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THE METTLER RELEASE

YOUR HEALTH, OUR HANDS

by Tara Young, Membership and Marketing Manager

Do you want to change the way you live but need expert advice on how? Do you have pain or an injury that won't go away? Ever wondered if you can benefit from physical therapy? There's no better time than now to learn how the Mettler Center can add to your life!

October is National Physical Therapy month, sponsored by the American Physical Therapy Association (APTA), and the Mettler Center is hosting an open house Monday, October 24th through Friday, October 28th at our Crossing location in celebration. This is your opportunity to learn more about physical therapy and take part in the great events happening throughout the week, including:

Win daily door prizes. Register at Member Services every time you're at Mettler for great gifts, including a grand prize of three free months added to your membership.

Sample healthy snacks. You've walked the wonderfully scented halls, hoping to get a taste of what's cooking, and now's your chance. Try delicious and healthy snacks Monday-Thursday around 9am and 5pm from Mettler's Healthy Cooking School.

Bring in a guest for free. Know a friend or family member interested in what Mettler has to offer? This is your chance to invite them to experience Mettler free of charge Monday-Friday. Together you can walk on a treadmill, glide on the popular ellipticals, strength training, or try an invigorating group exercise class.

Learn more about physical therapy. Meet Mettler's founder when you attend the interactive session titled "Your Health, Our Hands," presented by Paul Mettler, PT, and Karleen Havrilla, PT on Tuesday October 25th from 6:30-7:30pm. Learn who can benefit from physical therapy, discuss physical therapy treatments including Mettler's specialized manual therapy technique, MRT®, and have the chance to speak personally with a physical therapist. Please register at Member Services. Space is limited.

Invite a friend to join. Refer a friend or family member to join and get great gifts! Make sure your name is mentioned at the time of sign up and Mettler will take care of the rest!

This fall marked Mettler's 15th year in providing outpatient, orthopedic care to the Champaign-Urbana community. The Mettler Center salutes our fine team of award-winning physical therapists. Through National Physical Therapy Month, Mettler looks forward to educating you on how to maintain a healthy, productive lifestyle by putting your health in our hands.



Physical Therapy:
Your Health. Our Hands.

METTLER OPEN HOUSE

October 24-28th

Monday-Thursday, 5:30am-10pm

Friday, 5:30am-8pm



"Hands On" Health

A patient receives specialized MRT® treatments, just one method among many used by Mettler physical therapists.

HEALTHY LIFESTYLE PROGRAM

by Laurie Ellsworth, Lifestyle Services Coordinator

Most of us have a deep desire to be healthy, but somehow there is a huge gap between our desire and our actual success. We know this is true because our number one New Year's Resolution is to lose weight and become healthy and fit...every year!

A famous pianist who, at the end of his life, was wealthy beyond what a person could spend, world renown for his musical gifts, and admired and envied by all, said if he would give away everything he had, including his talent and lavish lifestyle, if he could just have one thing...his health. He died a week later from complications of heart disease.

Our health is truly something we cannot live without, and yet, we have the highest rate of obesity and heart disease than any other country in the world. It's not that we're not trying to be better. The fitness industry is a billion dollar business. And surely all of us know people who have tried every diet under the sun, and while they approached each one with the tenacity of an NFL linebacker, it was a matter of only a few months before all the weight they lost was found again! It hurts to say it but we are getting fatter and less healthy, not the other way around.

So why is there such a great chasm between our desire for health and our ability to attain it? We've probably heard the answer—there is no quick fix! Our lavish, but often frenzied "lifestyle," promotes sedentary living. And that will kill us if we don't do something about it.

That's why the Healthy Lifestyle Program (HLP) was created—to give us a plan for how to be active and eat right for a lifetime, not just four weeks. Exercising and eating nutritionally should not be habits that we stop and start. They are the habits that we make every day, and in turn, they make us. They are the secret to losing weight and being healthy. They are what the famous pianist knew all along, but didn't know how to include in his life. HLP teaches us, not just why we should include exercise and eating right, but gives practical and motivational instruction on how to accomplish it...forever.

HLP gives you the tools you need to close the gap between desire and action, between goals and success. And the truth is, everybody needs a little help with this, even registered dietitians, doctors, and personal trainers, who are among the hundreds of people that have already taken the class.

METTLER SUCCESS STORY

WILL STEGEMOLLER



MEMBER SINCE: 7/05

BEFORE HEALTHY HEART:

With a family history of heart disease, a cholesterol level of 238, and blood pressure of 128/74, Will was an ideal candidate for Healthy Heart Program.

SINCE COMPLETION:

Will lowered his cholesterol by 92 pts. and his triglycerides by 93. His blood pressure is now 118/68 and he lost 10 pounds in the course of the program. Will has since joined as a member and continues to lose weight and improve his health status through his newly acquired exercise and nutrition habits.

If you find that each New Year you make a resolution to get healthy, let that propel you into action that can make a difference. Join HLP and learn how to live a life that requires no regret. To schedule a free consultation, call 356-6543.



A Little Help From a Friend

Shannon provides encouragement as a client holds the "Hundred" during a one-on-one Pilates training session.

PILATES AND YOGA PERSONAL TRAINING

by Shannon Olison, Group Exercise Manager

Interested in Pilates one-on-one training? If you've been thinking scoop, neutral spine, and nose circles, we have some exciting news for you. Mat classes are just one aspect of Pilates...and the other half? One-on-one personal training.

The Mettler Center Pilates and Yoga Personal Training Studio, under the direction of Shannon Olison, Group Exercise Manager, is expanding. Our current schedule was just not enough to cover the demand for this great training opportunity that will increase your body awareness and improve the way you look, feel, and move.

We have expanded our Pilates and Yoga Studio days and hours to seven days a week at all open hours. In addition to Pilates, we have added Yoga personal training. If you have not tried one-on-one training or if your schedule did not work with the previous offered times, we would like to encourage you to try a session.

Because we know how valuable Pilates and Yoga are to each and every person, it is our hope that every Mettler member is able to experience individual training in these areas. If your goals are increased strength and flexibility, improved posture and body awareness, decreased tension and fatigue, or just want to experience more...we are here to help. Contact Shannon Olison, Group Exercise Manager at 356-6543.

Karen Hubbs, Master Pilates Trainer – Karen holds Pilates certifications from PhysicalMind Institute Certified Instructor in THEMETHOD® Pilates - Apparatus and Mat; Stott Pilates Mat Based Apprenticeship; AFAA Mat Based Pilates Certification and Personal Training Certification. As a Master Trainer, Karen specializes in physical therapy and medical clients.

Shannon Olison, Instructor Trainer – Shannon holds Pilates certifications from SCW Mat and Small Apparatus. In addition to her specialization in Pilates, Shannon is YogaFit certified and has completed 200 hours toward her Registered Yoga Teacher training. As an Instructor Trainer, Shannon specializes in yoga personal training of all levels including medical fitness and general fitness, as well as Pilates of all levels.

TANTALIZING TEAM-BUILDING

by Mary Knight, Wellness Services Manager

On Tuesday, September 27, 2005, 24 managers from the Devonshire Group took part in a Culinary Team-Building exercise at the Mettler Center at the Crossing. The idea behind the event was to build communication and decision-making skills among the managers, many of who do not see one another on a regular basis.

The participants were divided into six teams of four people each. Each team was responsible for fixing 3-4 recipes and completing them in a timely manner. Some of the dishes included the famous "Mettler Muffins," "Cowboy Soup," "Tilapia Piccata," and "Cheesecake Parfaits."

The event gave the participants time to learn from one another, and to learn about their respective teammates.

The exercise ended with a wonderful buffet where each team could show off their delicious dishes and enjoy a wonderful meal. If you are interested in such an event for your business or organization, call Mary Knight, Wellness Services Manager at 356-6543.



Ready, Set, COOK!

"Flounders" and "Barracudas" team members don aprons for an afternoon of culinary team-building at Mettler.

NUTRITION ONLINE

You don't have time, but you have nutrition-related goals. With our new web-based nutrition services, you can now get expert nutritional guidance without making time in your schedule for appointments. Receive recipes and grocery lists for the week or set goals with Registered Dietitian, Karen Kelly. Choose the service that best fits your needs. Most importantly, avoid procrastination in reaching your nutrition goals! Log on to mettlercenter.com for more information.

HAVE YOU SEEN YOUR TRAINER LATELY?

All Mettler members receive a complimentary appointment with a trainer every three months as a benefit of membership? To schedule an appointment, see Member Services or a trainer. Experience Mettler Motivation! Meet with a trainer today!

SPECIAL OFFER

Offer expires: 12/15/06

\$25 off

Save \$25 when you sign up for our Healthy Lifestyle Program or Pilates one-on-one Personal Training. (This offer excludes Pilates Introductory Packages.)



UPCOMING EVENTS:

Food Coach

Tuesdays, 11/1-11/29, 5:45-6:45p
(no class on 11/22)

Healthy Cooking Techniques

11/3, 6-8p

Smart Start

11/3, 11/10, and 11/17, 6-7p

Healthy Lifestyle Program

Mondays, 11/7-11/28, 5:45-7:15p

Inside HEAT

11/9, 6-7p

Prairie Table Thanksgiving

11/10, 6-7:30p

Kids Cook

11/12, 10-11a

International Cuisine

11/16, 6-7:30p

Confident Cooking

11/17, 6-7:30

Closed Thanksgiving

11/24

For a complete listing of our educational programs, visit mettlercenter.com

ARE YOU READY?

By Karen Kelly, MPH, RD Nutrition Specialist

As the holidays approach, can you say that you are ready? I'm not speaking of gift buying, party planning, or baking. I'm referring to the dreaded extra "gifts" many receive over the holidays...a few extra pounds here, an extra roll there.

Each year, the average weight gain over the holidays is 1 to 3 pounds. This doesn't sound too earth-shattering until you think about the next fact. That weight is often never lost. The result? A series of five holiday seasons could leave you 5 to 15 pounds heavier than you were when you started. Stop the cycle! Give yourself the priceless gift of optimum nutrition without weight gain this year. Better yet...share it with your friends and family! Here are some tips:

Plan ahead. Keep a calendar of holiday events. Eat a lighter breakfast and lunch on the day you're planning to attend a dinner party. When you're asked to bring a side dish to share, opt for vegetable platters, fruit bowls, whole grain breads, or fat-free soups.

Choose smaller portions. Use smaller plates and eat small portions at holiday functions. It's possible to enjoy traditional foods high in fat and calories, such as potato latkes or cookies, if you practice moderation.

Avoid alcohol. Alcohol adds calories and slackens your will to eat less and choose healthier foods. Try sparkling water with a twist of lemon or lime as a festive, calorie-free alternative.

Don't skip meals. Skipping meals can leave you overly hungry. If you arrive at a party famished, you're more likely to overeat and indulge indiscriminately. Be sure to maintain your normal eating pattern each day.

Try healthier recipes. Decrease the amount of fat, sugar, and salt in your favorite recipes. Try new recipes with heart-healthy options.

Focus on fruit and vegetables. Choose fruit with breakfast, fruit or vegetables for snacks, include a large salad with lunch and dinner, and enjoy fruit for dessert to get your five servings of fruits and vegetables per day.

Limit unnecessary fat. Sauces, gravies, butter, sour cream, and salad dressings can add up to 100 high fat calories per tablespoon. Even little changes such as these can save hundreds of extra calories per day, helping you stick with your plan.

Make time for breakfast. Start the day off right by choosing a high-fiber cereal, skim milk, and fresh fruit for breakfast. A healthy breakfast can help keep you keen and energetic while boosting your nutrient consumption.

Don't fall prey to the buffet. Buffet dinners are offered to give you sampling of a variety of foods. To avoid overloading your plate, survey the entire buffet before making your selection. Remember, sample, not satiate!

Keep hydrated. Drinking enough water throughout the day can help you avoid unnecessary snacking. A refreshing glass of water tinkling with ice cubes has no calories or fat—only minerals your body needs.

Distance yourself from tempting treats. Engage in conversation, dance the night away, and focus on having fun while steering clear of the hors d'oeuvres and munchies. If you find yourself seated beside a tempting treat, pass it on or move to a new location.

Remember the reason for the season. Holidays are for enjoying family and friends. Try to make eating and drinking secondary to your activities and social interactions.

So eat right and be merry this upcoming holiday season!

GREAT GIFTS!

The holiday season is quickly approaching and gift shopping is inevitable. Need an idea for that hard-to-shop-for person? We've got the answer...a Mettler Gift Card. Gift Cards can be used to purchase memberships, personal training, massages, weight loss programs, cooking classes, merchandise, childcare, and more! Mettler Gift Cards can be purchased in any monetary amount at our Crossing location and have no expiration date. So get a jump on your shopping and purchase one today!



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