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THE METTLER

RELEASE

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ORIENTATION GETS SMART, PERSONAL TRAINING BEEFS UP

by Tracy Gallovitch, Fitness Coordinator and Garrett Arndt, Fitness Services Manager

Out with the old and in with the new and improved. Beginning July 1st, Mettler will debut a new process for member orientation called Start Smart™

Over a six month period, Start Smart™ will focus on helping members integrate exercise into their lifestyle. Members will meet every two weeks with a personal trainer and a few fellow members to establish a fitness routine and receive exercise progression guidelines. In addition, exercise and nutrition concepts will be presented along with active goal-setting and behavioral strategies.

The Start Smart™ program promises to be a highly interactive and engaging program that will provide knowledge, accountability, and motivation for the novice as well as the experienced exerciser. While the program is targeted at new members, all current Mettler members are eligible to participate as well. Best of all, there is no fee for new or current members to complete the program.

In addition to our smarter orientation system, we are presenting a wide variety of new personal training options for all members. The following is a look at the personal training packages to be available in August.

Strength Involves resistance training only. For those who would like to develop muscle mass or maximum strength.

Cardiovascular A cardio package with elements of flexibility, and core training. Will utilize heart rate monitors and/or VO₂ Max.

Total Body This all-inclusive program encompasses resistance training, cardio, flexibility, balance, and core training.

Medical Fitness Appropriate for clients who need a Post-Rehab, Cholesterol control, Pre/Post Natal, Diabetes, Menopause, Osteoporosis, or Posture/Mobility/Balance/Flexibility program.

Weight Loss Resting Metabolic Rate testing, nutrition, resistance, cardio, flexibility, balance, and core training for those want to lose weight.

The Rec Athlete Conditioning to enhance athletic performance. Examples include golf conditioning and road race training.

Seasonal Offerings from small group training sessions such as "Holiday Trimmings" to one-on-one intensives like "Bridal Boot Camp."

Fundamentals For those who need a little extra guidance beyond Start Smart™, these 20 minute sessions will help one get started on a training program.

To sign up for Start Smart™, see Member Services. For information regarding future personal training offerings, email Garrett Arndt at garrett.arndt@mettlercenter.com.

Banded Together
Personal trainer Bart Lindsay
instructs a client in a session
of resistance training.

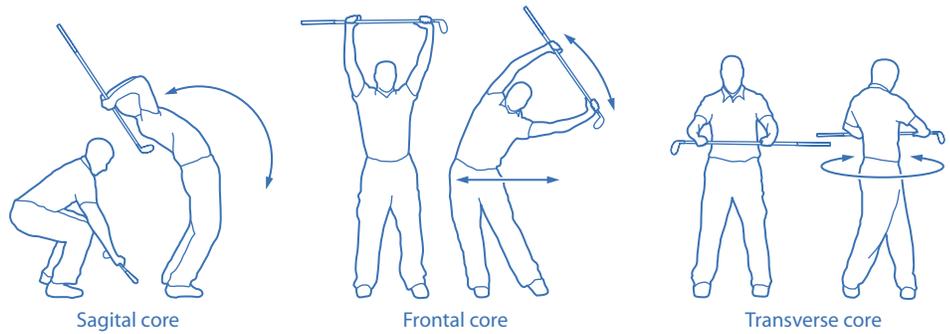


STRETCH FORE YOUR GAME

by Steve Young, Director of Therapy Services

Golf is becoming one of the most popular recreational activities today with the fading perception that it's merely for social enjoyment. All three major professional tours provide fitness, prehab, and rehab allowing golf to emerge as an athletic sport. The old recipe of time, money, and practice, practice, practice still slices success; however, new tweaks to conditioning can give you an edge. Losing weight, gaining mobility, strengthening your core, and enhancing your control are all ingredients to spice up your game, and from a functional standpoint, help prevent or correct nagging pains and injuries associated with the game.

A majority of golfers will experience some back, shoulder, elbow, or wrist pain in their life. Often with arm injuries, the cause of the dysfunction can seem unrelated to the symptoms. For example, a shoulder muscle strain may be caused by limited hip mobility. Postural asymmetries, muscle imbalances, poor control, decreased body awareness, and overall poor conditioning are all precipitators to injury which can lead to frustrating games as well as problems in daily activities.



The human body is designed to function in three planes of motion; Sagittal (forward/backward), Frontal (lateral), and Transverse (rotational). Each joint and muscle has the capacity to perform each motion in most tasks. One example is the golf swing. Rushing to the course and teeing up is typical, but if time allows prior to your tee time, try the following warmup to prepare your body for the three planes of motion of your swing. Perform these stretches with small ranges at slow speeds, gradually increasing the intensity to that of your normal swing. Transition smoothly from one motion to the next, practicing each stretch for approximately one minute.

Sagittal core Squat with neutral spine then stand, lean back reaching the club overhead.

Frontal core With the club overhead, move it side to side with the hips moving oppositely.

Transverse core Hold the club at waist height and rotate side to side.

After stretching, take a few swings with each club starting with your low irons first. Other preparations include stretching major muscle groups starting with the legs, trunk, and then upper body.

For stubborn golfers who neglect healthcare advice and play through pain no matter what, here are some tips to help get you through the round: 1) Swing with less force 2) Limit practice swings between shots 3) Hit the range, work on low to medium irons, and 4) Work on chipping and putting

Enhance your game with fitness, and protect yourself in the process. I hope to see you on the course, but watch out for my ball traveling in the frontal plane to your fairway. FORE!



Keepin' Cool in the Pool
Water aerobics participants stay fit and refreshed this summer at Lincolnshire Fields.

GETTING YOUR FEET WET, WITH WATER AEROBICS!

by Shannon Olison, Group Exercise Manager

"Water aerobics is a superb workout as part of our total fitness regimen. The workout was more challenging than one would imagine!"

As member Sandy Boileau states above, water aerobics can give you results and keep your body feeling great. Water aerobics, primarily viewed as a cardiovascular exercise, is an incredible way to vary your routine, improve your cardiovascular health, and increase strength and flexibility. The water provides buoyancy and support, nearly eliminating the possibility of joint or muscle injury.

But does it really offer a great workout? Absolutely! As with any form of exercise, the intensity is determined by you, the participant. If you want to work hard, you can get it through water aerobics, burning anywhere from 450 to 700 calories an hour. In the water, however, you experience much less stress as about 85-90% of your body weight is supported, making it feel different than higher impact

GREAT FOR THOSE WITH

Arthritis Exercises allow for great workout with less stress on the joints.

Osteoporosis Low impact exercises improve balance without risk of falling/fracture.

Diabetes Provides for an excellent moderate-intensity activity to help manage diabetes.

Back/Knee Problems Enjoy the support of the water and minimized joint impact.

land aerobics. Additionally, the water keeps your body cooled off and you are less likely to sweat. Ultimately, any participant, from the advanced to the beginning exerciser, can experience a safe and challenging workout.

So lather on the sunscreen, fill up your water bottle, pull the swimsuit out of the closet, and meet us at Lincolnshire Fields for sun, fun, and calorie burning!

Take the plunge at Lincolnshire Fields Country Club. Classes meet M - F, 12 - 12:45p and Tu/Th, 5:30 - 6:15p. Get your 10-Class Punch Card or Unlimited Pass at Member Services today!

GARY TAKES A LOAD OFF

by Gary Saladino, Member and HLP Participant

My revelation came when I had a physical and was forced onto a scale. The nurse announced it so casually...231 pounds. WHAT?!? TWO HUNDRED AND THIRTY-ONE POUNDS! The room started to spin. I knew going into my 30's that my body would change, but this was more than a shock. I had read that my ideal weight, at 6 foot 2 inches tall, should be 175–185 pounds. That meant I was carrying around 46–56 extra pounds. Suddenly, I had flashbacks of Oprah dragging out her bag of fat. No wonder I'm so tired all the time.

Once I stopped denying that I was overweight, I also had to confront the rest of my lifestyle. I manage marketing and promotions for the four stations of the Illini Radio Group, so my work schedule is never standard and includes a lot of odd hours. That, combined with being single and lacking cooking skills, made for great excuses to eat out over 90% of my meals, usually fast food (not to mention the stress and poor sleeping habits). No wonder I was overweight!

So, that's what led me to the Mettler Center. A friend who worked at Mettler, Reuben Rosczyk, told me about the Healthy Lifestyle Program. It sounded like exactly what I was looking for. I didn't need a diet, I needed to change my entire lifestyle. When I called Mettler, I was lucky enough to have my call directed to Laurie Ellsworth. Laurie told me more about the program and we were both convinced that I was a good candidate for HLP. I actually went through my pre-assessment and signed up that very day. My weight at pre-assessment was 222 pounds, so I had already managed to shed nine pounds since my visit to the doctor, although I can guarantee it wasn't done in a healthy way.



Shock and Awe

Gary and Lifestyle Coach, Laurie Ellsworth have fun at the scale.

HLP turned out to be the right choice for me. The program provided me with the structure that would make serious change possible. Laurie was fantastic, providing a wealth of information and laying out a realistic plan for long-term success. As part of the program, I began a strength training routine with Bart Lindsay. Again, as with Laurie, I found Bart to be a genuinely caring person who was easy to work with and willing to take the time to get to know my personal situation and goals before embarking on a routine. I cannot over-emphasize what a huge difference that makes in visualizing my own success.

At the end of the eight weeks I had my HLP post-assessment with Laurie. My weight had dropped to 200 pounds, and I had lost over eight inches. As I write this, I have lost another

METTLER SUCCESS STORY

GARY SALADINO



MEMBER SINCE: 3/06

BEFORE HLP:

When Gary started HLP he weighed 222 lbs., exercised erratically, and did no strength training.

AS OF JUNE:

In three months, Gary is down to 190 lbs. He does cardio 5–6 days per week and strength 3–4 days per week. "I feel like I'm starting a brand new life," Gary says, "and I would never have done it without the support of the Mettler team."

ten pounds and my goal is within reach. I feel so much better and now sleep like a log at night. Laurie's reaction to my success was so touching. She was so proud of me and what we had accomplished together. It reinforced my desire to continue my new life, and now I realize that I have a team of people behind me who desire success as much as I do. I owe a huge debt of gratitude to Laurie, Bart, the women in the HLP program, and the entire staff of the Mettler Center!

For more laughs, read Gary's unabridged version at: www.mettlercenter.com/change/gary.pdf

SPECIAL OFFER

Offer expires: 9/31/06

\$10 off

Save \$10 when you sign up for a Personal Nutrition Consultation.



HYDRATION: 101

by Kristen DiFilippo MS, RD, LDN, Nutrition Specialist

The hot days of summer are here. Do you have your water bottle ready?

Benefits of Water Water plays an essential role in keeping you alive: Digestion and absorption of food requires water, and blood circulation depends on water. Water helps maintain your body temperature through sweat, making it especially crucial while exercising and being in the heat. Water helps you feel full, an added bonus for those trying to lose weight. Mild dehydration over the long term has been associated with increased risk of kidney stones, some cancers (including breast, bladder, and colon cancer), and greater likelihood of childhood obesity.

Daily Needs Just how much water do you need? The National Institutes of Health recommend that adult women get 11 cups

and adult men get 16 cups of water each day. While 20% of this requirement comes from food, you need to drink the rest as fluids, so aim for 8 cups a day as a minimum. If you are active, overweight, male, or very muscular, you need to drink more. During exercise you need an additional 1–2 cups per hour. And don't forget to drink more when it is hot outside, especially when exercising in the heat.

How Do I Reach My Water Goal?

- Take frequent water breaks
- Keep a glass or bottle of water with you
- Drink from fountains when you see them
- Eat plenty of fruits and vegetables, as these are sources of water in your diet
- Try a touch of lemon to water or drink milk

Sports drinks help you stay hydrated during endurance exercise, but watch these and juices for excess calories. Caffeine leads to water loss, so if you drink caffeinated beverages (coffee, tea, or soda), leave these from your daily total. Or try decaffeinated beverages instead.

Do I Drink Enough Water? One of the best indicators that you drink enough water is if your urine is pale to colorless. If it is, and you are rarely thirsty, you probably drink enough water. If not, use some of the ideas above to increase your water consumption.

As the summer heats up, make sure that you receive all of the benefits that water offers.

WIN A FREE MONTH!

by Jennifer Farm, Membership Coordinator

We all know the importance of fitness. It keeps us healthy, helps us lose weight, lowers cholesterol, relieves stress, and so much more. We want to reward the good behavior of our dedicated members while giving everyone an extra incentive to work out. Come in to exercise 12 times during the month of July, and you will be automatically entered in a drawing to win a free month membership! You must scan in with your ID tag to be eligible. We hope to see you soon!

BIRTHDAYS ARE BACK!

Are you looking for a unique and fun way to celebrate your child's birthday? Let us plan your kid's big day with a "Fit and Fun" Birthday Party at the Mettler Center? Your child, along with 5–11 of his/her friends, will make their own cakes, learning both baking and nutrition principles. While cakes are baking and cooling, children get to enjoy fun exercises and games with the Mettler fitness staff. When they return, cakes are ready to decorate and EAT! After cake, the birthday child can then open gifts. For more information or to schedule a party, please call Mary Knight at 356-6543.



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