

# Wellness Center Quarterly

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## An Ounce of Prevention...

Here are some natural preventive measures that you can incorporate into your daily routine:

- ◆ **Chilly Cheers:** Drink your water ice cold. The low temperature prompts your body to burn more calories during digestion.
- ◆ **2,491:** is the number of additional steps taken each day by people who wear a pedometer versus those who do not wear one.



- ◆ **Pepper Power:** Bell peppers contain natural chemicals called "capsinoids" that can help you lose weight. So eat a pepper a day to help banish belly fat!!

- ◆ **62 Beats Per Minute:** Women with this resting heart rate or lower are less likely to suffer a coronary event.

- ◆ **1 Ounce:** The amount of pomegranate juice you need to drink every day for a year to lower your blood pressure by up to 20%!!

## Special points of interest:

- Weekly Fitness Challenge
- Fall Risk Assessments
- Dave's Bootcamp
- Meet the Interns

## ...Is Worth a Pound of Cure!

## Are You Ready for the Challenge?

Be on the look out for our **weekly fitness challenge** designed by your Wellness Center Fitness professionals. These workouts are designed to help improve body composition, flexibility, strength, endurance, and cardiovascular conditioning. Participate in each weeks fitness challenge to be ready for the upcoming Ultimate Fitness Challenge.



## Welcome Back, Brian!



Brian has eaten everything from deep fried chicken fingers, catfish, oreo cookies, to a sandwich called the Monte Cristo which all have enough calories, fat, and sodium to cause damage to your heart, arteries, and internal organs. Realizing the adverse effects of a poor diet and sedentary lifestyle, Brian took an oath to follow simple guidelines to improve his health and to share his knowledge with others to also improve their health. If you see Brian, set up a time to discuss these guidelines and he will help you to do the same to improve your quality of life.

I wanted to share my love for exercise and sports with others which is why I have chosen a career in the health and fitness field. Some characteristics that others have described me as are funny, outgoing, and motivated.

Save the Date for the **2012 Susan G. Komen Race for the Cure!** Watch for the dates of activities to get involved at the Wellness Center!



same race.  
new place.  
same mission.

Join us  
**October 27, 2012**  
for the  
Susan G. Komen Race for the Cure  
North Peach Park  
Byron, Georgia

Registration  
opens  
**07.02.12**  
VISIT [www.komencentralga.org](http://www.komencentralga.org)  
for more details.

Join our passion to move  
Central Georgia toward better  
breast health.

we live here. we race here. we save lives here.

## October 27, 2012

Did you know that Komen Central GA helps fund free mammograms for uninsured women? Call 478-390-4828 for more information. Mammograms save lives- but only if you get one. Early detection is the key to survival!

## Notice Anything New?

This year's enhancement fee has contributed to the following new equipment:

- 2 upright bikes
- 2 recumbent bikes
- 1 expresso bike
- Jacobs ladder
- Back extension
- Multi-shoulder press
- Standing calf raise
- Squat cage
- Preacher curl bench and bar
- Decline bench
- Incline bench
- Weight plates
- Bosu balls
- Battling ropes
- Medicine balls
- Dumbbell rack
- Kettle bells
- Kettle bell rack



## Travel with Golden Opportunities

**Are you ready to travel?** Bring your friends and hear more about our 2013 trips: Irish Splendor , Canadian Rockies & Glacier National Park and Pacific Northwest & California. Thursday, September 20; 1:00 p.m.—2:00p.m.; Free; Call 478-757-7817 to register!



### Helen, GA Trip Thursday, September 27, 2012

Depart at 7:00 a.m. Return at 7:30 p.m.

Octoberfest in Helen! Nestled in the Blue Ridge Mountains on the Chattahoochee River, Helen is a re-creation of an alpine village, complete with cobblestone alleys and old-world towers. We will enjoy lunch and shopping on our own before rejoining the group for a wine tasting at Habersham Winery. Call 478-757-7817. G.O. members \$72 and non-members \$92.

## Fall Risk Assessment

Rehabilitation Services of the Medical Center of Central Georgia is now offering monthly **EMPOWER SENIORS Fall Risk Screenings** at The Wellness Center.

If you or a loved one is concerned about falling, you are encouraged to attend this **FREE** screening to identify your risk for falling and receive skilled advice on what paths you should take to decrease that risk and **INCREASE YOUR INDEPENDENCE!**

For more information, call Carol Cannon @ 478-757-7817

## Group Fitness Explained

**G**roup fitness classes are classes where a group of people meet at specified period of time, and are led by an instructor in completing various exercises. Many people enjoy the energy of a group class because they find it to be more motivating than working out alone, and also enjoy meeting new people and socializing after class. Group fitness classes may be purchased individually, like Zumba, or they may come as part of a gym membership. There is every type of class imaginable; see the descriptions for explanations.

Each of our facilities has a group fitness schedule that can be accessed on our website, at the front desk and on the Group Fitness Information board. It is important that you get used to checking the Group Fitness board which is located just outside the 1<sup>st</sup> fitness room at the Wellness Center. Ask a staff member to point it out. The Group Fitness board has a giant copy of the schedule which is updated monthly, descriptions of classes, any changes in schedules, and additional or specialty classes. The 30 plus Group Fitness

Instructors are currently in the process of evaluating the schedule and are making plans for changes to make the schedule more user friendly for a role out date of 1-1-13.

Thank you for your patience as we continue to make the Group Fitness programs the best! You may fill out a comment card any time with your ideas and suggestions.

Click on Group Fitness to access the schedules from your computer.

[WWW.THEWELLNESSCENTERMACON.COM](http://WWW.THEWELLNESSCENTERMACON.COM)

# DAVE'S



## COMING IN SEPTEMBER 2012!!

# Overnight Oats Recipe

**Step 1.** Assemble these ingredients & supplies:

- ◆ old fashioned rolled oats (not instant, quick, or steel-cut)
- ◆ Greek yogurt (regular yogurt is thinner; if you use it, you'll need to reduce the amount of milk)
- ◆ milk (any kind will work)
- ◆ chia seeds (available at health food stores)
- ◆ half pint (1 cup) mason jars

**Step 2.** Add oats, milk, yogurt, and chia seeds to jar, along with desired sweeteners or flavors

**Step 3.** Put a lid on the jar and shake to combine.

**Step 4.** Add fruit and stir gently until combined.

**Step 5.** Place in fridge overnight and up to 2 days; maybe longer depending on the type and ripeness of the fruit.



# GO, SLOW, and WHOA Foods

**A**n easy way to learn about which foods are lower in fat and calories is to think in terms of GO, SLOW, and WHOA. This will help you to realize what types of foods you are buying next time you go grocery shopping for your family or kids.

**GO Foods** are lowest in fat and sugar, relatively low in calories, “nutrient dense” (rich in vitamins, minerals, and other nutrients important to health), great to eat any time! Some examples of GO foods are fruits and vegetables, whole grain, low-fat or fat-free milk and milk products.

**SLOW Foods** are higher in fat and added sugar, and calories. These types of foods are okay to be eaten *sometimes*. Some examples of SLOW foods are white bread, processed cheese spread, and 100% fruit juice.

**WHOA Foods** are the highest in fat and sugar, “calorie dense” (high in calories), and often low in nutrients. These types of foods should only be eaten on special occasions or in small portions. Some examples of WHOA foods are bacon, whole milk, fried foods, and cake or cookies.

## Meet the Interns



Kayla will be graduating this August with a Bachelor's Degree in Community Health & Human Services from Georgia College & State University.

Kayla has always been very passionate about working in the health field and enjoys helping others. She also has a personal reason for choosing this field of work because she has Cystic Fibrosis; which is a genetic disease that causes

many lung and gastrointestinal complications that can be very debilitating. Throughout her lifetime, she has been a strong advocate for research and awareness of this disease. This has contributed to many opportunities to educate others and share her story.

Kayla has thoroughly enjoyed her time interning at The Wellness Center and will miss everyone when she leaves August 1st.



Jasmine will be graduating Magna Cum Laude from The University of Georgia on August 4, 2012 with a Bachelor's Degree in Health Promotion. While at UGA, Jasmine gained

experience in Health Promotion by interning with Project Safe, The Red Cross, and Teen Matters.

Many early experiences in her life, such as the death of her grandmother, directed her towards the health field. The time that she spent with her grandmother in the hospital showed her that nurses are caring individuals. Those kind actions toward others seemed to attract her attention, and she decided to pursue a career in nursing.

Jasmine is thankful for being given the opportunity to intern at The Wellness Center. She will miss everyone when she leaves July 23.