

Wellness Center Quarterly

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GET FIT with Middle Georgia's BEST trainers!

Our professional personal trainers hold themselves to the highest standards by following the American College of Sports Medicine Guidelines for exercise. Scientifically based research keeps our trainers on the cutting edge giving them insight on how to assess, design, and implement the best possible program to meet each individual's needs. If you want results, invest in your health and schedule your appointment now with the **TOP** personal trainers in Georgia.



Your \$20 Put to Use!!!

- 2 Swim Platforms
 - Bosu Balls and Rack
 - Kettlebell Set and Rack
 - Medicine Ball Set and Rack
 - 2 Training Ropes
 - Dumbbells and Rack
 - Free Weight Plates
 - Preacher Curl
 - Curl Bar
 - 3 Olympic Bars
 - Decline Bench
 - Incline Bench
 - Power Cage Station
 - Dual Multi Press
 - 2 Recumbent Bikes
 - Jacobs Ladder
 - Calf Raise
 - Pool Deck Furniture
 - Stereo System Upgrades for Group Fitness
 - Back Extension
 - Exercise Mats
 - Espresso Bike
- And More to Come...

Special Points of Interest

- Your enhancement fees at work
- Tree of Memory
- PINK Bake Sale
- Robin's Boot Camp
- Swim Clinics
- Meet the Intern

THE WELLNESS CENTER

A service of The Medical Center of Central Georgia

MACON HEALTH CLUB

A service of The Medical Center of Central Georgia



www.facebook.com/thewellnesscentermacon

VISIT OUR WEBSITE

www.thewellnesscentermacon.com



Brain Bikes

"Fitness for the Brain"

The Brain Bike is the first workout program that exercises the body and brain simultaneously. The unique combination of pedaling the bike and playing brain building games guarantees improved body and brain function. The brain games are fun, lasting up to 4 minutes each, and are designed to improve memory, concentration, and cognitive function by 20%. Please stop by or call Golden Opportunities at 478-757-7817 for pricing and more information about this new exercise program.



WHAT'S NEW WITH GOLDEN OPPORTUNITIES?

Managing Health Care

Expenses

In Retirement

Concerned about health care expenses in retirement? Now is the time to start planning. Sherri Goss, CFP, will begin with an overview of Medicare and end with a discussion of long-term care. This workshop is for everyone over the age of 60.

Thursday, October 18;

1:00 - 2:00 p.m.

Free - G.O. members

\$5.00 - non-members

History 478

Ed Grisamore, a columnist for The Macon Telegraph, will discuss his most recent book called "There's More Than One Way To Spell Wiener." It is a history of Nu-Way hot dogs, the second-oldest hot dog stand in America.

Thursday, November 15;

1:00 - 2:00 p.m.

Free - G.O. members

\$5.00 - non-members

High Museum of Art

Few artists have captured the public's imagination like Mexican painter and muralists Frida Rivera and her husband Diego Rivera. Frida & Diego positions the artists' work within the political and artistic contexts of their time. Cost includes: bus transportation and admission to the museum.

Thursday, March 14, 2013;

\$64.00 - G.O. members

\$84.00 - non-members

Depart~9:00 a.m. Return~4:30 p.m.

Call Golden Opportunities for more information: (478) 757-7817

Travel Opportunities

Interested in visiting the Canadian Rockies Glacier National Park, Pacific Northwest & California, or the Irish Splendor? Come travel with us!



"THE TREE OF MEMORY"

HONORING THOSE WE LOVE



The Wellness Center, A Service of The Medical Center of Central Georgia, is proud to announce the installation of "The Tree of Memory", a beautifully crafted permanent memorial to honor those we love or to thank someone special. Donations to the "Tree of Memory" will benefit participants of Cancer Well-Fit, a FREE 12-week exercise and rehabilitation program for people living with cancer; and Power over Parkinson's, a 12-week exercise and support program for adults and their caregivers affected by Parkinson's Disease.

Located in the lobby area of The Wellness Center, "The Tree of Memory" will be viewed by thousands of visitors each year. Every leaf, rock, dove, and cloud on "The Tree of Memory" symbolizes a unique personal memory for its donor through personalized heartfelt words engraved on each design. Your item will be engraved with the message of your choice: perhaps in memory or in honor of a family member or a friend. By making a tax-deductible donation to this memorial, you can be assured of a lasting tribute as well as support of on-going programs and scholarship assistance for Cancer Well-Fit and Power over Parkinson's participants.

Should you need additional information or have questions, you may contact

Sandra Stone at the Wellness Center at **478-477-2300**.

Group Fitness Class News:

The Group Fitness schedule is updated monthly and can be found in the gym and on the website. Each month, all items found in **red** are changes or updates from the previous month. All items in **green** require a fee to participate. You may also find updates, additions and other news regarding The Wellness Center on our Facebook page. "Like Us" to keep up with all the news. While we try to accommodate all members in our pool, please note that lap swimming is postponed during group aquatic classes. Because the pool changes depth from side to side, and not end to end, it is not usually possible to keep a lane open during aqua group fitness classes. Did you know we also have a terrific pool at the Macon Health Club? If you are a lap swimmer, I invite you to try it out.

Direct all Group Fitness questions and comments to Lisa Seneker at seneker.lisa@mccg.org

October is National Breast Cancer Awareness Month

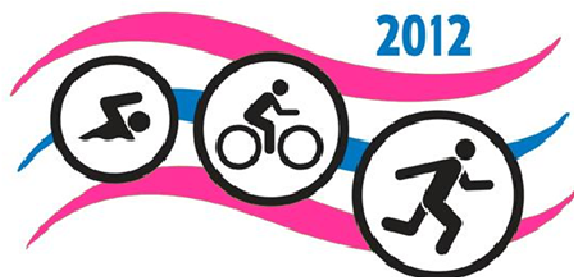


Paint The Town Pink is an October-long community campaign designed to emphasize the importance of breast cancer screening and early detection.

For more information and a complete calendar of events, visit www.paintthetownpinkmacon.org



Try a (TRI)athlon to Beat Breast Cancer!



\$25 Donation per person

15 minute Swim (water walk or doggy paddle)

15 minute Cycle (go at your own pace)

15 minute Run/Walk on the track

Have you ever wanted to participate in a triathlon, but were too afraid of being outside in the elements? Are you unsure if you could complete what's required?

If so, we have a solution for you!

**Saturday, October 13th—7:00 am
at The Wellness Center**

Members and Non-members are welcome to register!

All proceeds go to Paint The Town Pink!!

Overall winner receives a one hour gift certificate for a massage courtesy of The Wellness Center!



October 27th 2012

North Peach Park, W. White Rd, Byron

7:00 am

Registration: \$25

Kids under 10 and Breast Cancer survivors are FREE

Register ONLINE at www.komencentralga.org

Bake Sale



Wednesday October 10th~ 9:00 am

Cancer Well-Fit Race for the Cure team is sponsoring a Bake Sale:

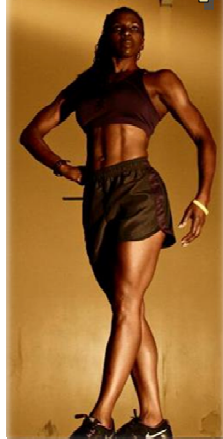
All proceeds go to

Susan G. Komen Race for the Cure®

Robin's Body Shop

Fall Fat-Blaster Boot Camp

Oct 15 - Nov 9
Monday, Wednesday,
Friday
5:30 am - 6:15 am
\$60 members
\$72 non-members
Beat the crowd and
commit to a
year-end resolution vs
a New Year's resolution.



Meet The Intern



Nwandi Williams is a 2012 graduate of Georgia Southern University, where she earned a Bachelor's of Health Science in Health Education and Promotion. While at GSU, Nwandi gained experience in Health Promotion by conducting a research project on drinking behaviors among college students and serving as the Health Chair for multiple on campus organizations.

Having suffering through grief due to the deaths of close family members in the last 10 years (most caused by factors that can be avoided), she aspires to serve as an advocate and educate others about these factors and lifestyle modification regarding their health. Nwandi believes that as people, our health is the most important feature and we must do everything we can to protect it.

Nwandi is thoroughly enjoying her internship at The Wellness Center and is more than thankful for the opportunity. She will be with us until December so make sure to stop and say hello!

Sunday Soul Cycle



What: Group Cycle with Penny
 When: Sundays, Now through Nov. 18th
 Time: 2:00 pm

Swim Stroke Clinic for Adults

Do you know how to swim,
 but not know HOW to swim?

What: Join Dana Bittenbender as she coaches you through the basic strokes and perfects your form!

When: Thursdays, Now through
 Nov. 15th

Time: 6:00 am & 12:00 pm
 (Members only, no charge)



Does your company have a Worksite Wellness Program? If not, we can help!!

Worksite Wellness Can:

- Increase employee morale
- Improve employee health
- Reduce workers compensation
- Reduce absenteeism
- Increase productivity

The purpose of a worksite wellness program is to help employees become more supportive of healthy behaviors, aware of risk factors such as high blood pressure, diabetes, high cholesterol, etc., and to create a healthier work environment.



Our Services Include:

Educational workshops

- Physical Fitness
- Nutrition
- Stress Management
- Smoking Cessation

Screenings/Assessments

- Blood Pressure
- Body Fat Analysis
- Cholesterol
- Blood Sugar

Other Benefits Include

- On-site fitness classes
- Memberships discounts
- On-site massage therapy
- Year end outcome reporting