

Wellness Center Happenings

at MIDDLE TENNESSEE MEDICAL CENTER

Committed to Medically-Based Fitness Since 1986

Volume 3, Issue 10 | October 2010

Patient Testimonials

"They designed a specific program that focused on strengthening the core muscles and the leg muscles."

Dale Ward

I am Dale Ward, fifty-seven years old, and my caretaker and wife is Barbara. I survived a brain stem stroke on October 22, 2009 in which unfortunately most don't survive. I came home from the rehabilitation hospital in a wheelchair because of my balance, and I had a serious swallowing problem, and a vision problem, but fortunately, I had no paralysis.

After several months of speech, physical, and occupational therapies, one of the therapists suggested that I obtain water therapy for my balance, and resistance training for my weak muscles.

The Lord led us to Rose Ann Mosey for the water therapy and she suggested the Wellness Center at Middle Tennessee Medical Center for the resistance training.

I started a program at the Wellness Center at Middle Tennessee Medical Center the first of July working out three days a week. They designed a specific program that focused on strengthening the core muscles and the leg muscles. Since I started, Dustin Del Rio has added some training exercises to improve my balance and leg strength. As a result, I am using the walker full-time. My goal is to walk into the Murphy Center without the walker next May for my grandson's high school graduation. With everyone's help, including the Lord's, I will meet this goal.



Jonelle L. Prince

Phd. Exercise Achiever

September, 1, 2010

After three heart attacks and recurring heart blockages, I must say that cardiac rehab means "life to me." Each of the four times that I have gone through cardiac rehab, I've had to begin slowly with careful monitoring by the very professional and caring personnel. Exercise is made fun by the cheerful and friendly encouragement of everyone including the other participants. My husband hopes that I have finally gotten it right this time but to be on the safe side, I plan to continue my exercise at the Wellness Center at Middle Tennessee Medical Center near their watchful eye.

"Exercise is made fun by the cheerful and friendly encouragement of everyone including the other participants."



The Wellness Center
Middle Tennessee Medical Center

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

2010 Start! Rutherford Heart Walk

WHEN: November 7, 2010 • **TIME:** 1:00pm-4:00pm

Walk Begins at 2:30pm • Activities Until 4:00pm

WHERE: MTSU Campus (The Grove)

Goal: \$150,000

Distance: 3 miles



American Heart
Association 
Learn and Live®

Chair: Dr. Britt Mioton

HEART WALK®

What is the Heart Walk: The Start! Rutherford Heart Walk is an event that emphasizes walking as part of a heart-healthy lifestyle and raises funds for American Heart Association on research and education projects.

The Heart Walk is the premier national walking and fund-raising event conducted by local volunteers to the American Heart Association. The Heart Walk helps fight heart disease and stroke by raising money to support lifesaving research, awareness and education programs. It is an opportunity to pay tribute to lost loved ones and celebrate survivors.

Event Overview: *The walk is a 3 mile loop. A map of an alternate route for survivors is available before the Walk in the Red Cap Cafe. *Strollers and dogs are welcome. Please be respectful of other attendees by planning to clean up after your pet. *Visit the Welcome Home tent for maps and programs the day of the Walk. * Light lunch provided on Eat Street next to the Kids Zone.



If you would like to get involved or need information about becoming a team captain this year contact Dustin or Samantha at the Wellness Center.

Dustin Del Rio

dustin.delrio@mtmc.org

615.896.0290

Samantha Gallina

samantha.gallina@mtmc.org

615.896.0290

Sign up today at www.rutherfordheartwalk.org

The Wellness Center new referral card for in-patient and out-patient areas coming soon.



YOUR WELLNESS DEPENDS ON IT!

The Wellness Center Staff at Middle Tennessee Medical Center is committed to helping you reach a healthy lifestyle. Together, our registered nurses, respiratory therapist, exercise physiologists and registered dietitians will prepare a roadmap specific to your rehabilitation and fitness needs.

We offer many programs and services geared towards helping you reach your destination. Call or log on to find out more about the following:

| | |
|--------------------------------------|------------------------------|
| Bariatric Wellness Aftercare Program | HOPE Cancer Recovery Program |
| Body Composition Testing | Nutritional Counseling |
| Cardiac Rehabilitation | Personal Fitness Training |
| Exercise and Educational Programs | Post-Clinical-Care Programs |
| Fitness Center | Pulmonary Rehabilitation |
| Fitness Testing and Evaluation | Smoking Cessation Classes |
| Group Exercise Classes | Wellness Programs |

Talk to your physician for a referral or call us for more information today!

The Wellness Center / 615-896-0290 > Cardiac Rehab / 615-396-5511 > Pulmonary Rehab / 615-396-4926
611 E. Lytle Street, Murfreesboro, TN 37130 > www.mtmc.org/wellnesscenter

Eat Right

Food, Nutrition and Health Tips from the American Dietetic Association

Source: www.eatright.org



Make snacks work for you by choosing nutrient-rich foods from the MyPyramid food groups. Snacks can boost your energy between meals and supply essential vitamins and minerals. There is a place for snacks in a healthy eating plan. Just choose wisely:

- Think of snacks as mini-meals that contribute nutrient-rich foods.
- Snack only when you're hungry. Skip the urge to nibble when you're bored, frustrated or stressed.
- Keep portion control in mind. Eating directly from a multiple-serving package can lead to overeating.
- Plan snacks ahead of time.

Snacks with 200 calories or less:

- One tbsp peanut butter spread on slices of a medium apple
- One cup tomato soup with five whole-grain crackers
- Three cups air-popped popcorn sprinkled with three tablespoons grated parmesan cheese

For more healthy eating tips, visit www.eatright.org.

Carolyn Malcoun's Blog, Loaded Spinach Salad

4 Favorite Fall Power Salads, to get all 4 recipes go to:

http://www.eatingwell.com/blogs/carolyn_malcoun/2009_10_16/4_favorite_fall_power_salads

Active Time: 20 Minutes, Total Time: 30 minutes

2 Servings, about 4 cups each

Like many spinach salads, this one features lots of chopped-up hard-boiled egg. But since most of the calories in an egg are in the yolk, we use just two whole eggs, plus the whites from six additional eggs. The result is a rich, eggy, satisfying spinach salad that keeps the calories in check.



INGREDIENTS

- 8 large eggs
- 6 cups baby spinach
- 4 tablespoons Creamy Blue Cheese Dressing, divided (recipe follows)
- 1 8-ounce can beets, rinsed and sliced
- 1 cup carrots, shredded
- 2 tablespoons chopped pecans, toasted (see Tip)
- This recipe calls for: Creamy Blue Cheese Dressing

PREPARATION

Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low, cover and cook at the lowest simmer for 10 minutes. Pour off the hot water and run cold water over the eggs until they are completely cooled. Peel the eggs, discard 6 of the yolks, chop the remaining yolks and whites. Toss spinach and 2 tablespoons dressing in a large bowl. Divide between 2 plates. Top with chopped eggs, beets, carrots and pecans. Drizzle with the remaining 2 tablespoons dressing.

TIPS & NOTES

Tip: To toast chopped nuts & seeds: Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

NUTRITION

Per serving: 300 calories; 13 g fat (3 g sat, 6 g mono); 216 mg cholesterol; 26 g carbohydrates; 22 g protein; 8 g fiber; 823 mg sodium; 592 mg potassium.

Nutrition Bonus: Vitamin A (240% daily value), Folate (35% dv), Vitamin C (30% dv), Calcium (15% dv).

1 Carbohydrate Serving, Exchanges: 4 vegetable, 2 lean meat, 1 1/2 fat

Data Source: From EatingWell: March/April 2007, The EatingWell Diet (2007)

Take Part in Race for the Cure

The 19th annual Susan G. Komen Greater Nashville Race for the Cure® will be held on Oct. 9, 2010 at Maryland Farms in Brentwood, Tenn. Festivities will begin at 6:30 a.m. and the race will begin at 9 a.m.

"In 2009, The Centers for Breast Health and our three Cancer Centers diagnosed and treated over 900 women with breast cancer. STHS has the largest breast cancer program in the nation," says Elizabeth Pace, Service Line Executive at STHS for Oncology and Women's Health. "The 2010 Race for the Cure is your chance to show your support for your mother, sister, daughter and friends who have been touched by breast cancer and for the STHS associates and physicians who are dedicated to eliminating this disease."

This year, Saint Thomas Health Services has chosen honorary team captains at Baptist, MTMC and Saint Thomas Hospitals to lead our efforts in raising awareness for the fight against breast cancer. This year's team captains are:

Retha Thomas - Saint Thomas Health Services

Wanda Cockrell - Baptist Hospital

Colleen Fultz - Middle Tennessee Medical Center

Linda Brown - Saint Thomas Hospital



You can join the STHS Team today at
www.komennashville.org. To join a Saint Thomas Health Services team,

1. Go to <http://komennashville.org/komen-race-for-the-cure/>
2. Select "Teams" from the left side menu column
3. Select "Join a Team"
4. Choose "Saint Thomas Health Services" under Team Company
5. Click "Search for a Team"
6. Choose the team you would like to join.

Breast Self-Awareness (BSA)

1. Know your risk:

- ☐ Talk to your family to learn about your family health history
- ☐ Talk to a doctor about your personal risk of breast cancer

2. Get screened:

- ☐ Ask your doctor which screening tests are right for you if you are at a higher risk
- ☐ Have annual mammograms starting at age 40 if you are at average risk
- ☐ Have a clinical breast exam at least every 3 years starting at 20 and every year starting at 40

3. Know what is normal for you:

- ☐ See your health care provider right away if you notice any of these breast changes:
 - Lump, hard knot or thickening
 - Swelling, warmth, redness or darkening
 - Change in the size or shape of the breast
 - Dimpling or puckering of the skin
 - Itchy, scaly sore or rash on the nipple
 - Pulling in your nipple or other parts
 - Nipple discharge that starts suddenly
 - New pain in one spot that does not go away

4. Make healthy lifestyle choices:

- ☐ Talk to your family to learn about your family health history
- ☐ Talk to a doctor about your personal risk of breast cancer

For more information call 284-PINK



We're here for life.