized by a progressive loss of cartilage, typically in the hands, shoulders, hips or knees. Common symptoms include joint pain, limited range of motion and swelling. Rheumatoid arthritis, which is far less common, causes the inner linings of the joints to become inflamed.

How can exercise help?

For many years, doctors have recommended that patients with arthritis engage in flexibility training to help improve range of motion and reduce some of the stiffness in their afflicted joints. In recent years, doctors have also begun to recognize the benefits of cardiovascular exercise and strength training. Not only does a well-rounded exercise program preserve joint range of motion and flexibility, but it also reduces the risk of cardiovascular disease, increases joint stability and lessens the physical and psychological pain that often accompanies a diagnosis of arthritis.

Exercising Safely With Arthritis

Before beginning any type of exercise program, talk it over with your physician. He or she may have some specific concerns or considerations you should keep in mind. Once you begin a program, the primary goal is to improve functional capacity to help reduce pain and fatigue associated with activities of daily living. A secondary focus is to improve physical fitness.



A well-rounded
exercise program
improves joint
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and flexibility,
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reduces pain.

Start your exercise program with a goal to improve flexibility. Try to move your joints through their full range of motion at least once per day, holding the stretch for at least 30 seconds. Take your time with these exercises and never stretch to the point of pain or discomfort. By focusing on flexibility, you reduce your risk of injury and limber up the joints that have been stiffened by arthritis. Your physical therapist or trainer can help you to choose the most effective stretches for you.

Progress to strengthening exercises to improve muscular endurance. Depending on the severity of your arthritis, your physician or physical therapist may suggest either isometric or isotonic exercises. Isometric exercise, such as pushing one palm against the other, involves contracting the muscle without moving the joint. Isotonic exercise, such as a biceps curl, involves contracting the muscle while moving one or more joints. These exercises can be done easily with weights, elastic tubing or exercise bands. Engage in resistance-training activities two to three times per week. Your muscles need time to recover and repair, so take at least one day off in between strength-training workouts. Be careful not to lift too much, too soon. Take your time and build up gradually.

Once you've developed a flexibility and resistance-training routine, incorporate aerobic activity. Cardiovascular exercise programs reduce pain and morning stiffness and improve walking speed and balance. Aim for participating in cardiovascular exercise such as walking, swimming or bicycling three to five times per week. As with strength training, start aerobic exercise slowly and progress gradually.

Depending on your current fitness level, you may want to start with as little as two minutes of activity three times a day and work your way up to a single 20-minute session three to five times per week. Finish every workout with stretching, choosing exercises that minimize the stress on the most painful joints.

Do What Works for You

The key is to find what works best for you to adopt a safe, effective and fun exercise program that will set you on your way to greater mobility and better health.

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