

October, 2011

Wellness Center Quarterly

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Brain Bikes

The NeuroActive's Brain Bike engineered by Dr. Stephane Bergeron with the Brain Center America along with a team of international brain specialists have designed a new and improved way for older adults to not only exercise physically, but also mentally. Recent neuroscience confirms like your muscles, your brain can grow stronger and sharper, no matter what your age. NeuroActive's powerful brain-training, anti-aging program is a natural, no-side effect way of delaying aging.

The Brain Bike is the first workout program that exercises the body and the brain simultaneously. The unique combination of pedaling the bike and playing brain building games guarantees improved body and brain functions. The brain games are fun, lasting up to four minutes each, and are designed to improve memory, concentration, and cognitive function by 20%. A simple, user friendly 3D software program that uses advanced artificial intelligence to continuously analyze your performance and adapts and customizes the training to your particular skills. The Brain Bike has twenty-two fitness exercises that sharpen sixteen cognitive functions. The electronic display shows the sixteen cardio programs, displays time, distance, RPM, speed, level, calories, pulse, watts, and program.

NueroActive's Brain Bike is designed to optimize the brain by targeting many key functions some of which include processing speed, working memory, visual scanning, hand-eye coordination, episodic memory, and planning. The recommended workout on the Brain Bike is three 15-20 minute sessions per week, gaining measurable results within weeks that will last for years. Brain Bike training can also provide a higher performing brain for all ages, a 20% gain in memory performance, 20% increase in brain processing speed, improved concentration, and faster reflexes. Many adults in Central Georgia have already begun exercising on the Brain Bikes through Golden Opportunities at the Wellness Center in Macon, Georgia. If interested in the Brain Bike, stop by the Golden Opportunities desk, for a demonstration or to purchase a pass to use the Brain Bike. Sessions for the Brain Bike are available in thirty minute increments Mondays, Wednesdays, and Fridays by appointment. **For more information contact Carol at (478) 757-7817.** The Brain Bikes were purchased with funding from the Medical Center of Central Georgia Auxiliary.



Collette Vacations Presentation

Are you ready to travel?

Bring your friends and hear more about our *Trains of the Colorado Rockies* trip planned for July 6 – 14, 2012. Some of the highlights include: Rocky Mountain National Park, Georgetown Loop Railroad, Grand Junction, Colorado National Monument, Durango & Silverton Railroad, Mesa Verde National Park, Royal Gorge Railroad, Colorado Springs, and Pike's Peak Cog Railway.

Monday, November 7

1:00 pm – 2:00 pm; Free

Please call 757-7817 to register.





Thanksgiving
Camp fun n' fit!
A Health & Fitness Day Camp for Kids



MACON HEALTH CLUB
A Division of The Medical Center of Central Georgia



THE WELLNESS CENTER
A Division of The Medical Center of Central Georgia

Camp fun n' fit at Macon Health Club is a camp designed to encourage a healthy, active lifestyle by participating in activities that are fun and playful!!!

For Children Ages 6-12

November 21 & November 22, 2011

8:30 am-4:30 pm

\$45 per child per day
PAYROLL DEDUCTIBLE!!!
Children can participate one or both days!

To Register: Pick up a registration form at the front desk or go to our website and print out the registration paperwork under Upcoming Events. www.thewellnesscentermacon.com
For more information call (478) 477-2300



Children will enjoy:

- Great field trips
- Lunch Included
- Indoor/outdoor sports
- Wellness presentations
- Basketball
- Yoga
- Swimming
- Nutrition &
- Much More!

New Aqua Rowers

If that treadmill is getting boring or the track has lost its appeal, try something new. The Wellness Center has two new Aqua Rowers which will give you a comparable cardiovascular routine without putting as much stress on your knees and hips. Since you are not pounding joints against a hard surface your joints are as stressed! You are also working your upper body since the arms and upper back are involved. If you are scared it might be too easy, that issue is fixed as well since it has an adjustable resistance. The resistance comes from water that is pushed by metal paddles inside a glass tube. For those that like the sound of the ocean—enjoy the swooshing sound. Remember if you are new to the Aqua Rowers make sure a trainer shows you how to secure the foot straps so that you don't come off the seat. Then set your resistance and row those holiday pounds off.



Halloween Costume Safety

Flame Resistant Costumes: When purchasing a costume, masks, beards, and wigs, look for the label Flame Resistant. Although this label does not mean these items won't catch fire, it does indicate the items will resist burning and should extinguish quickly once removed from the ignition source. To minimize the risk of contact with candles or other sources of ignition, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.

Costume Designs: Purchase or make costumes that are light and bright enough to be clearly visible to motorists.

- For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks should also be light colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle, and sporting goods stores.
- To easily see and be seen, children should also carry flashlights.
- Costumes should be short enough to prevent children from tripping and falling.
- Children should wear well-fitting, sturdy shoes. Mother's high heels are not a good idea for safe walking.
- Hats and scarves should be tied securely to prevent them from slipping over children's eyes.
- Apply a natural mask of cosmetics rather than have a child wear a loose-fitting mask that might restrict breathing or obscure vision. If a mask is used, however, make sure it fits securely and has eyeholes large enough to allow full vision.
- Swords, knives, and similar costume accessories should be of soft and flexible material.

**Brought to you by Kohl's Kids Safety Zone &
US Consumer Product Safety Commission**



Robin's Body Shop

Oct. 31-Dec. 2*

**NO CLASS THE WEEK OF THANKSGIVING*

LAST CHANCE

BOOTCAMP

with **ROBIN CASTRO**

Monday, Wednesday, & Friday

5:30am- 6:15 am

Sign up at the **WELLNESS CENTER**
front desk today!

- Contact Robin at fitnessabc@aol.com for questions-

Please Welcome our New Staff Members

Dana Bittenbender



Dana was born and raised in Macon, Georgia and received her Bachelor's of Science in Exercise Science from Georgia State University. She opened her own personal training company, "In House Fitness" in 1988 in Atlanta, Georgia training some of your favorite celebrities. In 1988, Dana also claimed a World Record title for a 125 foot high dive in Germany. After injuring both ankles as a professional stunt diver for the US High Diving team, she fell in love with track cycling on the Velodrome. She was the alternate to the 1996 USA Olympic Cycling team and 1996 Olympic Envoy to the country of St. Vincent and the Grenadines. She then met her future husband and cyclist, Dave Bittenbender. They lived in Del Mar, California and opened a women's shoe boutique, Cedros Soles. Both Dave and Dana paddled on USA Dragon Boat teams for World Championships in 2004 in Beijing, China, and they still enjoy surfing and paddling. They sold the business to move back to Macon to be near family with their son, David Kelly Bittenbender, who attends Alexander II. She coaches and teaches swimming at Swim Macon and Stratford Academy, and still enjoys cycling, stand up paddling, and being a mom most of all!

You may see Dana working in the mornings from 5:30 am to 1:00 pm. She may also be teaching TNT in the mornings.

Joshua Pritchett



Joshua graduated with honors with a Bachelor's Degree in Exercise and Sport Science from the University of Georgia in Athens, Georgia. While at UGA, Joshua became certified through the Aerobics and Fitness Association of America (AFAA) as a personal trainer and worked in the Recreational Sports Department at the University of Georgia for over a year. While there, Joshua had

great success with many clients and helped them achieve their goals. At the age of 17, Joshua experienced a weight loss of over 100 pounds through diet and exercise and became dedicated to maintaining a fit and healthy lifestyle. This personal experience drove him towards his degree in Exercise & Sport science and is reflected in his training style and personal interactions with those around him. Josh enjoys the challenge of finding ways to inspire people to improve their fitness and finding workout routines that keep people interested and involved in exercising.

In his spare time, Josh enjoys spending time with family and friends, and he enjoys doing anything outdoors. Josh also continuously looks for new ways to work out or improve his fitness level.

You may see Josh in the late afternoons and evenings and also on weekends.

Please introduce yourself to them and help them feel welcome. We are confident Dana and Josh will be great additions to our health and wellness team!

GOLDEN OPPORTUNITIES

A Service of The Medical Center of Central Georgia

A non-profit program committed to a better quality of life for people 55 and older. Golden Opportunities provides a diverse range of programs and services including education, health and fitness, travel, and social programs.

Please call to register for the following classes: (478) 757-7817



Arthritis Seminar

Tired of hurting?

Join Donna Nash, RN, MSN for a seminar on signs and symptoms of arthritis. She will discuss simple remedies, exercises and causes of arthritis.

Thursday, October 27

1:00 pm – 2:00 pm

G.O. members – Free, non-members - \$5.00

Diabetes and You

Joan Alford, RD, LD, CDE, of Diabetes Healthways, will provide information on the basics of managing diabetes. She will discuss checking blood sugar, exercise and nutrition.



Thursday, November 10

1:00 pm – 2:00 pm

G.O. members – Free, non-members - \$5.00

Fall Risk Assessments



Rehabilitation Services of the Medical Center of Central Georgia, in partnership with Golden Opportunities, 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 to receive skilled advice on what paths you should take to decrease that risk and increase your independence!

Thursday, October 6

Appointments are scheduled hourly from 9:00 am– 1:00 pm



Save natural resources — by enrolling in automatic deduction bill-paying options. Paperless billing not only saves trees, it also eliminates the fossil fuel needed to get all those billing envelopes from them to you and back again. Plus, you'll save money on stamps. Talk

to the business office today about how to set up automatic bill pay for your monthly membership dues.

Thank you for Giving

We want to thank you for your generous donations to the organizations the Medical Center of Central Georgia support every year:



American Heart Association®
Learn and Live

We were able to raise \$1077 for the American Heart Association through the car wash, sell of hearts and bracelets, and the pie in the face contest and other donations.



susan g. komen
Race for the Cure®

We were able to raise \$1330 for Susan G. Komen Race for the Cure and breast cancer awareness through the bake sale and donations. The Pink Warriors - with

members of the Cancer WellFit Project was the #1 team for attendance in the family and friends division.

We have two additional fundraising opportunities for Breast Cancer Awareness with Paint the Town Pink. Please Join Us:

Sunday, October 23

3:00-4:30 pm

Zumba™ Party in Pink

\$15 per adult

\$5 per child

Tickets are available at the front desk!

Thursday, October 27

6:30 pm

Aqua Zumba™ Pool Party in Pink

\$10 per person



MACON HEALTH CLUB

A service of The Medical Center of Central Georgia

THE WELLNESS CENTER

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