

Wellness Center Happenings

at MIDDLE TENNESSEE MEDICAL CENTER

Committed to Medically-Based Fitness Since 1986

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Project update on Seton Medical Office Building

The foundation piers are complete! And speaking of firm foundations, LFDC's professionalism and commitment to safety has started the MOB II construction off on the proper footing. The team's commitment to schedule, in conjunction with Lithko Concrete and Civil Constructors, enabled the first two of eight sequences of steel to be delivered on December 6th - more than one week ahead of schedule. Steel erection will continue through the middle of January.

Offices to be located in the Seton Building include:

- Congestive Heart Failure Clinic at MTMC
- Stroke Clinic at MTMC
- Bariatric Center at MTMC
- Center for Breast Health at MTMC
- Saint Thomas Heart at MTMC
- The Cancer Center at MTMC
- The Wellness Center and Cardiac/Pulmonary Rehab at MTMC
- Wound Care Center
- Murfreesboro Diagnostic Imaging
- Mid State Neurology
- Tennessee Oncology
- Palliative Care

Ground Breaking..... 11.19.10
Steel Erection..... 12.15.10
Building Dry-In..... 05.01.11
Substantial Completion..... 11.01.11

THE COUNTDOWN BEGINS
as of January 1st, 2011 **305** days left



Happy New Year!
from the
Wellness Center Staff

New Staff Member



Cyndy Bowman started at the Wellness Center December 13th 2010. She has over 9 yrs experience with MTMC patient access department and registration.

Healthy Resolutions for the Whole Year

As the first few months of the new year slip away, do you find your resolutions slipping away as well?

Resolutions should be reasonably attainable so that you are setting yourself up for success rather than disappointment. Try focusing on small intermediate goals that will ultimately lead you to your primary goal. Do not expect to be perfect. Aim for a healthy lifestyle with which you will feel comfortable.

Take Small Steps

Simply establishing the goal of leading a healthy lifestyle should make you feel good about yourself. To make that goal more attainable, come up with small goals that you know you can meet each day to help keep yourself feeling positive. Accomplishing the smaller goals will leave you with a more immediate feeling of success.

If your goals are too large, you may get caught up in them and feel disappointed when you do not see immediate results.

Small behavior-change plans are easier to stick to than vague resolutions like “I will lose 10 pounds.” If your resolution is too large, add a plan of action that will guide you toward your goal.

Rather than “I will exercise more,” try “I will go for a walk at lunch on Tuesdays and Thursdays and work out in the gym Mondays

and Fridays.” This way you can feel a sense of accomplishment every day, and if you miss a day, you can get right back on track rather than feeling like a failure.

Change for Yourself

Any goals that you set should come from a sincere desire to change for yourself. Research has shown that negative feelings are a frequent cause of relapse in behavior-change programs, and resolutions that feel like punishment can cause negative feelings.

All resolutions should be perceived as positive changes that will help you reach optimal health and well-being. Don't decide to change to please anyone other than yourself.

And remember, resolutions are an opportunity for you to look forward in a positive way rather than to punish yourself for past behaviors.

Source: Ace Fitness, President's Council on Physical Fitness and Sports—Physical Activity and The Stages of Motivational Readiness for Change Model: www.fitness.gov/Reading_Room/Digests/march2003digest.pdf

Be Creative

Perhaps you can find ways to exercise while also accomplishing other goals. If weather permits, try walking to do errands that are in close proximity to your home or office. Maybe you want to spend more time with your family. Try walking with a family member or bringing your children along on bikes while you walk or jog.

If your goal is to make new friends, try taking classes where you will meet other people who share your same exercise interests.

Be Realistic

Be sure that your plan of action is realistic. Plan to work out at times when it is convenient for you. If you are not a morning person, do not plan to work out early in the morning or you'll just be setting yourself up for failure.

Try to make things as easy as possible for yourself. Set your goals at reasonable heights so that you can reach them one by one without feeling overwhelmed.

The only way your goal is going to become reality is if you believe in it and, most of all, if you believe in yourself. It may help you reinforce your goal if you can find a realistic role model who is actually living your goal. If he or she can do it, so can you!

Anticipate Roadblocks and Reward Yourself for Successes

If things like weather and illness will prevent you from sticking to your plan, make alternate plans for situations that you cannot avoid. Most importantly, do not let a missed day or two throw you completely off target. Instead, do your best to get back on track as quickly as possible, which should not be extremely difficult if you have set appropriate goals.

It is easier to stick to your plan when you feel good about yourself. Try to find a new way to reward yourself when you meet your smaller goals. If you are trying to eat healthier, be sure that all of your meals are still delicious, and allow yourself a small dessert after a few days of healthy habits.

Be sure to get involved in activities that keep you feeling happy and fulfilled.

Build a Support System

Get the support of your family, friends and coworkers. If your resolution involves quitting a serious addiction like smoking or drinking or overcoming an eating disorder, get professional help and join a support group if possible.

Remember that you are your best supporter. You are trying to improve your own health. Appreciate what you have and then try to treat it a little bit better than you have in the past. If you take better care of your body, you will feel better and perform better at all that you do.

Keep in mind that a well-thought-out resolution can be a useful tool to help you live your life the best way possible, starting from the inside.





Spicy Beef with Shrimp & Bok Choy

4 servings, about 1 cup each

Active Time: 25 minutes

Total Time: 25 minutes

Oyster sauce and rice wine give this speedy stir-fry a rich flavor that balances the clean, sweet crunch of bok choy. Make It a Meal: Rice noodles or brown basmati rice and a Tsing Tao beer will make you feel like you're eating in your favorite Chinese restaurant.

INGREDIENTS

- 1/4 cup Shao Hsing rice wine, (see Ingredient note)
- 1 1/2 tablespoons oyster-flavored sauce
- 2 teaspoons cornstarch
- 4 teaspoons canola oil, divided
- 3/4 pound sirloin steak, trimmed of fat, cut in half lengthwise and thinly sliced
- 1/4-1/2 teaspoon crushed red pepper
- 10 raw shrimp, (21-25 per pound), peeled, deveined and chopped
- 1 pound bok choy, preferably baby bok choy, trimmed and sliced into 1-inch pieces

PREPARATION

1. Whisk rice wine, oyster sauce and cornstarch in a small bowl until the cornstarch is dissolved.
2. Heat 2 teaspoons oil in a large nonstick skillet or wok over medium-high heat. Add beef and crushed red pepper to taste; cook, stirring, until the beef begins to brown, 1 to 2 minutes. Add shrimp and continue to cook, stirring, until the shrimp is opaque and pink, 1 to 2 minutes. Transfer the beef, shrimp and any juices to a plate.
3. Heat the remaining 2 teaspoons oil over medium-high heat in the same pan. Add bok choy and cook, stirring, until it begins to wilt, 2 to 4 minutes. Stir in the cornstarch mixture. Return the beef-shrimp mixture to the pan and cook, stirring, until heated through and the sauce has thickened slightly, about 1 minute.

TIPS & NOTES

Ingredient Note: Shao Hsing (or Shaoxing) is a seasoned rice wine. It is available in most Asian specialty markets and some larger supermarkets in the Asian section. If unavailable, dry sherry is an acceptable substitute.

NUTRITION INFORMATION

Per serving: 204 calories; 8 g fat (2 g sat, 4 g mono); 54 mg cholesterol; 6 g carbohydrates; 0 g added sugars; 22 g protein; 1 g fiber; 384 mg sodium; 660 mg potassium.

Nutrition Bonus: Vitamin A (100% daily value), Vitamin C (50% dv), Zinc (23% dv), Iron (15% dv).

1/2 Carbohydrate Serving | Exchanges: 1 vegetable, 3 very lean meat, 1 fat

Source: From *EatingWell: October/November 2005, The EatingWell Healthy in a Hurry Cookbook (2006)*

MTMC Wellness Center Receives Certification

Middle Tennessee Medical Center Wellness Center announces the certification of its cardiac rehabilitation program by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). The Wellness Center was recognized for its commitment to improving the quality of life by enhancing standards of care.

Cardiac rehab programs are designed to help people with cardiovascular problems recover faster and improve their quality of life. Both programs include exercise, education, counseling and support for patients and their families.

“We are excited to receive this certification,” says Bryan Lowe, Wellness Center manager. “It is a team effort and we strive to meet the needs of our patients while improving their quality of care.”

The Wellness Center cardiac rehab program joins other AACVPR-Certified programs as leaders in the field of cardiovascular and pulmonary rehabilitation. AACVPR certification recognizes outstanding programs that follow best practices in patient care and program management.

The AACVPR Program Certification is the only peer-reviewed accreditation process designed to review individual facilities for adherence to standards and guidelines developed and published by the AACVPR and other professional societies. Each program is reviewed by the AACVPR National Certification Committee and certification is awarded by the AACVPR Board of Directors. AACVPR Program Certification is valid for three years.

About AACVPR

Founded in 1985, the American Association of Cardiovascular and Pulmonary Rehabilitation is a multidisciplinary organization dedicated to the mission of reducing morbidity, mortality and disability from cardiovascular and pulmonary disease through education, prevention, rehabilitation, research and disease management. Central to the core mission is improvement in quality of life for patients and their families.

For more information, visit www.mtmc.org/wellnesscenter

The Wellness Center is currently working toward the pulmonary rehab certification application.

DIET REPORT CARD

How are Americans doing on eating habits? Since the early 1990s, the U.S. Department of Agriculture has been tracking what we're consuming. Every few years, the data is used to size up the American diet. Here's America's report card:

D-Beverages. In 1997, soda became the most popular American drink and it continues to be. We now drink roughly 50 gallons per person per year. The soft drink industry is doing well.

D-Dairy products. Say “Cheese.” And many Americans do. Cheese consumption is up 200 percent since 1970. Cheese is everywhere: in pizza, tacos, nachos, soups, salads. Cheese has now passed beef as the number one source of saturated fat.

B-Flour and cereal. Bread, bagels, pasta,

pancakes, cakes, cookies, doughnuts. Only a tiny fraction comes from whole grains.

B-Added Fats & Oils. We're eating slightly less butter, margarine and much more oil. The biggest new consumable is trans fat, from partially hydrogenated oil.

F-Sweeteners. We now produce 152 pounds of added sugar for every man, woman and child in America. That's 25 percent more than in 1970. Soft drinks account for one-third of our intake of sweets; so-called “fruit” drinks another 10 percent.

B-Meat, Poultry, & Seafood. After a steep climb in the 50s and 60s, beef consumption peaked in the mid-1970s. While chicken consumption has grown in recent years, we still eat far more red

meat (111 pounds per year per person) compared to 83 for poultry and seafood.

A-Fruits & Vegetables. We are eating more fruits and vegetables than we did 30 years ago, but we still don't eat enough. There's an upswing in bell peppers, broccoli, carrots, cucumbers, mushrooms, onions, spinach, squash, and tomatoes (but not in brussels sprouts, cabbage, celery or sweet potatoes). We're eating more bananas, grapes, mangos, melons, pears, pineapples, and strawberries (but not apples, apricots, cherries, grapefruits, oranges, peaches, or plums).

C-Milk. Whole milk and 2% milk consumption is down, but we still drink twice as much of these fattier milk varieties than 1% and fat-free.

Source: Health, Aviation Medical Bulletin Dec 2010