

Wellness Center Quarterly

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“What is the BEST exercise for losing weight?”

This is a common question that the trainers are asked at the Wellness Center. And here is the very simple answer: The BEST exercise is the exercise that you will enjoy and will be most likely to stick with. Yes, there are some exercises that might burn more calories than others, but if you choose something that you don't enjoy or that isn't safe for your body, you are less likely to keep up with that exercise.

For example, many people view running/jogging as the end-all-to-be-all of exercises, but running can be hard on the body and, for many people, is just not a practical exercise. The best thing to do is to try a variety of cardiovascular exercises and find the ones that best suit your personality, body, and fitness level. Along with a variety of exercises, it is also good to vary your times, distances, and intensity levels to keep you and your body from getting bored. Try several different aerobics classes, try a water aerobics class, ask one of the trainers to show you a new cardiovascular machine that you haven't tried before. Variety is the spice of life!

Cardiovascular exercise is not the only way to tackle those unwanted pounds. Contrary to what many may believe, strength training is beneficial and important in the fight against fat. You may not lose as many pounds on the scale, but you will lose more body fat and inches and gain a more toned and fit appearance (as well as being stronger). If you haven't already had an orientation to the equipment, sign up for this free appointment at the front desk. One of our degreed trainers will help you set up a program and teach you how to use the equipment properly. If you are interested in more one-on-one attention, our trainers are also available for personal training. Please check at the front desk for more information on personal training.

Look at weight loss as a battle that you can attack from many angles: cardiovascular exercise, strength training, and, of course, healthy eating.

Kelli Gilchrest, Fitness Instructor

Fitness Rules

As everyone has noticed this time of year The Wellness Center is a little busier. Here are some rules that will make everyone's time here a little more enjoyable and safer:

- Always be courteous and respectful to others.
- Refrain from resting on machines for prolonged periods of time.
- Please limit time on the cardio equipment to 30 minutes.
- Let's pick up after ourselves, be green and dispose of water bottles in the new green recycling containers.
- Please wipe down equipment after you are finished using it in order to fight against the spread of bacteria.

- Please wear proper attire while on the fitness floor which is any non-slip shoe with a covered toe and heel. Sandals and flip flops are not acceptable due to the risk of injuring your foot.
- Please dispose of any food or beverage other than water before entering onto the fitness floor.
- A last rule to make your exercise time safer is to walk off the fitness floor in order to answer your phone.

Thank you for your patronage and help with making this an enjoyable experience for everyone.

The Wellness Center Staff

Camp fun n' fit!

A Health & Fitness Summer Day Camp for Kids

Get ready for The Wellness Center/Macon Health Club Kid's Camp 2011! The camp is designed for children ages 6 – 12 to get children up, out, and moving! New, this year - the camp will be held at Macon Health Club from June 6 – June 30 from 9:00 am – 4:00 pm. Early morning drop off at 8:00 am; late pick up at 5:30 pm. Children will participate in various exercise and group fitness activities designed to get them off the couch and from in front of the TV and game systems! Field trips to Stone Mountain, Zoo Atlanta, World of Coke, and High Falls! Cost: is \$155 per child per week (includes field trips, snacks, drinks, classes, and supplies – does *not* include lunch) Registration forms will be available mid-April.



15 Easy Ways to Burn More Fat

Improve your fat-burning metabolic rate and start losing weight fast.

1) Don't Diet -The *Women's Health Diet* isn't about eating less; it's about eating more—more nutrient-dense food, to crowd out empty calories and keep you full all day. That's important, because restricting food will kill your metabolism. It sends a signal to your body that says, "I'm starving here!" And your body responds by slowing your metabolic rate to hold on to existing energy stores. What's worse, if the food shortage (meaning, your crash diet) continues, you'll begin burning muscle tissue, which just gives your enemy, visceral fat, a greater advantage. Your metabolism slows further, and fat goes on to claim even more territory.

2) Go to Bed Earlier -A study in Finland looked at sets of identical twins and discovered that in each set of siblings, the twin who slept less and was under more stress had more visceral fat.

3) Eat More Protein -Your body needs protein to maintain lean muscle. In a 2006 article in the *American Journal of Clinical Nutrition*, researchers argued that the current recommended daily intake for protein, 0.36 grams per pound of body weight, is woefully inadequate for anyone doing resistance training and recommend that women get between 0.54 and 1 gram per pound of body weight. (If you want to lose weight, use your goal body weight as your guide.) Add a serving, like 3 ounces of lean meat, 2 tablespoons of nuts, or 8 ounces of low-fat yogurt, to every meal and snack. Plus, research shows that protein can up post-meal calorie burn by as much as 35 percent.

4) Go Organic When You Can -Canadian researchers report that dieters with the most organochlorines (pollutants from pesticides, which are stored in fat cells) experience a greater-than-normal dip in metabolism as they lose weight, perhaps because the toxins interfere with the energy-burning process. In other words, pesticides make it harder to lose pounds. Of course, it's not always easy to find—or afford—organic produce. But in general, conventionally grown items that you peel—avocado, grapefruit, bananas—are fine. But choose organic when buying celery, peaches, strawberries, apples, blueberries, nectarines, sweet bell peppers, spinach, kale and collard greens, cherries, potatoes, and imported grapes; they tend to have the highest levels of pesticides.

5) Get Up, Stand Up -Whether you sit or stand at work may play as big a role in your waistline as your fitness routine. Missouri University researchers discovered that inactivity (4 hours or more) causes a near shut-down of an enzyme that controls fat and cholesterol metabolism. To keep this enzyme active and increase your fat-burning, break up long periods of downtime by standing up—for example, while talking on the phone.

6) Drink Cold Water -German researchers found that drinking 6 cups of cold water a day (that's 48 ounces) can raise resting metabolism by about 50 calories daily—enough to shed 5 pounds in a year, with essentially zero additional effort. The increase may come from the work it takes to heat the water to body temperature.

7) Eat the Heat -It turns out that capsaicin, the compound that gives chili peppers their heat, can also fire up your metabolism. Eating about 1 tablespoon of chopped peppers (red or green) boosts your sympathetic nervous system (responsible for your fight-or-flight response), according to a study published in the *Journal of Nutritional Science and Vitaminology*. The result: a temporary metabolism spike of about 23 percent. Stock up on chili peppers to add to salsas, and keep a jar of red-pepper flakes on hand for topping pizzas, pastas, and stir-fries.

8) Rev Up in the Morning -Eating breakfast jump-starts your metabolism so it's no accident that those who skip this meal are 4 1/2 times as likely to be obese. The heartier your first meal is, the better. In one study published by the *American Journal of Epidemiology*, volunteers who got 22 to 55 percent of their total calories at breakfast gained only 1.7 pounds on average over 4 years. While those who got zero to 11 percent gained nearly 3 pounds.

Swim Lessons

Before you head to the beaches, why not learn to swim. Classes are offered for "Water Babies" ages 9 months to 3 years old; Children ages 4 – 15; and Adults ages 16 and up. Lessons include six sessions with a certified instructor. Group Lessons are also available. For more information, ask the front desk.



Zumba Gold—Latin dance inspired aerobics specifically for active, older adults.

**Tuesdays & Thursdays
1:30 pm
Room #2**

Fresh Start Smoking Cessation Classes at The Wellness Center

Now is the time to Quit! Smoking Cessation Classes (Series of 4 classes) at The Wellness Center.

Tuesdays in May, June, and July from 6:00 pm-7:00pm.

Please call The Wellness Center to register or stop by the front desk.

THE WELLNESS CENTER BOOTCAMP

Thursdays 7:00 pm

March 24-April 28

It's not too late to sign up!

15 Easy Ways to Burn More Fat Continued...

9) Drink Coffee or Tea—Caffeine is a central nervous system stimulant, so your daily java jolts can rev your metabolism by 5 to 8 percent—burning about 98 to 174 calories a day. A cup of brewed tea can raise your metabolism by 12 percent, according to one Japanese study. Researchers believe antioxidants called catechins in tea provide the boost.

10) Fight Fat with Fiber—Research shows that some fiber can fire up your fat burn by as much as 30 percent. Studies find that those who eat the most fiber gain the least weight over time. Aim for about 25 grams a day—the amount in about three servings each of fruits and vegetables.

11) Eat Iron-Rich Foods—Iron is essential for carrying the oxygen your muscles need to burn fat. Unless you restock your stores, you run the risk of low energy and a sagging metabolism. Shellfish, lean meats, beans, fortified cereals, and spinach are excellent sources.

12) Get More Vitamin D—Vitamin D is essential for preserving muscle tissue. Get 90 percent of your recommended daily intake (400 IU) in a 3.5-ounce serving of salmon. Other good sources: tuna, fortified milk and cereal, and eggs

13) Drink Milk—There's some evidence that calcium deficiency, which is common in many women, may slow metabolism. Research shows that consuming calcium through dairy foods such as fat-free milk and low-fat yogurt may also reduce fat absorption from other foods.

14) Eat Watermelon—The amino acid arginine, abundant in watermelon, might promote weight loss, according to the *Journal of Nutrition*. In a laboratory study, adding this amino acid to the diet of obese mice enhanced the oxidation of fat and glucose. Snack on watermelon and other arginine sources, such as seafood, nuts, and seeds, year-round.

15) Stay Hydrated—All of your body's chemical reactions, including your metabolism, depend on water. If you are dehydrated, you may be burning up to 2 percent fewer calories, according to researchers at the University of Utah. Drink at least eight to twelve 8-ounce glasses a day.

Dave Grimsley, Fitness Instructor

Travel with Golden Opportunities

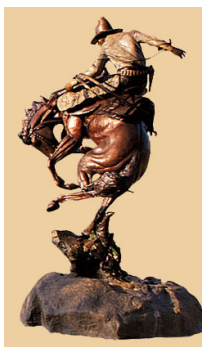
Booth Western Art Museum

Join us on a trip to the Booth Western Art Museum in downtown Cartersville. This 120,000 square foot museum opened in August 2003 with main galleries featuring contemporary Western American Art.

Thursday, July 14; Depart at 8:00 a.m. and return at approximately 5:00 p.m.

\$60.00 (G.O. members) \$70.00 (non-members)

Cost of the trip includes motor coach transportation, lunch, and admission to the museum.



Branson

Everyone should hop on the bus for a trip to Branson, the entertainment Capital of America! Experience the music and excitement of a destination featuring good, clean family-style entertainment.

September 19—24

Price per person: \$1,025

Deposit Required: \$200

(Optional) Health/Cancellation Insurance: \$90

Worksite Wellness

Now, we can come to you! If your business is interested in a corporate wellness program at your worksite, we can develop a program to meet your needs. Whether you want on-going group fitness classes, biometrics screenings, nutrition programs or lunch and learns, we've got you covered! For more information, contact Maegen Russell at 477-2300.

6 Fitness Components for Golf Improvement

There are 6 main fitness components for golf to play your best. These are all equally important and should not be ignored in a training program specific to golf.

The golf swing requires a high level of golf specific strength, flexibility, stability, balance, coordination and muscular endurance. If any of these qualities are lacking, your golf swing will be inefficient and nearly impossible to repeat. The golf swing is very athletic. Every major muscle in the body is used in a specific sequence of motion to enable you to hit the ball solidly and with power. The out of shape golfer might hit a solid shot or two during a round of golf, but that is by pure luck and not physical skill. Without the above fitness components, your swing will NEVER be consistent, nor will it ever have power and distance. These are harsh words, but they are also truthful words.

Golf is athletic! Athletes work on their bodies to reach their true potential. Why wouldn't you? Treat yourself like a golf athlete and start focusing on the physical aspect of the game and not the technical. The technical will fall right into place with your newfound fitness for golf abilities.

Strength: It takes strength to maintain golf posture and to rotate your upper body powerfully into the ball. A lower level of golf specific strength will result in difficulty with posture, and downswing power.

Flexibility: Flexibility is a must to achieve a full backswing with no muscular tension. Lack of flexibility creates tension in your golf swing, robbing you of club head speed and distance.

Stability: You need to be stable in your golf swing to perform optimal swing mechanics. Also, your consistency for 18 holes depends on a stable golf swing.

Balance: Have you ever fallen out of balance during a swing? Everyone has...but why then do golfers ignore balance training for a better swing. Improved balance creates a consistent and very powerful swing for 18 holes.

Coordination: The golf swing requires a particular sequence of motion, which is indirectly coordination. If you can't figure out this sequence and repeat it, forget it. You'll struggle to improve indefinitely.

Muscular Endurance: Having endurance helps you maintain optimal swing mechanics and power for 5 hours of golf. Endurance also affects your concentration. When you're tired, it's easy to lose focus. When you're fit, you stay focused for 18 holes with ease.

Implementing a fitness for golf program with the above components will get you REAL results...and fast!

Brian Walter, Fitness Instructor



Electronic Survey

In our efforts to "Go Green" The Wellness Center will be distributing an electronic version of the Customer Survey in April! For your convenience, the survey has been shortened. To be assured that you receive a chance to voice your opinions, please check to see that we have your correct email address at the front desk.

Guidelines for healthy adults under age 65

Basic recommendations from ACSM and AHA:

Do moderately intense cardio 30 minutes a day, 5 days a week

Or

Do vigorously intense cardio 20 minutes a day, 3 days a week

And

Do 8 to 10 strength-training exercises, 8 to 12 repetitions of each exercise twice a week.

Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary. The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

Tips for meeting the guidelines

With busy work schedules, family obligations, and packed weekends, it can often be difficult to get the recommended amount of physical activity. Try these tips for incorporating exercise into your life:

Do it in short bouts. Research shows that moderate-intensity physical activity can be accumulated throughout the day in 10-minute bouts, which can be just as effective as exercising for 30 minutes straight. This can be useful when trying to fit physical activity into a busy schedule.

Mix it up. Combinations of moderate- and vigorous-intensity physical activity can be used to meet the guidelines. For example, you can walk briskly for 30 minutes twice per week and jog at a higher intensity on two other days.

Set your schedule. Maybe it's easier for you to walk during your lunch hour, or perhaps hitting the pavement right after dinner is best for you. The key is to set aside specific days and times for exercise, making it just as much a regular part of your schedule as everything else.

The gym isn't a necessity. It doesn't take an expensive gym membership to get the daily recommended amount of physical activity. A pair of athletic shoes and a little motivation are all you need to live a more active, healthier life.

Make it a family affair. Take your spouse, your children, or a friend with you during exercise to add some fun to your routine. This is also a good way to encourage your kids to be physically active and get them committed early to a lifetime of health.

James Davis, Fitness Instructor

**MACON
HEALTH CLUB**

A service of The Medical Center of Central Georgia

**THE
WELLNESS CENTER**

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