

IN THIS ISSUE:

Online Empowerment Tool
Patty Dudley Weight Loss
Inside Studio B
Meet the Dietitian
Mettler Foundation
Tendonitis Management

THE METTLER

RELEASE

MARCH/APRIL 2006

ONLINE ACCOUNTABILITY FOR EXERCISE AND NUTRITION

By Nikki Johnson, Personal Trainer and Fitness and Wellness Administrator

The 21st Century is one filled with technology. It seems as though we live our lives through the computer and sometimes think that we cannot function without it. It has become a necessity in almost every household. Not only do we access the Web from our home PC, but also through our palms, cells, and the popular "Blackberry" devices. Our lives are scheduled, and when we follow our schedules, we get things accomplished. Creating a list of "things to do," setting alarms on our handheld devices, and logging our accomplishments make us accountable and help us to stay on track with our priorities in life. Wouldn't it be great if we were able to log our exercise activities online, and get the most out of our workouts? Well, it's possible through the Mettler Center's Motivation® link!

As a member of Mettler, you have exclusive access to this Lifestyle Management Software designed to help you stay accountable from the convenience of your home or any device with an Internet connection. Motivation® is

a powerful health risk assessment, activity logging, and incentive program accessible through Mettler's homepage. This member-only benefit allows you to track your exercise and obtain educational materials related to health and fitness. It's designed to help you reach your full fitness potential. Some of the unique features of Motivation® include:

- Calendar of Programs, Services, and Group Exercise Schedules
- Activity Logging
- Interactive Health Risk Questionnaires: Lifestyle, True Age, Osteoporosis, and Personal Nutrition Assessment
- Educational Articles
- Incentive Program

Not only will this system help you stay accountable by providing you with the above resources, but your personal trainer can also contact you through your own Motivation® page and give you tips, positive quotes, exercise advice, and more. Your trainer is able to access some of your logs to see if you

are reaching your goals, too! Motivation® is a complete interactive system that keeps you in contact with your trainer if you choose!

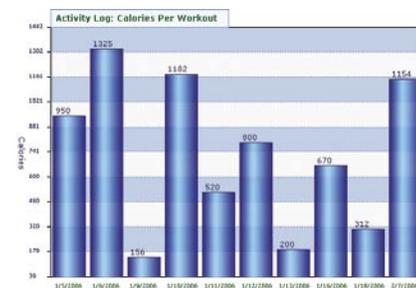
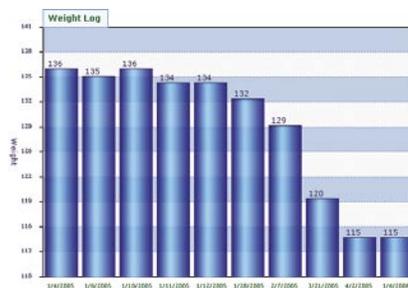
It's easy to get started. You can create your individualized Motivation® page today to track your progress and help maximize your health and fitness potential.

To access Motivation® go to the Mettler website at mettlercenter.com and click "login" on the menu bar. Click the Motivation® link (<http://motivation.mettlercenter.com/>) and follow the directions!

An Exercise Log

Track your weight, calories burned, blood pressure, visits to Mettler, and more.

MOTIVATION FEATURES



DUDLEY DOES RIGHT

By Patty Dudley, Member and WBGL On-air Staff

"Come have pizza with us," my office mates called to me. My reply? "No, I need to lose half of me."

I had 191 pounds on my 5'1" frame as of April 2005. I could hardly get out of the car, climb a stair, and was hindered in so many ways. My cholesterol was sky high.

Year after year, 11 years straight, I made a decision to lose weight. I drank my food, ate protein only, ate carbs only, took diet pills, and more. Oh, yes, I exercised too, at two different clubs. I continued to gain weight instead of lose weight.

Then I joined the Mettler Center and began to be cared for by a personal trainer. After all my stats were put on paper, I could see how endangering my weight was to my health.

My personal trainer mapped out an exercise and strength training plan, just for me. It was at a safe level for me to get started. After three months she changed my exercise plan so I could go to the next level of difficulty to benefit me. It worked!

Since last April I have put myself on a strict eating plan. I drank more water, ate high fiber grains, fruits, vegetables, lean meats, good oils, and calcium. I drastically reduced the portions of my meals and chose healthy snacks. This kind of eating is now a lifestyle, not just an eating plan. I will *never*, did you get that, *never* go back to eating the way I was eating.

After getting on a personal exercising plan and a healthy eating plan, the first three pounds came off, then 10, 20, 30, and now 37 pounds have come off my 5'1" frame! I've gone from size 20 clothing to size 10 clothing. I've lost more than 12 inches from my body. I have met both my year end goals of losing body fat and losing weight.

Most importantly, I have lost weight inside my head. I no longer lay my head on my pillow at night and feel defeated or chastise myself for overeating. I feel beautiful inside and out. I'm more confident and feel triumphant that I've conquered the mental battle of weight loss.

Thank you Mettler Center, Nikki Johnson, and staff for caring about my total health plan. You continue to teach me about healthy eating in your food classes. You help me strengthen

my physical body through safe, challenging exercising, and encourage me to continue to be a successful person who can continue to meet my goals. I'm not done yet and plan on continuing to lose the excess weight I still need to lose. I know I'm not winning alone. You are walking this walk with me. Let's celebrate with fat free yogurt!

METTLER SUCCESS STORY

PATTY DUDLEY



MEMBER SINCE: 1/04

At 50 years old, Patty is reaping many benefits of her newly developed exercise and nutritional habits. So far, they have provided her with: better sleep, more energy, healthier skin, and added confidence. By losing weight, she can now dance again, pain free! Patty wants to share her success and tells others, "If I can do it, you can do it. It's not easy but the effort is worth it and so are you." Congratulations, Patty, keep it up!



Amiable Ambiance

Newly renovated Studio B proves to be a calm and relaxing place for mind-body classes.

INSIDE THE EXERCISE STUDIO...STUDIO B, THAT IS

by Shannon Olison, Group Exercise Manager

Step aside James Lipton, we're heading in for an all access look at the Pilates and Yoga classes taking place in the new Studio B. While James Lipton is involved in the craft of acting, our new Studio B is concerned with improving and enhancing the mind-body experience for all of our members. We have created this new studio to provide a space for a different kind of Pilates and Yoga experience.

That difference is the calming atmosphere, detailed instruction, additional equipment, and personalized attention. Think small group personal training meets group exercise. Studio B gives participants the opportunity to gain more from your practice, more knowledge, more relaxation, more experience, more body awareness, more fitness...the list continues.

Some might wonder why we couldn't have just added these additional classes to the regular group exercise studio (known as Studio A) and use Studio B for other things.

We knew that we could not easily regulate the schedule of classes and other activities and still maintain room atmosphere, quality, equipment, and cleanliness. We wanted to keep the space a haven for a mind-body experience, a quiet calm that is necessary for changes to take place. We also wanted to give group exercise participants a new arena to try group classes, but in a smaller setting with a deeper focus. As our current classes fill up, our hope is to continue to add more quality Pilates and Yoga classes, eventually taking on a full schedule.

So while Tom Hanks or Julia Roberts might be sitting on the stage describing the craft of acting, we'll be in Studio B describing the craft of Pilates and Yoga. We'll be giving our participants the tools to feel better, improve health, lose weight, gain strength, and increase flexibility. I'm Shannon Olison, and I'll see you the next time you go Inside the Exercise Studio (now known as Studio B).

STEPPING TO 'THE PLATE'

By Lisa Carlson, Director of Wellness Services

Mettler adds nutritional value to the staff with our newest addition, Kristen DiFilippo.

Kristen has joined Wellness Services to fill the role of Registered Dietitian after completing a very full rotation in Carle's Nutrition Services Department. Kristen was responsible for designing individualized food plans for a host of conditions, ranging from diabetes and heart disease to obesity. She is a U of I Food Science graduate, and has earned her Masters in Family and Consumer Science with a specialization in Dietetics.

Among other duties, Kristen will facilitate several of Mettler's nutrition and weight loss programs including Nutri-Coach, a six week program of individualized meal planning and goal setting, and the LEARN program for those who want to reverse obesity through exercise and nutritional behavior changes.

Kristen is married, has two children, and resides in Mahomet. If you want to learn more about Mettler's nutrition or weight loss programs, please schedule a free consult with Kristen or another Wellness Services Staff or visit us on the web at mettlercenter.com.

CH-CH-CHANGES

By Tara Young, Membership and Marketing Manager

As the saying goes, change is the only constant in life. And this is certainly true at Metter. The first adjustment occurs in childcare. Tot Spot now accomodates children who can crawl **through age eight**. In addition, we would like to announce our new opening hours. In order to accommodate the early risers, the Mettler Center at **the Crossing now opens at 5:15am Monday through Friday**.



Kristen Tells All

So what's a Dietitian's favorite indulgence?

Kristen says hers is Häagen-Dazs® cherry fudge truffle ice cream—"light" of course!

A FOUNDATION FORMED

by Miles Mettler, PhD, General Manager

We are pleased to announce the establishment of the Mettler Foundation, a not-for-profit organization. It has long been a goal to create such a foundation, and we're excited that as of January 1, 2006, the Mettler Foundation is now official.

As we conducted the first meeting of the board of directors, it was apparent that, although we have some initial projects to begin, the full impact that Mettler Foundation will have over the next 10 to 20 years is hard to imagine, but the prospects are inspiring.

Currently, there are four primary areas of focus for the foundation:

- Foster research related to the areas of physical therapy — specifically MRT® — and fitness/wellness through collaborative efforts with the U of I, and other organizations.
- Develop programs such as Cancer Wellness.
- Create scholarships for students in physical therapy, kinesiology, or wellness fields.
- Underwrite participation for clients in need and unable to afford health-related programs or services.

In order to accomplish these goals, funding for the foundation will be needed. So, our initial efforts will also be directed at securing financial gifts from various sources, including private giving, government-related funding sources, and other private foundations. Much more information about Mettler Foundation will be made available in the near future. In the meantime, any information related to possible funding sources you have is greatly appreciated. Or, if you're interested in making a personal gift, please let me know.

The Mettler Foundation is just another way we're intent on increasing the focus on Whole Life Fitness through a variety of related avenues. We're confident that our efforts will lead students, researchers, clinicians, instructors, trainers, and clients to share in that experience as well.

For more information, contact Miles Mettler, PhD at foundation@mettlercenter.com or call 217-356-6543.

SPECIAL OFFER

Offer expires: 5/31/06

\$15 off

Save \$15 when you sign up for Nutri-Coach with Kristen DiFilippo.



TAMING TENDONITIS

By Mettler Therapy Staff

For some, 2006 has brought about a new commitment to a healthy lifestyle and exercise. For others, it has brought a renewed commitment to what has already become a great lifestyle habit. Whatever the case may be, many of us have started exercising more often and with more intensity. With that new found commitment can come problems associated with improper exercise technique or over-training. One common overuse injury people encounter is tendonitis.

Mettler hopes you can avoid problems like tendonitis by providing you with proper training on the use of exercise equipment and on proper exercise technique. However, if you start to experience problems with pain in your exercise program, please advise one of our trained fitness staff members who will provide suggestions to reduce symptoms.

Some signs and symptoms of tendonitis include pain, tenderness, or stiffness near a joint. The pain of tendonitis is usually worse with activities that use the muscle attached to the involved tendon. A tendon is the thick, fibrous cord that connects muscle to bone, and tendonitis is an inflammation or irritation of that tendon. It is most common around the shoulders, elbows, and knees its names include: tennis elbow, Achilles tendonitis, patellar tendonitis, and biceps tendonitis. You may have been previously diagnosed with one of these conditions.

The incidence of developing tendonitis increases with age as muscles and tendons lose their elasticity. Improper technique can also contribute to tendonitis. The most common cause; however, is overuse during work or recreational activities. The good news is that tendonitis does not usually require a doctor's care. However, if you experience pain that interferes with your normal day-to-day activities or have soreness that does not improve within two weeks despite self-care measures, you may want to see your doctor. Also, if you have a fever, and the area affected by tendonitis appears red or inflamed, you should contact your doctor.

Simple suggestions to prevent or reduce the signs of tendonitis include easing up on the activity that is placing stress on the tendon or muscle. If you notice pain during a particular exercise, you should stop that exercise temporarily. You can also try cross-training. If you have done the same program for a long

time, try mixing it up. Add some lower impact activities if needed. You could also relieve some of your symptoms by improving your technique. Sometimes a simple alteration can significantly reduce the amount of strain on a muscle or tendon. Lastly, look at using proper mechanics not only with your exercise but also in your workplace. You may benefit from a proper ergonomic assessment if you notice that work is the primary cause of your signs and symptoms. Tendons can become continually overloaded or stressed during work activities. At home, you can try the RICE method to relieve symptoms. This includes rest, ice, compression, and elevation which can speed your recovery time and prevent other problems.

If after trying the above recommendations you have not achieved pain relief, consider meeting with your trainer or scheduling a physical therapy or occupational therapy consult at the Mettler Center. A therapist can help to differentiate the source of your pain. If needed, they will encourage you to see your physician for a referral to therapy. Other options for relief that you may receive from your physician are steroid injections, prescription anti-inflammatories, or a recommendation to take aspirin, Advil, Motrin, or other over-the-counter ibuprofen.

While we hope that no one will experience an onset of tendonitis, be assured that if you do, the Mettler Center can assist in a variety of ways to help relieve those symptoms and get you back to Whole Life Fitness.

 **METTLERcenter**
2906 Crossing Court
Champaign 61822

PRSRST STD
U.S. POSTAGE
PAID
SAVOY, IL
PERMIT NO. 2