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THE METTLER RELEASE

MARCH/APRIL 2007

METTLER ATHLETIC, TAKE YOUR MARK...

by Miles Mettler, PhD, General Manager

Mettler Athletic is set to open, and we're excited about offering something new and unique to the Champaign-Urbana community. Indeed, as we've progressed with this project, it's become clear we've developed a concept that is unlike any other in downstate Illinois.

The four main aspects of Mettler Athletic include sports performance training, general fitness memberships, sports physical therapy, and sport skill instruction. Our performance training will offer conditioning programs specific for the young athlete, as well as the adult sportster. There will be a limited number of general fitness memberships, and we will be introducing a new line of cardio and strength training equipment. Those suffering from any sort of musculoskeletal injury or pain will benefit from our sports staff's specialized training. For athletes seeking to improve in a sport skill, we'll be offering a wide variety of sport-specific skill instruction opportunities. We're extremely excited that former big-leaguer Darrin Fletcher will serve as our Director of Baseball Operations and will head up our skill-based baseball instruction.

Additionally, we'll be offering a unique blend of group fitness classes, sports nutrition services, massage therapy, and fitness and

performance testing. The group fitness program will take advantage of the wide open spaces, which will allow for a larger group format and athletic type classes. Sports nutrition has quickly become an integral component for those seeking to achieve optimal performance through nutrition training plans and game-day strategies. Once thought of as a luxury, massage therapy has gained acceptance as a viable component for athletes training for performance or anyone simply seeking relief from daily tension and stress. And fitness and performance testing will assist those who are looking to set and achieve benchmark goals by establishing baseline information which will also serve as on-going motivation.

The addition of Mettler Athletic will enable us to more fully develop the programs and services we've initiated and seek to continually provide at the Crossing location, including the new medical fitness and nutrition programs featured on the back side of this newsletter. Meanwhile, Mettler Athletic will offer the athletic community programs and services to meet their needs as well.

If you would like more information about Mettler Athletic, you can contact myself or Jim Russell, Director of Operations and Sales. Also, our website, mettlerathletic.com, will be re-launching soon, featuring information on all aspects of programs, operations, and staff.

Mettler Athletic is located at 1809 S. Neil Street, next to Northwestern Mutual and behind El Torro restaurant. Email jim.russell@mettlerathletic.com for more info.



Signs, Signs, Everywhere

A billboard promotes Mettler's new focus on the athlete.

THERAPY FOR THE JOB OF LIFE

By Sheila King, Occupational Therapist

Occupational therapy (OT) began as the medical world saw the need to increase a person's level of function. Its roots are based in the area of activities restoring function. This cognitive focus produces an effective outcome because the focus is on the activity the person is engaged in, not the movement or prescribed exercise. Occupational therapy received recognition as a profession by the AMA, and its name came from whatever *occupies* a person's daily activities. So, *occupational* therapy is intervention in a person's life where there has been an interruption of one's level of function, activity, or whatever "occupies" one's time. Whether one is a student, homemaker, laborer, or infant, if there is a break in one's ability to perform required, important, or pertinent tasks, that person is a candidate for occupational therapy.

Each year, occupational therapy helps millions of people of all ages learn or regain skills where impairments have left a void, allowing those affected to lead independent and purposeful lives. It gives people the "skills for the job of

living" which are necessary for independent and satisfying lives, including well-being in all aspects of daily life and functional activities.

Occupational therapists look at the whole person: self-care, work, and play (leisure). If these areas are not in balance, occupational therapy can assist in balancing these areas in one's life. With the help of occupational therapy, many of these individuals can achieve or regain a higher level of independence. When skill and strength cannot be developed or improved, occupational therapy offers creative solutions and alternatives for carrying out daily activities. These may include assisted devices, adaptive equipment, education on energy conservation or joint protection, custom splints, or re-learning a desired activity with a different approach or technique.

Occupational therapy also provides injury prevention and treatment through ergonomics, body mechanics and posture, and education. Instruction focuses on physiopsychosocial balance in one's life, musculoskeletal function during tasks, and



therapeutic exercises. Activities are designed to help restore function by incorporating the use of manual techniques and modalities such as heat to achieve personal goals and gain success.

At the Mettler Center, we are committed to helping those who have decreased function of their hands or arms learn or regain the skills necessary for an independent and satisfying life. When you are seen by our occupational therapist, you will be seen one-on-one by an upper extremity specialist, and a certified hand therapist (CHT). Under our care, you will be given effective ways to help restore functional abilities in your daily life, allowing a return to the activities that give you pleasure and a sense of purpose. We believe in helping restore whole life living.

April is Occupational Therapy Awareness Month
If you've experienced loss of function in your hand, wrist, arm, or shoulder, call us to schedule a free consultation.



"C" is for Cycling

The former home to Kinetik Kidz gets a facelift to make room for a designated cycling studio.

GEARING UP FOR GROUP FITNESS

by Meg Shad, Group Fitness Coordinator

It's an exciting time for Group Fitness at the Mettler Center! We kicked off the New Year at the Crossing with a new schedule, fresh classes, and tremendous enthusiasm. Did you know that our drop-in group fitness classes are included in your membership? Did you know that our staff currently teaches 63 drop-in classes per week? We offer a variety of classes designed to enhance your physical and mental well-being. Whether it's an intense, heart-pumping Fusion class or a calming and rejuvenating Flow Yoga class, we feel confident that we have something for everyone with Mettler's Group Fitness.

We anticipate adding even more classes upon the completion of our new cycling room, Studio C, set to open in the beginning of March. Look for more high-energy cycling classes in the upcoming month as well as additions to our Studio A and B schedules.

In addition to our regular drop-in schedule,

Group Fitness and Mettler University will continue to pair up to offer special classes to members and the general public. These educational classes are meant to advance participants' knowledge and skills in specific exercises and promote group fitness. Watch for the following Mettler University classes in the upcoming months: Power Treading, Cycling 101, Beginner Runners Workshop, Aquatic Exercise, Yoga Alignment Workshop, Partner Yoga, Chair Yoga, Kids Yoga, Teen Yoga, and Pre- and Post-Natal Yoga.

Along with our new classes at the Crossing, we've been gearing up for group fitness at Mettler Athletic. Look to Mettler Athletic Group Fitness for innovative, contemporary classes designed to jumpstart your workout! Drop in to any of our classes and discover a whole new way to enjoy your fitness program!

For a complete listing of classes visit our website at: mettlercenter.com. Questions or feedback regarding group fitness? Email meg.shad@mettlercenter.com.

A FIRSTHAND ACCOUNT

by Gail Heidari, Occupational Therapy Patient

In late summer 2006, I was experiencing pain in my hands, especially in my thumb joints. I would experience sharp pain picking up certain objects, writing, or driving for great distances. A mishap to my left hand exacerbated the issue causing the pain to go up my arm to my elbow. My sleep was disturbed, and my workout routine was messed up. Carpal tunnel had been ruled out; arthritis seemed to be the culprit.

Being a member of Mettler at the time, I took advantage of the proximity of occupational therapy at the Crossing. The fact that I could have occupational therapy at the same place where I worked out, coupled with Mettler's friendly staff, made this choice of having therapy at Mettler very easy! Come to find out, the occupational therapist at the Mettler Center is also a certified hand therapist!

Sheila King came to my rescue. Not only did she address the current issue, but she pointed out another arthritis-related issue with my fingers. I didn't think there was much hope for my right hand grip as this grasping motion had been limited for quite a long time. As a result of Sheila's therapy, splinting, time, and appropriate exercises, the pains subsided. An increase in range of motion was also happening in my right (dominant!) hand. My functional abilities were enhanced and with much less pain! Although the arthritis joint issues will probably come and go throughout my life, Sheila's recommendations, education, and instructions will help me reduce future flare-ups and help me handle such issues when they do occur.

The staff at Mettler therapy is tops! They are



Fully Functioning

Gail receives careful assistance from occupational therapist, Sheila King.

always cheerful, friendly, and caring. Not only does one receive physical treatment, but also careful explanation of the issue at hand. The therapists educate on possible causes of the injury, the physiology of what is happening, how the treatment will lead to positive results, and how to reduce the chances of re-injury.

My therapist also worked around my travel needs... sending me off with needed exercises to make my travels more tolerable until I was able to return to resume my therapy one-on-one. My occupational therapist was concerned about my comfort all along the way. (I have already referred Mettler Occupational Therapy to several friends and acquaintances.) Not only did Sheila give me exercises to do, but she also suggested changes in my way of living to help prevent and deal with relapses.

Sheila has helped me make this move from Illinois to California a bit more pleasant. Now if I can only figure out a way to get Mettler and its staff to move to California with me!

METTLER SUCCESS STORY

GAIL HEIDARI



MEMBER SINCE: 1/05

BEFORE THERAPY:

Gail began experiencing thumb joint discomfort which became especially aggravated through the repetitive movements of packing up boxes for an impending move. After obtaining a referral from her doctor, Gail began therapy at the Mettler Center.

THERAPY OUTCOMES:

A treatment plan involving splinting, education on self-care, and exercises to strengthen hand muscles and decrease joint pain had Gail well on her way to managed/painfree status. In a few visits, Gail was able to function fully and resume packing for her move to a new home. With therapy and education from Mettler, Gail can now look forward to unpacking with the same confidence.

SPECIAL OFFER

Offer expires: 5/31/07

10% off

Save 10% off any of Mettler's new medical nutrition programs. (See back)

NUTRITION ADDITIONS

by Desiree Lavin, RD, Nutrition Specialist

In addition to our weight management programs such as Jump Start, LEARN, and the Healthy Lifestyle Program, the Mettler Center will begin offering Medical Nutrition and Fitness Therapy programs. These programs are specifically tailored for individuals who have been diagnosed with a medical illness and include:

Fit with Fibro Fibromyalgia is a complex, chronic condition which causes widespread pain and fatigue, along with a variety of other symptoms. This 8 week program aims to aid the individual in dealing with the associated symptoms of this disease while utilizing appropriate exercise and nutritional intervention. The participant will meet twice a week with a trainer and will receive a nutrition consultation with a registered dietitian.

Building Better Bones If you are suffering from Osteoporosis, this program for you. This 8 week program is designed to slow the deterioration of bone through a combination of weight bearing exercises and nutrition counseling. Stability, balance, and postural training are also emphasized through Building Better Bones.

Active with Arthritis Arthritis can be a debilitating disease, and this program will focus on slowly introducing exercise into the lives of individuals suffering from it. Education on arthritis, as well as a nutrition consultation by a registered dietitian are also provided in this 8 week program.

Diabetes Management This program includes 5 weeks of individualized nutritional counseling with a registered dietitian to achieve a healthy, more stable blood glucose level. Other nutritional and diabetes associated issues are addressed such as glucose monitoring and minimizing diabetes-related complications. Twice weekly personal training sessions are included to improve blood glucose, weight, and overall health.

Healthy Heart Program Those diagnosed with or at high risk for heart disease, high cholesterol, or other cardiovascular conditions

will benefit from our Healthy Heart Program. Participants will spend four weeks practicing the Therapeutic Lifestyle Change approach to limit disease progression and improve overall well being. This 4 week, one-on-one program incorporates personal training and nutrition counseling with a registered dietitian

Mother and Baby and **Fit After Baby** Mother and Baby is for the soon-to-be-mom who would benefit from counseling on appropriate nutrition throughout her pregnancy. Twice weekly sessions with a personal trainer will ensure mom keeps active and healthy during this time. Fit After Baby is a post-pregnancy program focusing on nutrition and exercise interventions to help mom to get back to her pre-pregnancy self. Sessions with a registered dietitian and personal trainer are included in both of these 8 week programs.

See Member Services to schedule your free 30 minute consultation with one of Mettler's Registered Dietitians.

TOT SPOT UPDATE

Mettler's supervised playroom has made changes to its hours and fees. New hours are as follows:

Monday–Thursday: 8am–1:30pm and 4–7pm

Friday: 8am–1:30pm

Saturday: 8am–11am

The new drop-in rate is now \$1.50 per child per visit. Discounted punch cards can still be purchased for \$10/10 visits and \$20/20 visits.

The Tot Spot could use your donations. They are currently looking for gently-used toys and dress-up clothes for a variety of ages. Please see Alene at Member Services for more details.



 **METTLERcenter**
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