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THE METTLER

RELEASE

NOVEMBER/DECEMBER 2007

EATING HEALTHY THIS HOLIDAY SEASON

by Karen Kelly, MPH, RD, LDN, eNutritionist

The most wonderful time of the year is upon us. You can already hear carolers serenading the neighborhood and holiday jingles on the radio. You can see lights twinkling on every corner and smell kitchens bursting with the aromas of baked goods. And that's when the joyful feeling comes to a screeching halt because you're reminded of your struggle to maintain a healthy weight during the holiday season (let alone lose weight, which is what you'd really like to do).

You can do something about it. Here are a few tips to follow. Your goal should be to pick *five* that you are going to adopt 100% this season. Read them.

- Don't try to diet. Your goal should be to maintain weight, not lose it.
- To avoid indulging in high-fat fast food when your days become hectic, pre-plan several quick, healthy meals and have them readily available for reheating.

- Don't try to entirely cut out high-fat holiday favorites like eggnog and candied sweet potatoes. Instead, choose small portions and fill your plate with lower-fat choices, such as apples, cranberry dishes, baked squash, pumpkin, breads, and pastas.
- Eat something before going to an event with alcohol. The effects of alcohol are felt much more quickly on an empty stomach and can lead to overeating and overdrinking. Drink plenty of water and minimize alcohol intake. (A holiday-sized mix drink can add 500 calories to your day!)
- Center entertainment around non-food events such as ice skating, renting a holiday movie, or singing carols.
- Offer to bring a favorite low-calorie dish to

holiday parties, so you know there will be at least one healthy item available. Arrive fashionably late and stand far away from buffets so you're not tempted to nibble constantly. Instead, indulge in conversation.

- Make the effort to continue a regular exercise program, even in the midst of holiday bustle. You *can* find a way to squeeze it in, and you will feel much better for it.
- Pace yourself while eating. The faster you eat, the more calories will go in. Savor the flavor and the experience.
- Don't skip meals. While it may seem like the ultimate compensation for splurging, this plan backfires. Be sure to eat on a regular schedule and keep meals light and healthy.

Now apply these tips and have a truly joyful holiday season!

Orange Sweet Potatoes (serves 6)

Ingredients

| | | | |
|--------|------------------|--------|-------------|
| 3-4 | sweet potatoes | 1 Tbsp | cinnamon |
| ¼ cup | orange marmalade | 1 tsp | cardamom |
| 1 Tbsp | nutmeg | 2 Tbsp | brown sugar |

Directions

Prick and bake sweet potatoes for 45 minutes at 450°, or microwave until done (about 6 minutes each potato.) Halve and scoop out the potatoes and discard the skin. Mash the potatoes. Melt ¼ cup orange marmalade over low heat in a saucepan (or microwave in a bowl.) Add 1 Tbsp cinnamon, 1 Tbsp nutmeg, and 1 tsp cardamom. Stir until spices are combined. Add mixture to sweet potatoes and combine. Place in a casserole dish and lightly sprinkle brown sugar on top. Bake for 30 minutes at 350°.

Per serving 118 calories, .4g fat, 18mg sodium, 29g carbohydrate, 2g fiber, 1g protein

UNRAVELING THE THERAPY BENEFITS OF YOUR PLAN

by Jeff Schroder, MPT, Physical Therapist

Typically, you can't predict when you'll need your health insurance beyond the routine visits and co-pays, so it's good to have an understanding of your major medical coverage. However, most people do not consider their coverage for ancillary services, such as physical therapy, until they or their dependents require that service. Understanding what benefits are available to you will help you maximize those benefits if you need them later.

Many people obtain their health insurance through their employers. Each plan has different benefits, deductible obligations, and co-payment requirements. Employers spend an average of \$4,000 per year per employee for health care benefits. They are interested in getting the most for their money, but also want a plan that is attractive to their employees. Often these plans will address dental, hospitalization, and pharmaceuticals but not physical therapy. As a savvy health consumer, it is in your best interest to examine the physical therapy benefit language of your health insurance plan.

It is important to understand the sometimes confusing language regarding your physical therapy coverage. This can be restrictive or all-inclusive. (They may limit treatment of chronic conditions like multiple sclerosis or rheumatoid arthritis.) Some plans place a cap on the number of physical therapy visits and specify that the visits be rendered within a specific time frame. Look for key phrases to know if the visit limit is "per condition," "per calendar year," or "per episode of care." Plans may require pre-authorization from the insurance company if further visits are required beyond those initially approved. Although legislation is ongoing to change this rule and allow for greater coverage, Medicare regulations only allow for \$1500 per year of outpatient physical therapy.

Regardless of your coverage, it's good to be informed. Knowing your therapy benefits can save you much hassle, pain, and money ensuring the progress that you need.

Who ya gonna call? Mettler accepts most major insurance plans, but contact your insurance company or the Mettler Center for specific information.

HEAD START ON HOLIDAYS

by Garrett Arndt, Performance & Fitness Team Leader

2008 is just around the corner, and many of us have resolutions in mind. But why wait to gear up on January 1st when you could achieve your goals by the end of 2007? Mettler Athletic is excited to announce two new programs to give you a running start.

Strength in Numbers is Mettler Athletic's small group personal training program. Each participant will be given an individualized program while training in a group setting. Not only will participants have the benefit of a personal trainer's expertise, but they will also have the extra motivation and accountability from others in the group.

The A.C.T. Program (Assess, Challenge, and Train) offers members who have gone through the initial New Member Orientation appointments three *extra* sessions with a personal trainer. Trainers will re-assess the member's fitness level, re-develop goals, and re-create an action plan to accomplish those goals. The trainer will then take the member through a new, re-designed workout to help progress their training.



Knuckles Aligned?

Darrin Fletcher, Director of Baseball Operations, assists a batter with his grip during a hitting skill session.

GET YOUR SWING ON...INSIDE, AT METTLER ATHLETIC!

by Eddie Edwards, Skill and Camp Team Leader

The weather is getting cold, leaves are covering the ground, and there's a new World Series Champion. But, that doesn't mean America's favorite past time is over until February. Over the winter, Mettler Athletic will host various baseball and softball clinics for athletes who would like to enhance their skill levels.

Pitcher's & Catcher's Clinics Darrin Fletcher, a Major League catcher for 14 years, and Rich Hyde, a Minor League pitching coach for 16 years, will work with athletes wanting to enhance abilities behind the plate and on the mound. The clinics will cover various drills such as proper footwork, blocking skills, pitching mechanics, and throwing techniques.

Hitting Clinic For beginners to experienced athletes, this clinic will focus on basic hitting fundamentals. Each athlete will train at five drill stations which range from a basic athletic stance to live batting practice and includes technologies such as Dartfish video analysis.

One-on-One Instruction As November clinics conclude, December will launch individual skill instruction for softball and baseball players. Mettler Athletic's certified professional coaches will enhance skills and knowledge with individual instruction.

Hitting Leagues December also introduces Mettler Athletic Hitting Leagues. Each league will have teams consisting of three players per team. Teams will compete once a week, against another team, for a period of one hour or four "innings." Team records and individual statistics will be recorded throughout the league. Team champions and an individual batting champion will be crowned at the end of the season. Mettler Athletic Hitting Leagues are an opportunity for baseball and softball players to keep ahead of the game during the cold winter months.

Ready to move to the next level? For more details on clinics and leagues, or to schedule time for personal skill instruction, call Mettler Athletic at 398-9800.

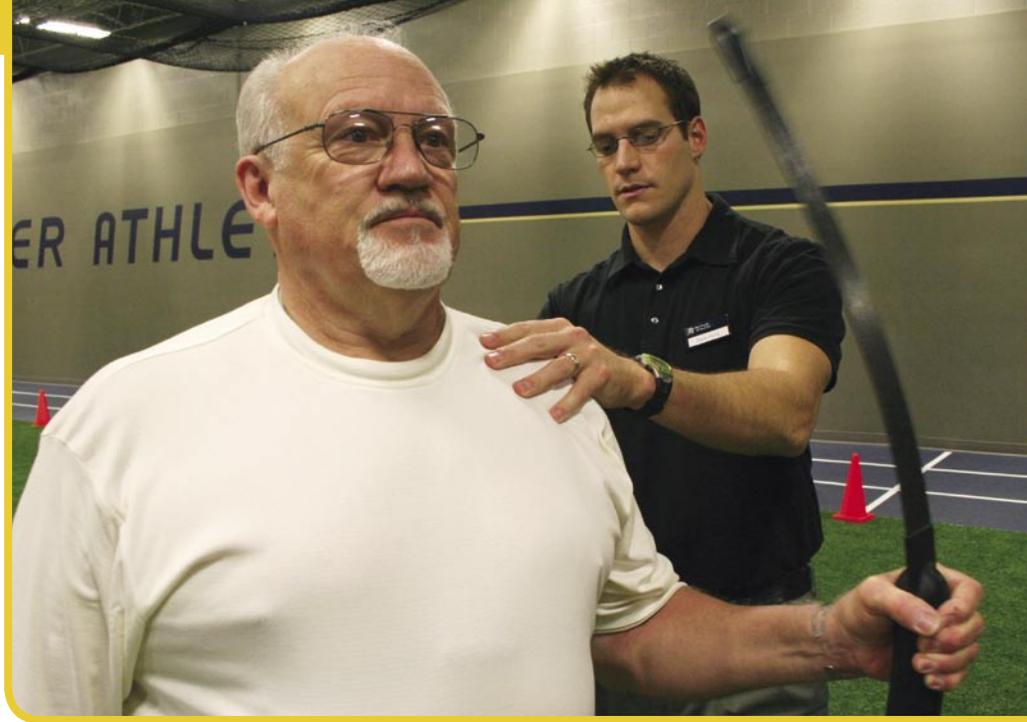
THE JAMES BARKER STORY

by Steve Young, MSPT, MA Therapy Coordinator

Through the help of surgery and physical therapy, Jim Barker is near full function and ready to return to work, his desired daily activities, and recreational sports without the fear of pain. This type of outcome was a distant thought earlier in the year when he was first introduced to Mettler. Like most people, Jim depends significantly on both his arms to perform daily activities and job tasks; however, this became very difficult after a fall at work injured his shoulder one winter day last February. He received a referral to Mettler to begin physical therapy for his injury prior to having more diagnostic tests to fully determine the extent of his damage.

After the initial evaluation, the prognosis was not good. Jim goes on to state, "I had severe pain and no range of motion." Regardless of a poor expected outcome and his MD's suspicion of a severe tear, Jim began the rehab process. The immediate goals were to decrease pain and swelling, restore as much mobility as possible, and work on strength if it was tolerated. At Mettler, he received a specialized technique called MRT® (Mettler Release Technique), as well as gentle range of motion and strength work. After 1–2 weeks, Jim's motion was restored and his pain decreased significantly. His therapist even anticipated that diagnostic tests might not show as much tissue or joint damage as first anticipated. Unfortunately, "X-rays and an MRI showed I had a tear in my rotator cuff and other damage in the shoulder."

Rehab continued until surgery in April of 2007, and treatments persisted with a lot of MRT®. Surgery was successful in spite of severe trauma to the shoulder. In fact, Jim's surgeon



Blades of Glory

Jim uses a Bodyblade as part of his rehab with therapist Steve Young.

was amazed at his ability to use his arm prior to surgery. Jim said, "After surgery, Dr. Love told my wife that I had a massive tear, and she could not understand how I had any motion at all with my left arm. I knew why though; it was because I had the good fortune of being at Mettler with Steve." Jim continues, "The most important thing that happened was that Steve performed MRT® which gave me range of motion, and my muscles were as strong as they could be before the surgery." Jim began the traditional rotator cuff rehab process after 4 weeks of immobilization and has since progressed very rapidly. He has surpassed the norms and met the goals of physical therapy with ease.

After traditional rotator cuff rehabilitation, Steve and Jim's doctor agreed that a transition

to Mettler's work conditioning program would prove beneficial. Through the collaboration of the therapy staff and the strength coaches, especially Andy Derks, Mr. Barker is ready for a successful return to work and life. Jim is very pleased with his healing and gives praises to his doctor and therapist by saying, "I know that my recovery has taken half the time that the doctor said it would. At Mettler I have had the best one-on-one therapy care of all my three surgeries. My doctor now calls me her 62 year old poster boy."

NUTRITION ON THE MOVE

by Abby Richey, RD, Sports Nutrition Coordinator

Nutrition services are on the move at Mettler Athletic! Clients can work one-on-one with a dietitian to discuss specific nutrition concerns or have their diet analyzed as well as attend group nutrition workshops. Whether you want individual attention or just need an overview, we are here to help!

In November, we will offer a nutrition workshop focused on the holidays. This will be a lunch and learn session. Call Mettler Athletic to register and order your lunch from our Training Table. Training Table lunches are ordered from Great Harvest Bread Company in advance and ready when you arrive.

Look for more exciting topics in sports nutrition and weight management for you or your group in the New Year!

SPECIAL OFFER

Offer expires: 1/31/08

\$5 off

Take \$5 off any Mettler merchandise purchase of \$25 or more.



ANNIVERSARY WRAP-UP

by Miles Mettler, PhD, General Manager

As you know, we recently celebrated our 10 year anniversary celebration at the Crossing location. It was a festive occasion for our team and for all those who attended. There were daily drawings, free workout sessions for the non-members, healthy food samples from our Healthy Cooking School, and many other offerings. We were greeted with "Congratulations" from many of you as you wished us the best in the next 10 years. That is something to which we look forward. It is with great appreciation that we thank you for the loyalty and support that you have demonstrated during our time in southwest Champaign. We have undergone many

changes to this point, and with the increase in technology and information, I'm positive that many more changes will ensue during our next tenure.

The highlight of the anniversary celebration was a very unique and special drawing that took place from the hundreds of entries we had during the course of the week. In addition to the daily door prizes, the grand prize featured a 10 year membership to the Mettler Center. The actual drawing took place live and on-air during the Gary O'Brien show on WDWS 1400AM. The lucky person that Gary drew was Sharon Dill from Champaign. We're excited to share this event with her and look forward to seeing her, and you, for many years to come.

Loyalty has its rewards! As a special anniversary gift, current members will receive 250 fitReward points for each full year of membership as of November 1, 2007.

GET READY FOR REWARDS

by Alene Echevarria-Derks, Membership Manager

In conjunction with our 10 year anniversary, Mettler has launched fitRewards, a member appreciation program designed to reward you with valuable prizes for your ongoing participation and hard work at our facility. Once your account is activated, you will receive points for completing different activities at Mettler. Work out eight or more times a month and receive 100 points! Refer a friend who joins and receive 1,000 points! You can redeem your points on our fitRewards website and see all of the different prizes you can acquire just for doing what you do every day. Account activation can be done online with the use of your current email address and phone number. If your email address has changed, please see Member Services so we can update it. Get excited to get rewarded, with fitRewards!

GREAT GIFTS!

The holiday season is quickly approaching and gift shopping is just around the corner. Need an idea for that hard-to-shop-for person? How about a Mettler gift card? Gift cards can be used to purchase memberships, personal training, massages, weight management programs, cooking classes, merchandise, childcare, and more!

Cards can be purchased in any monetary amount at our Crossing location and have no expiration date. So get a jump on your holiday shopping, and purchase one today!



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