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THE METTLER

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MINDING YOUR MANNERS...AT THE GYM

by Michelle Mermelstein, Personal Trainer

Walking into a gym can be rather overwhelming with the complicated equipment, hectic activity, and unspoken rules of how to properly behave. Let's face it—gyms have their own culture of behavior, and it can be rather intimidating if you're unaware of proper etiquette when on the fitness floor. So, here's the scoop on those unsaid rules so you can be a courteous gym-goer.

Clean up after yourself

When you work up a good sweat, you know you're getting a great workout. But the person using the machine after you may not want to sit in the evidence of that great lift. Think about it—you don't want to be touching anyone else's sweat either. So, be sure to leave the equipment dry for the next person. We have complementary towels to put on the benches of the fitness equipment and sanitation wipes to clean the cardio and strength machines when finished.

Be considerate of others

It can be difficult to have large groups of people trying to fit in a workout before running off to the next meeting. However, taking just a moment to be courteous to others can greatly improve the gym experience. (And others will be more likely to follow suit.)

- Re-rack weights. Not everyone is as strong as you, and it can be aggravating to have to clean up after someone else before each lift.
- Return all equipment. Leaving equipment out can be a hazard to others, and it's frustrating to not be able to find equipment.
- Don't rest on the machines. If you are doing multiple sets, allow others to use the machine between sets. This gives you time to rest, and allows them to continue with their workout. Plus, it's nice to share.
- Don't slam the weights. It can be incredibly distracting to have someone slamming down the dumbbells across the room. But dropping

a weight too fast is a great way to crush a toe, either yours or the person's next to you. So, stay in control of the weights. If you can't gently put it down, don't pick it up.

Appropriate shoes

It's essential that you wear close-toed shoes on the fitness floor. Nothing puts a damper on your day like a 20 pound weight crashing down on your exposed foot. So, for your own good, keep those toes covered and safe.

Cell phones

Finally, the cell phone. While a gym is not meant to be silent, please don't subject the person next to you to the latest family drama. If it's necessary to make a call, please take your conversation to the lobby. Please note, cell phones are not allowed on the fitness floor.



THE FACES OF METTLER THERAPY SERVICES

by Mettler Therapy Services

Did you know Mettler Therapy Services has nine physical and occupational therapists? This knowledgeable group is here to assist in your return to life after illness, injury, or surgery. As part of a continuing series of biographical profiles from Mettler's Therapy staff, take a moment to learn about two of our outstanding therapists. Introducing...

Lori Cuffey, PT is a physical therapist whose specialty is women's health, including pelvic floor dysfunction, as well as orthopedics and geriatrics. A recent addition to the Mettler staff, Lori has extensive clinical physical therapy experience in hospitals and nursing care facilities. She holds a BS in Physical Therapy (University of Health Sciences), an MEd in Human Resource Education (University of Illinois), and a Graduate Certificate in Women's Health Physical Therapy (Texas Women's University).



Lori finds delight in helping people regain normal function, as well as facilitating

their understanding of how the body is an integrated system. "I am excited to be part of the Mettler team as it is committed to an individual's recovery as well as the promotion of that person's future health and wellness."

Lori is married to Kenneth, and they have four children: Stephen and Joel (25), Abigail (22), and Daniel (20). Keeping up with her family, as well as involvement with exercise, work, and not to mention her favorite football team, the Indianapolis Colts, fills much of Lori's time.

JT Park, PT, DPT, MTC is the physical therapy coordinator for the Mettler Center. He sees patients of all age demographics pertaining to orthopedic and neurological conditions. After growing up in Chicago, he attended the University of Illinois and graduated with a BS in biology in 1995.



JT worked at Misericordia, a home for mentally and physically disabled children and young adults, as a physical therapy aide before going

into physical therapy school at Governors State University and graduating in 1999. He then worked as a physical therapist at Swedish Covenant Hospital in Chicago until the summer of 2005 when he joined the Mettler Center.

JT is Manual Therapy Certified (MTC) from the University of St. Augustine and recently completed his post graduate doctorate of physical therapy from the same university. He enjoys working at Mettler because he sees the company has a vision to influence clients in a positive way to transform their lives. As a physical therapist, he aims to do the same for those that he encounters in the clinic.

JT is married with two children. Still a Chicago sports fan at heart, JT keeps up with the Cubs, Bulls, and the Bears, only to have his heart broken year after year...especially last year by the Indianapolis Colts! He spends his time outside of the clinic with his family, at his local church, volunteering, and playing recreational sports when he finds the time.

For more information about Mettler Therapy Services or to schedule a free therapy consultation, call us today at 356-6543 or visit mettlercenter.com.



LEARN HOW TO JUMPSTART YOUR WEIGHT LOSS GOALS

by Kristen DiFilippo, MS, RD, LDN, Nutrition Specialist

It's reflection time again, the time of year when we all take stock of what we want to do differently in 2008. For many, this will include looking at the weight gain of previous years and the impact of this gain on your health. If your reflections have led you to some weight loss goals, take some time to consider one of Mettler's weight management programs.

Offered at both Mettler locations, our weight loss programs embrace the philosophy of whole life fitness. Our expert dietitians assist you in creating a nutrition plan that fits your lifestyle while experienced personal trainers guide you on the path to physical fitness.

Our comprehensive weight management programs are Jump Start and LEARN. With two different programs, we are frequently asked about the differences. Most obviously, Jump Start lasts for eight weeks while LEARN lasts for 12. LEARN nutrition appointments are 1 hour, and Jump Start nutrition appointments

are 30 minutes. (Both programs offer two 45 minute training sessions per week.) The biggest difference in the programs rests in its focus. Jump Start centers on guiding you to good nutrition and exercise habits. I like to call it the "what you should be doing program." On the other hand, LEARN is the "what keeps you from doing what you should be doing program." In LEARN, we work not only on heading in the right direction, but also spend time examining what has kept you from healthy living in the first place.

If you find yourself thinking about weight loss but don't have the ability to exercise at Mettler, we also offer nutrition counseling. Or if one-on-one meetings don't fit your needs, try our Weight Management Support Group.

If you have questions, give us a call or schedule a free consultation to find out which program will best fit you. Happy New Year, and best of luck in meeting your new goals!

Individual Attention

The motivation and friendly accountability of a Registered Dietitian may be the answer.

KAREN'S CHRONICLE

by Kristen DiFilippo, MS, RD, LDN, Nutrition Specialist

Every so often, the opportunity comes along to work with someone who stands out above the rest. While at Mettler, I have been fortunate to work with many outstanding people on their journey to weight loss. Karen Welch falls high on that list. Maybe she stands out because of the amount of weight she lost or the way she kept it off. Maybe it's because of her dedication to her own health and her care for the health of others around her. Maybe it's the way she has embraced what the dietitians and personal trainers have taught her and made it her own. More than likely, it's all of these things combined.

Karen joined Mettler in April of 2007 with the goal of losing weight. This goal led her to the Jump Start program, which she repeated for three sessions. In the beginning, the Jump Start program helped her achieve her weight loss goals, but eventually it became a tool she used to maintain her goal.

Karen, like all who choose the Jump Start program, experienced education and guidance in two primary areas: nutrition and exercise. Karen explains, "the dietitian instructed me on how to use the food pyramid to obtain a balanced diet," and provided her with a specific calorie goal. As a marker of her progress, her dietitian visits also included a weigh-in. Karen "worked with a trainer twice a week and did cardio training five days a week for 45 minutes."

By gradually increasing her speed, Karen went from simply walking on the treadmill to running daily. She learned to use a variety of machines and established a regular routine with the help of her trainer. "On Mondays,



Hangin' Around

Karen finishes a set of leg lifts as trainer Beth Young gives encouragement.

I concentrate on the upper body; on Wednesdays, the total body; and on Fridays, the lower body," Karen comments.

After 20 weeks of hard work, Karen met her goal weight! But she didn't stop there. Karen knew in order to maintain her goal, her new lifestyle needed to continue. At that time she switched from seeing the dietitian weekly to bi-weekly for accountability and continues to meet with her trainer and run daily.

Karen's commitment to her goal is remarkable, and is an example of what we at Mettler strive to help everyone achieve through our programs. Karen sums up her experience, "With the help of the excellent staff at the Mettler Center, I have realized that through hard work and dedication I could attain my goal."

FINAL PRINT EDITION

by Tara Young, Marketing and Promotions Manager

In our continued effort to reduce our impact on the environment and go green, this issue will be the last print edition of the bi-monthly Mettler newsletter. Fortunately, the Mettler Release will continue in electronic format to keep you updated and informed. To remain in the loop, check with Member Services to make sure to update your email address. You may also visit mettlercenter.com and subscribe to our mailing list.

ADULT FITNESS AT MA

by Carol Bobber, Fitness Coordinator

Love to work out in a group or want to try a non-studio fitness class? Mettler Athletic's Adult Fitness classes utilize our court, track, and turf surfaces to keep you moving and energized. Conveniently scheduled during the lunch hour (Body Challenge) and after work (Total Conditioning), these classes fit your schedule whether you are just beginning or needing a change. Stretch for Life is the newest addition to our lunch hour schedule, emphasizing a variety of flexibility techniques and equipment. Lastly, Athleticism III is now part of our Adult Fitness program which means the class is included with membership! Don't forget, if you're currently a member at either location, you can purchase a punch card to take advantage of the classes not offered at your "home" gym. Please visit mettlerathletic.com to view the most recent class schedule.

SPECIAL OFFER

Offer expires: 3/31/08

\$25 off

Take \$25 off when you sign up for Jumpstart or LEARN.

RESOLUTIONS AND HOW YOUR EMPLOYER CAN HELP

by Dree Atwood, Worksite 3D and Outreach Coordinator

It's that time of year when we all sit down and reflect on who we are and who we would like to be. Some of us would like to shave a few pounds; others would like to lose fifty. Perhaps you want to attend a new exercise class, or maybe your goal is to go from thinking about exercising to actually doing it! Whether you resolve to run a marathon or run for the first time in years, you might be surprised to discover that your company and your co-workers can help you succeed.

In the past few years, American businesses have increased their awareness of the importance of fitness, disease prevention, and leading a healthy lifestyle. The growth of worksite health promotion programs has partially resulted from the belief that an organization should take some responsibility for the welfare of its most valuable resource... the worker. With healthcare costs rising and most American workers spending nearly half their waking hours on the job, worksites are becoming a prime venue for promoting healthy habits. Many area businesses already offer health programs, subsidized gym memberships, and powerful incentives to motivate their employees to lead a healthy lifestyle. If your business isn't quite up to speed, here are some ideas to help get you moving in the right direction.

Communicate your goals It's been proven that simply communicating your goals to others increases your accountability. Initiate ways to increase the involvement of other coworkers by starting a health committee or getting together a small group of employees with similar goals. There is a wonderful group of co-workers that we work with on a consistent basis who say that if they didn't attend group exercise classes, plan activities, and schedule gym dates together, they would never do it on their own.

Ongoing support This same group has also commented on how nice it is to have ongoing support from someone you see every day. I fondly recall hearing one participant say "It's great to have a group of people who not only keep you away from that plate of doughnuts in the break room, but also give you a huge

hug when you reach your weight loss goals." Another participant commented, "We started this program as coworkers, but now we consider each other friends."

Attitude is everything Remember, with any new venture it is imperative to have the right attitude. Successful people always have the mindset that their goals are attainable and within reach. Understand not everyone will be ready to jump on board right away. Talk to your management team about implementing a health promotion program. Encourage your co-workers to make changes in their health behaviors. Need help? Give us a call. As experts in corporate wellness and injury prevention, Mettler has developed an array of offerings that can be customized to benefit your employees and your business.

For more information, or to schedule a corporate wellness consultation, please contact Dree Atwood at dree.atwood@mettlercenter.com or call 356-6543.

HOMESCHOOL PE AT MA

Mettler Athletic's Homeschool PE will begin Tuesday, January 22nd. The classes will be offered from 1-2pm Monday-Thursday for 18 weeks. Students can attend one or two days per week. Classes are led in a structured, non-competitive environment by a certified physical education instructor. Sports will include badminton, football, baseball/softball, and ultimate frisbee. The program will also feature presentations by a Mettler Registered Dietitian. To learn more visit mettlerathletic.com.



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