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Wellness Center Quarterly

Let's Get Up and Get Moving!

Lately has your schedule seemed a bit too compact that you are not able to fit a regular fitness routine into your day? If so, the best option for you might be to fit your exercise into your early morning schedule. Although, hitting the snooze button on your alarm clock may seem like the best thing to do at the time, it is the perfect opportunity to get up and get motivated to move. Here are some tips to get you up and moving.

1. Lay out your clothes and all of the fitness gear you may need the night before so when you wake up, you won't waste time looking for a pair of matching socks or headphones. Also charge any gear you may need, like your iPod.
2. Be sure to hit the bed early so that you are well rested for your morning fitness adventure. Also, set your alarm to your favorite song, so you're practically dancing out of bed. If you're one who loves to hit the snooze button, try putting your alarm clock on the other side of the room.
3. Make a date to meet a friend or a fitness instructor; this creates a sense of obligation.
4. Schedule something exciting and new in your routine to look forward to; maybe trying a new class with your favorite instructor or a new playlist created to run to.
5. Eat something quick and nutritious before your workout, such as oatmeal or granola with a piece of fresh fruit but plan a special breakfast to eat after your workouts as a slight reward for your efforts.



**Walk
Georgia**
Move More. Live More.

It's time to walk, garden, dance, and swim your way across Georgia!

Walk Georgia is a 12-week program sponsored by The University of Georgia Cooperative Extension. It is designed to increase your physical activity in a fun, interactive, community-oriented way. Participate individually or as a four-person team. The goal is to be active, whether you're walking, biking, or playing ultimate Frisbee.

Visit www.walkgeorgia.org to register yourself or your four-person team. An e-mail address is required to register. Don't have one? Join a team! Registration begins on February 1, 2012. The Walk Georgia campaign will officially begin on February 12th and end May 5, 2012. Pull on your shoes and join us as we move more and become healthier!!

Travel with Golden Opportunities

High Museum of Art

Join us as we get to know Picasso, Matisse, Warhol, and other legendary artists who redefined the very idea of art. With more than 100 world-famous works assembled exclusively from the collection of The Museum of Modern Art in New York, this exhibition features fourteen key 20th -century artists seen together for the first time in the Southeast. **Cost of the trip includes motor coach transportation and museum admission.**

Thursday, April 19, 2012; Depart at 9:00am and Return at approximately 5:00pm

\$65.00 (G.O members) \$85.00 (non-members)

Colorado

Traverse the Colorado Rockies with Collette Vacations as we journey through the beauty of nature with alpine lakes, towering peaks and rolling meadows. Some trip highlights include: Rocky Mountain National Park, Colorado National Monument, Royal Gorge Railroad, and Colorado Springs!

July 6-14, 2012

Double-\$2,599.00

Single-\$3,199.00

Triple-\$2,469.00

Deposit-\$250.00



Watch Your Step!

The New Year always creates an increased amount of members and visitors accessing The Wellness Center. Increased traffic creates a greater need to watch your step and become more aware of your surroundings. Therefore, The Wellness Center Staff would greatly appreciate the help from existing members to be a good example and teach new members proper etiquette for The Wellness Center. Rules are posted for the Fitness Floor and all members and visitors should be aware of and follow the rules posted. We will have fewer problems and decreased injuries if everyone will put equipment back in the proper place; for example, dumbbells, stability balls, weights and mats, when they have finished using them. If you find yourself needing help, ask a Fitness Trainer. Thank you for helping create a safe and healthy environment at The Wellness Center.

James Davis, Fitness Trainer

Wellness Center 101

Now that you're a member of the Wellness Center are you wondering what's next? If that is a question you find yourself having we have the perfect solution for you, Wellness Center 101! This is a quick course on all things The Wellness Center has to offer. Let us introduce you to the programs and facilities available as a member. Also, including a chance to meet our fearless leaders, learn some basics of exercise, and exercise etiquette.

Where: The classrooms at the Wellness Center

When: Wednesday, February 29, 2012 at 6:00 pm

Please sign up at the front desk!

Resolve to "TRI" an Indoor Triathlon



Have you ever wanted to participate in a triathlon, but were too afraid of being outside in the elements? If so, we have a solution for you to "tri", an indoor triathlon!

All proceeds will go towards the Power Over Parkinson's and Cancer WellFit programs. The indoor triathlon consists of 20 minutes of swimming, 40 minutes of cycling, and finally 20 minutes of running. In order to participate in the triathlon we are

asking for a \$25.00 minimum pledge to benefit our POP and CWF programs here at The Wellness Center. The triathlon will take place on Saturday, March 31, 2012 at 7:00 am. Let's support our Wellness Center family and "tri" something new, challenging, and exciting. I'll see you at the indoor triathlon!

10 iPhone Apps to a Healthier You

Health and Fitness apps cover a pretty broad spectrum, but all of them have to do with health. Some offer nutrition assistance such as calorie information for restaurants and common food items, others track weight goals and fitness activity and yet others provide general healthcare information such as first aid and CPR. Many are free or low-priced, so it's well worth your time and energy to investigate a few to figure out which one fits your lifestyle and health needs best.

1. **WebMD:** Getting accurate and up-to-date medical advice is tough but whether you are trying to figure out if you have a blood sugar deficiency or if the mole on your shoulder is cause for concern, WebMD can give you advice about what to do about any symptoms you're experiencing, and even has directions to hospitals or doctors' offices if you require medical attention.
2. **iMuscle:** If you're looking to improve your workout experience, check out this app which will guide you through 450 different lifts and stretches.
3. **Family Doctor:** Identify Illnesses in an Instant- Family Doctor will help you to diagnose your family's sometimes scary symptoms.
4. **Weight Watchers Mobile:** Weight Watchers Mobile was designed to track the food you are eating via the Weight Watchers POINTS method.
5. **Jillian Michaels Fitness Motivation:** This is a good app for people that need a little structure in their workout regime.
6. **Dining Out Guide:** Dining Out Guide strives to educate and guide you through making the best possible choices whether dining out or cooking a meal at home.
7. **Lose it:** Calorie counting can be a pain, so let "Lose It" do most of the work for you. This handy app is free and enables you to keep track of how many calories you intake.
8. **iWeight Deluxe:** iWeight Deluxe is an inexpensive way to keep track of your dieting and exercise goals at the touch of a finger.

9. **Weightbot:** Weightbot is a good tool for tracking your weight, BMI and weight gain or loss.
10. **Nutrition Menu:** Keep track of calories consumed from a choice of over 33,000 menu items from popular restaurants.

Top Ten Reviews



Are You Ready For Disaster?

Join us for a presentation by Central Georgia Medical Reserve Corps designed to help you think through and prepare for emergencies. Information will focus on how to prepare an emergency kit and developing a family emergency plan with special emphasis on persons with special needs. Please call Golden Opportunities to register (478-757-7817)

Thursday, February 16, 2012

1:00pm -2:00pm

G.O Members: Free Non-Members:\$5

Relax with a Soothing Massage!

Whether you need relaxation, deep tissue, hot stone or The Ultimate Massage, The Wellness Center and



Macon Health Club are your best choices! Massage Therapy enhances the function of joints and muscles, improves circulation and general body tone. It also relieves mental and physical fatigue. Massage Therapy is successful in relieving general muscular tension and aches, tension headaches, chronic pain and musculoskeletal injuries, and lastly stress and anxiety. All of our Massage Therapists are licensed and well trained in several therapeutic techniques. **Stop by The Wellness Center or give us a call at (478) 757-7808 to schedule your appointment today!**

Recycle Your Plastic Bottles



In our efforts at the Wellness Center to "Go Green" we are happy to now have several recycling bins around our facility. Let's save our planet one bottle at a time by placing our used bottles in these green recycling containers!

What's Best for Sore Muscles? Heat or Ice?

There has always been a debate on which option is best for sore muscles or sprains yearning for attention. In an issue of the Mayo Clinic Health Letter it advises cold first, followed by heat later which will help you keep moving.

Ice first: To relieve pain associated with sprains and strains, it's usually best to first apply a cold compress for about 20 minutes at a time every four to six hours over the first few days. Cold reduces swelling and inflammation and relieves pain. For a cold compress, you can use a cold pack, a plastic bag filled with ice or a bag of frozen vegetables; wrap it in a dry cloth or towel.



Then heat: Start using heat after pain and swelling have decreased, usually two to three days after the injury. Heat relaxes tightened and sore muscles and reduces pain. Heat is usually better than cold

for chronic pain, such as from arthritis or for muscle relaxation. Apply heat to the injured areas for 20 minutes up to three times a day. Traditional methods include using a heat lamp, hot water bottle, warm compress or taking a warm bath or hot shower

Mayo Clinic



Start Your New Year off Right with a Boot Camp by Dwight!

Dwight Sanders will be hosting a hardcore boot camp, so put your fitness level to the test. This boot camp will incorporate high impact exercises that will target every major muscle group. Beginners are welcome!

Saturday Mornings at the Macon Health Club

February 18 – March 31 8:00am – 9:30am

Members and Past Members: \$70 Non-Members:\$80 or \$14 per class

Nutrition Consultation Gift Certificates are Available!



Proper nutrition can affect your health, the way you feel, weight, and medical conditions. Let us help!

Nutrition Consults include: Nutrition Education, Dietary Analysis, Individualized Meal Planning, Portion Control, Guidelines for Medically Based Diets, and Weight Management

Pricing Per Hour Session: \$45 Medical Center Employees, \$50 for Wellness Center/Macon Health Club Members, \$60 for Non WC/ MHC Members.

Gift Certificates and Payment Plans are available.

For more information, contact Courtney Mosser, RD
Phone: (478) 633-1996 or at
Mosser.Courtney@mccg.org

New Faces!

While exploring through the Wellness Center you may come across some new faces. We are happy to introduce you to our new Wellness Center family members. Jenifer King is our newest addition to the front desk. Jennifer will be serving as a Membership Service Representative. We are also glad to have Ramona who will be working as a Massage Therapist. She will be elated to help you if you're feeling sore or tense. Lastly, we have our intern Felisa Glover. Felisa is a student from Georgia Southwestern State University and is an Exercise Science major. She is looking forward to gaining practical experience and meeting the great people at The Wellness Center! So don't be afraid to say hello if you see these people around and welcome them to our Wellness Center family!



Community Bulletin Board

Are you wondering where you can find the latest community events posted in the Wellness Center? If so, I can help you with that question. Located in the back hallway above the member exercise card file cabinet is the community bulletin board. This board is available to post information about community events. All postings need to be approved by Kevin and Jada in the front office prior to posting on the board. Stop by to see what is happening in the community!