

# Wellness Center Happenings

at MIDDLE TENNESSEE MEDICAL CENTER

Committed to Medically-Based Fitness Since 1986

Volume 3, Issue 9 | September 2010

## NEW! Cardiac & Pulmonary Rehab Entertainment

*Who Wants to be a Millionaire Game for Cardiac and Pulmonary Rehab*

*Tuesdays-Cardiac, Wednesdays-Pulmonary*

1. The millionaire presentation provides the patients the opportunity to learn and have fun with educational topics targeted toward the recovery from their disease process.
1. Music, we play music that the patients have requested that is at the proper tempo for their exercise.
2. TV sitcom melody trivia.
3. Adding simple dance steps to the advanced classes.
4. Wacky Wednesday, patients bring in jokes to share with their classmates.
5. Pulmonary Trivia, on Monday a pulmonary question that was covered in either the patient's orientation or during Thursday education is placed on the dry erase board. Patient places answer on small piece of scrap paper and places this in box. Thursday morning the box is opened and correct answers are awarded a small prize. This might be a piece of sugar free candy, etc.
6. Cross word puzzles for pulmonary education.



## Please Welcome Our New Members!

*Tony Mitchell, Dustin Del Rio & Bruce Ellis have joined the Wellness Center Team*



Tony Mitchell started at the Wellness Center on July 26<sup>th</sup> 2010. He has over 12 years of exercise prescription experience as well as 3 years in public health. He received a Bachelor Degree in exercise science from Middle Tennessee State University.



Dustin Del Rio started at the Wellness Center May 3<sup>rd</sup> 2010. He has over 5 years of exercise prescription experience. He received a bachelor degree in exercise science from UT Chattanooga.



Bruce Ellis started at the Wellness Center on July 26<sup>th</sup> 2010. He has over 25 years of experience as an EMT- Paramedic. He also has over 9 years experience as an ER Registered Nurse and Certified Emergency Nurse.



**The Wellness Center**  
Middle Tennessee Medical Center

Hours: M-Th 6am-8pm, Fri-6am-7pm, Sat-8am-1pm, Sunday-Closed

# Senior Exercise and Fitness Tips

## How to Gain Energy and Feel Stronger .....

Thinking about how to begin a fitness routine? Good for you! As you grow older, leading an active lifestyle is more important than ever. Regular exercise helps seniors maintain health, boost energy, and improve confidence.

The good news is—no matter your age, your health, or your fitness level—you can benefit from moving more. Whether you are generally healthy or are managing an illness, there are big and small ways to get more active and boost your fitness level.

### *Exercise is the key to healthy aging*

Have you heard exercise is important for older adults, but don't know where to begin? You're not alone. Many seniors feel discouraged by fitness barriers, such as chronic health conditions or concerns

about injury or falls. If you've never exercised before, you may not know where to begin. Or maybe an ongoing health problem or disability is keeping you from getting active. Perhaps you think you're too old or frail.

The truth is that you can't afford not to get moving. Exercise is the key to staying strong, energetic, and healthy as you get older. It can help you manage the symptoms of illness and pain, maintain your independence, and even reverse some of the symptoms of aging. And not only is exercise good for your body—it's good for your mind, mood, and memory.

No matter your age or your current physical condition, you can benefit from exercise. Reaping the rewards of exercise doesn't require strenuous workouts or



trips to the gym. It's about adding more movement and activity to your life, even in small ways. Whether you are generally healthy or are managing an illness—even if you're housebound—there are many easy ways to get your body moving and improve your health.

## Types of activities that are beneficial to seniors:

*Walking. Walking is a perfect way to start exercising. It requires no special equipment, aside from a pair of comfortable walking shoes, and can be done anywhere.*

*Senior sports or fitness classes. Keeps motivation alive while also providing a source of fun, stress relief, and a place to meet friends.*

*Water aerobics and water sports. Working out in water is wonderful for seniors because water reduces stress and strain on the body's joints.*

*Yoga. Combines a series of poses with breathing. Moving through the poses works on strength, flexibility and balance. Yoga can be adapted to any level.*

*Look at our group exercise classes: Rejuvenate Low Impact @ 8:30am Michelle-60min*

*Yoga @ 10:30am Marjorie-60min*

*Strength, Balance, and Stretch @ 11:45am Marjorie-60min*

## 5 Myths about Exercise and Older Adults

**Myth 1:** There's no point to exercising. I'm going to get old anyway.

**Fact:** Fact: Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure, and obesity.

**Myth 2:** Elderly people shouldn't exercise. They should save their strength and rest.

**Fact:** Research shows that a sedentary lifestyle is unhealthy for the elderly. Period. Inactivity often causes seniors to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.

**Myth 3:** Exercise puts me at risk of falling down.

**Fact:** Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually reducing your risk of falling.

**Myth 4:** It's too late. I'm already too old, to start exercising

**Fact:** You're never too old to exercise! If you've never exercised before, or it's been a while, start with light walking and other gentle activities.

**Myth 5:** I'm disabled. I can't exercise sitting down.

**Fact:** Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics to increase range of motion, improve muscle tone, and promote cardiovascular health.

# Did You Know?

We offer classes for Cardiac and Pulmonary Rehabilitation



## Get Your Life Back After Heart Disease

Our medically supervised 36 visit program promotes heart-healthy lifestyle changes among individuals who recently experienced cardiac events. Prior to participation, a physician's referral and release is required. For more program information and fees, please call 615-396-5511.

### Cardiac Rehab Classes:

7:30-8:30

9:00-10:00

10:30-11:30

12:45-1:45

2:00-3:00

3:30-4:30

## Get More Air In Your Breath

Our medically supervised program promotes proper care and symptom management for patients with pulmonary disease. Prior to participation, a physician's referral and release is required. To participate in this program, call Pulmonary Rehabilitation at 615-396-4926.

### Pulmonary Rehab Classes:

8:00-9:15

9:30-10:45

11:00-12:15

1:30-2:45

# American Heart Association Heart Walk November 7<sup>th</sup>, 2010

More information coming soon in next month's newsletter.



American Heart Association



Learn and Live.

## HEART WALK.

## There's Still Time for That Grill!

*Barbecued Pork Sandwiches, Provided by EatingWell.com*

*Serves: 2, Prep Time: 15 minutes, Total Time: 15 minutes*

Nutrition Profile: Diabetes Appropriate Healthy Weight Heart Healthy High Potassium Low Calorie Low Cholesterol Low Sat Fat

Smoky grilled onion and your favorite barbecue sauce transform grilled pork tenderloin into a hearty summer sandwich. If you're concerned about sodium, be sure to choose a lower-sodium barbecue sauce.

### INGREDIENTS

- 1 small yellow onion, cut into 1/2-inch-thick rounds
- 1 teaspoon canola oil
- 2 whole-wheat buns, split horizontally
- Chipotle-Marinaded Pork Tenderloin, grilled (see recipe), thinly sliced
- 1/3 cup prepared barbecue sauce

### COOKING DIRECTIONS

**Step 1:** Preheat grill to high or heat a large indoor grill pan over high heat. Lightly brush onion with oil and grill (after the pork is done) until lightly browned and soft, turning once, 4 to 5 minutes. Let cool on a cutting board.

**Step 2:** Lightly toast buns cut side down on the grill or in the pan.

**Step 3:** Chop the onion; transfer to a large bowl. Shred pork using two forks; add to the bowl. Add barbecue sauce; stir to combine. Serve the pork filling on the toasted buns.

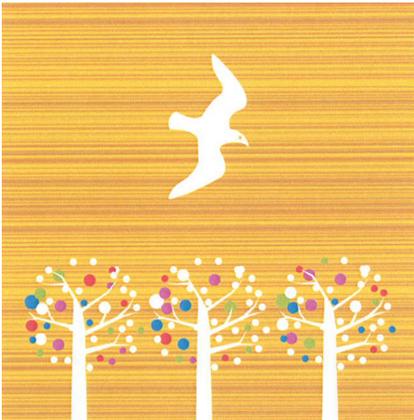
### MAKE AHEAD TIP

Cover and refrigerate for up to 2 days. Serve cold or reheat before serving.

### NUTRITION INFO

Per serving  
Calories: 319  
Carbohydrates: 32g  
Fat: 9g  
Protein: 27g  
Dietary Fiber: 4g  
Saturated Fat: 2g  
Monounsaturated Fat: 4g  
Cholesterol: 63mg  
Potassium: 614mg  
Sodium: 711mg  
Exchanges: 2 starch, 3 very lean meat, 1/2 fat  
Carbohydrate Servings: 2





## Pulmonary Rehab-Better Breathers Club September 14<sup>th</sup>, 2010

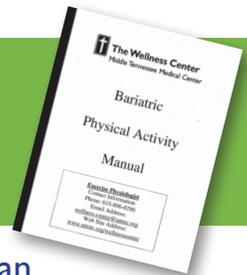
*Information Session: 2-3:00pm*

The purpose of the club is to offer patient-centered, community-based educational opportunities and support to persons with chronic lung disease and to their families, friends and support persons.

For more information contact Ann Garner-Sanders or Rose Ann Mosey  
The Wellness Center @ MTMC 615.896.0290

## The Wellness Center Exercise Physiologist has developed a bariatric aftercare physical activity manual.

Please see our staff if you need a copy.



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. In fact, the most successful long-term surgical weight loss patients are committed to exercise.

As a part of the only specialized Bariatric Wellness Aftercare Program in Murfreesboro, we want to help you achieve and sustain your personal goals while providing encouragement, support, and direction every step of the way. Participants do not need to be a member of the Wellness Center to meet one-on-one with an Exercise Physiologist for life to:

### Develop a Plan to Achieve Goals

- Type of Physical Activity (cardiovascular, strength, and flexibility training)
- Frequency of Physical Activity (number of physical activity sessions per week)
- Intensity of Physical Activity (measured by calculating your target heart rate)
- Duration of Physical Activity (number of minutes per physical activity sessions)
- Location of Physical Activity (home, mall, park, work, fitness center, church, or school)
- Discuss how to track progress (workout journal)

### Discuss How to Implement Plan

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

### Evaluate Program on a Regular Basis

- Meet with an Exercise Physiologist pre-op and post-op pending on your needs.

In addition, we offer participants access to our facility and specialized equipment. You can take advantage of a free equipment orientation and have daily access to certified staff for questions. Prior to program participation, a physician's referral and release is required. To participate in this program, call the Wellness Center at 896-0290 or stop by the front desk about membership cost.

 **Middle Tennessee  
Medical Center**

We're here for life.