

Wellness Center Quarterly

Inside this issue:

Holiday Calorie Recovery	1
The Importance of Warming Up	1
Power over Parkinson's	2
Shiatsu, Reiki, Reflexology	2
Dips	3
New Year—New Faces	4

Special points of interest:

- Wellness Center 101
- Zumba Gold
- Aqua Boot Camp
- Flirty Girl Fitness
- QiGong
- Women & Money
- New Member Promotion
- Go Green
- Fit for Life—Boot Camp
- Caring for Someone with Cancer

Holiday Calorie Recovery

For the past thirty days we have consumed massive quantities of homemade delicacies, company sponsored banquets and a wide variety of holiday specialties that we rationalize consuming only because "it's the holidays." Now it's time to pay for our transgressions, but we're all scratching our heads wondering how this magical performance will occur. We mean well, but except for making promises we don't intend to keep and joining a gym, we pretty much don't have a clue on how to achieve this miraculous undertaking.

I'm going to share a science-based top secret formula for losing this weight and keeping it off. It's a heavily guarded secret and much is at risk, but I'm going to tell you this secret anyway. Pay close attention as this is incredibly involved and will take a lot of comprehension to understand.

1) Eat correctly by watching proper

- Portion control and
- Nutritional value

2) Exercise* using

- Cardiovascular exercise and
- Strength resistance training.

.....Is that it?....

Why yes! That's all there is to it! You thought this was going to be difficult, but in actuality if you implement these simple steps with behavior modification, you will be a superlative winner in shedding those holiday pounds!

*For those of you who have questions concerning what kind of exercise plan to follow, see a Fitness Instructor. The Wellness Center's Fitness Instructors can get you started on a beginner exercise, fat burning program to help kick start your metabolism. Congratulations on getting that body you've always wanted! (Remember, swim suit season is right around the corner.)

Dave Grimsley, Fitness Instructor



The Importance of Warming Up!

Congratulations, you have committed to starting off the new year with a regular exercise program. In your mind you are probably thinking of some type of cardio exercise (walking, biking, aerobics classes), maybe some weight training exercises, as well. But don't forget to start off with a good basis...the Warm Up.

Why is a warm up important? A warm up helps your muscles, joints and ligaments prepare for exercise. Think of your muscles as Play Doh, the warmer they are, the more pliable they are. A warm up will improve circulation to the muscles, joints and ligaments

and will give you better muscle control during your workout. This all combines to help you have a better workout and protect you from injury.

What is a warm up? Many people mistake a short stretching session for a warm up. A warm up should include some type of continuous movement at an easy to moderate pace that uses your major muscle groups. Think along the lines of an easy walk or jog on the track or treadmill, or maybe rowing on the rowing machine. A warm up should last from 5 to 10 minutes. If you want to

stretch before your exercise, you should do that AFTER the warm up.

People often get in a hurry and leave out the warm up. Sometimes you can get away with that, but in the long run, your body will perform better and you will be less prone to muscle soreness and injury if you include a warm up in your exercise routine.

Please feel free to ask any of our trainers for help with setting up a safe and effective exercise routine that includes a warm up!

Kelli Gilcrest,
Fitness Instructor



Power over Parkinson's

Power over Parkinson's, is a 12 week exercise and education program for adults living with Parkinson's Disease. Exercise has been shown to be a vital component to maintaining balance, mobility and daily living activities. Research has shown that exercise can improve gait, balance, tremor, flexibility, grip strength and motor coordination. Participants will receive an initial assessment and orientation with the program coordinator and

fitness trainer. The program includes individualized exercise programs containing stretching, aerobic activity, chair exercises, and resistance training, nutrition sessions with a Registered Dietitian, and educational materials. Caregivers are welcome to attend classes at no additional cost. Participants at all stages are welcome. Participants can now enroll in a maintenance program after the initial 12 week program.

Call Sandra Stone at 477-2300.



Tuesdays 9:30 am - 11:30 am

Thursdays 9:30 am - 10:30 am

Class Ratio 5:1

\$40.00 per month

Shiatsu, Reiki, Reflexology

These massage modalities relieve muscular tension, provide relaxation, promote healing, and help revitalize the body's energy and spirit. Massage Therapist Don Wood is ready to help you.

Modern Shiatsu is based on Traditional Chinese Medicine, combined with ancient Japanese massage techniques, and knowledge from modern disciplines such as physiotherapy and psychology. The philosophy of Shiatsu is that vital energy or "Qi" flows throughout the body in a series of channels called meridians. For many reasons, this energy can stop flowing freely, which then produces a symptom. The term Shiatsu literally means "finger pressure", but in fact, various parts of the Shiatsu practitioner's body (fingers, thumbs, palms, forearms, even feet and knees) are used to apply pressure to the meridians or to specific 'acupoints in order to impact the flow of Qi. As the quality of Qi changes, the associated symptoms will gradually improve. In the past Shiatsu has relieved chronic acid reflux problems, has reduced depression and anxiety, improved mental focus and energy, improved sleeping habits, has reduced dependency on strong pain medicines and promoted a general sense of well being. Shiatsu may also significantly reduce or stop pain associated with:

- Chronic and migraine headaches
- Back-aches
- Sciatica
- TMJ and TOS disorders
- Multiple Sclerosis
- Lupus
- Fibromyalgia
- Osteo- and Rheumatoid Arthritis
- Chronic menstrual pain and irregularity

Following a treatment, an individual may feel relaxed yet invigorated.



Call for an appointment! 478-757-7808

Wellness Center 101

Sign up for this free informational class.
The class is for Wellness Center members.
We will cover information about the Wellness Center facilities and programs.
We will also talk about basic fitness principles.
A great way to learn more about fitness and get the most out of your Wellness Center membership.

Tuesday, January 11, 1:30 pm or 6:00 pm

Tuesday, February 22, 1:30 pm or 6:00 pm

Tuesday, March 22, 1:30 pm or 6:00 pm



Zumba Gold—Latin dance inspired aerobics for beginners and older adults.

Beginning Feb. 3rd
Thursdays
at 1:30 pm
Room #2

Aqua Boot Camp

Mondays at 6:30 PM



Dips

I have had people ask me lately if I can show them the proper way to do a Dip. The Dip is a great exercise for building your chest, front shoulders and triceps. The best way to start, if you have never used this exercise before, will be to use the Assisted Dip because it allows you to add weight to offset ones own weight until they are stronger. Accomplished exercisers will want to try the Dip Bar. You will need to be able to hold up your body weight with the later. The lifter will start by stepping up on the machine or bar and then jumping to the starting position with their elbows extended. The lifter's body should be nearly vertical with the knees having a slight bend. The next phase will be to lower the body in a controlled movement by bending the elbows and maintaining a slight forward lean. The midpoint is when the lifter's upper arm is horizontal or slightly below the elbow. The last phase will be to push up extending the arms and elbows back to the starting position. A good set to start with is 10-15 reps. This could be just what you need to give your exercise routine a little kick in the positive direction.

James Davis, Fitness Instructor

Flirty Girl Fitness

Dance moves that use your own body weight to create targeted muscle-toning resistance. You'll strengthen and tone your core, slim and sculpt your legs, buns and thighs, and get leaner, flatter abs all by having fun, moving, and dancing to the music.

Wednesdays 5:30 pm

Aerobics Room 1



QiGong

QiGong is the best longevity exercise and is very gentle on the body. Anyone can enjoy learning and practicing! QiGong focuses on slow movements timed with breathing to create relaxation and balance.

Thursday, February 24

1:00 pm – 2:00 pm; Golden Opportunities;

G.O. members – Free; Non-members - \$5.00



Women & Money:

Building Confidence & Creating Security

Sherri Goss, M.Ed, CFP, will lay out a 5-step action plan from her book to help you review where you are financially, and make steps to secure retirement. The action plan will include hands-on exercises and information that will help you make wise spending, borrowing, and retirement planning choices going forward.



Thursday, March 24
1:00 pm – 2:00 pm
Golden Opportunities
G.O. members - Free
Non-members - \$5.00
Please call 757-7817 to register.

New Year – New Faces!

The Wellness Center and Macon Health Club are proud to introduce two new employees and one new intern. Kiskey Myrick was recently hired as a part-time Membership Service Representative for The Wellness Center; and Jakwata Green was hired as a full-time employee at the Macon Health Club. Both employees bring over 5 years of customer service experience and are prepared to help our members with service needs. The Wellness Center also introduces Brandon Turner, an intern from Georgia College and State University. Brandon is a Community Health Major and looks forward to learning career skills in a practical, hands-on environment. Please join us in welcoming these new additions to our Wellness Center and Macon Health Club families.



Caring for Someone with Cancer

Caring for Someone with Cancer is a program specifically for caregivers who play key roles in the patients' care. The challenges of this role will be discussed along with practical methods for helping your loved one and taking care of yourself. The program is free and offered the second Tuesday monthly from 5:30-6:30 p.m. at The Wellness Center beginning February 8th.

New Member Promotion

Visit The Wellness Center 10 times each month for your first three months of membership and enter to win special prizes. Pick up your new member card at the front desk!



The Wellness Center and Macon Health Club are doing our part to help our environment. We would like to reduce our paper usage by encouraging members to look on our website for the Group Fitness Schedule. By going online, you can view the latest version of the Group Fitness Schedule in color. We will both be reducing the amount of paper used.

We are also going to eliminate the number of signs that are posted with the same information. Please make sure to look in two places for Wellness Center information and special events/promotions: 1) the large display in the lobby by the fountain, 2) the Group Fitness bulletin board on the fitness floor. Thank you for joining us in doing our part for our planet.

Fit For Life Boot Camp by Robin!

Robin Castro will host a Fit for Life Boot Camp from Jan. 24 – Mar. 4 on Mondays, Wednesdays and Fridays from 5:30 am – 6:15 am. Jumpstart your New Year by revving up your workout! The cost for the boot camp is \$80 for former boot camp members, \$90 for WC/MHC members, and \$100 for non-members! Sign up at the front desk today!

GOOD HEALTH STARTS HERE!

THE WELLNESS CENTER

A service of The Medical Center of Central Georgia

MACON HEALTH CLUB

A service of The Medical Center of Central Georgia