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THE METTLER

RELEASE

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RMR TESTING OFFERED

by Garrett Arndt, Fitness Services Manager

Those of us who want to lose weight (or gain weight for that matter) know all too well the calorie counting game. Unfortunately, this game has been left to chance way too often. Many people base their daily calorie goals on percent daily values, calorie count equations, or, even worse, pure guesswork. These methods are based on the average population's requirements, not fact. But who among us is average? We are all unique in our own special ways, so why would we think our calorie requirements will be the same as everybody else's? We all burn calories at different rates regardless of what the percentages, equations, or cardio equipment say. The only true way to know your own personal daily calorie requirements is to know your Resting Metabolic Rate.

Resting Metabolic Rate (RMR) is the number of calories your body burns while in a resting state. If you do nothing but sit on the couch all day, RMR is the energy your body needs to maintain the functioning of your internal organs and muscle mass. To know your RMR is to know your calorie requirement baseline. This baseline will account for 60%–75% of your daily caloric expenditure. Digestion of food and physical activity account for the remaining 25%–40% of daily expenditure.

The most accurate way to determine your metabolism is to have a Resting Metabolic Rate test performed. The painless test, which is administered by a trained, professional personal trainer, requires you to lie down and breathe into a tube. The test calculates how many calories you burn through the amount of oxygen consumed. Oxygen consumption is calculated by measuring the volume of air exhaled and the concentration of oxygen in that air. (The amount of calories burned for a given amount of oxygen exhaled is about five calories for every milliliter of oxygen expired.) Mornings are usually the best time to schedule an RMR test, but adequate rest time is given before the test is administered to bring you down to a restful state. For accurate results, it's best to arrive for your test prior to eating or consuming any stimulants.

Once the test is completed, you will receive a printout of your results. This includes accurate resting metabolic rate and estimations of daily caloric expenditure based on your RMR, daily activities, and exercise. It will also list calorie consumption ranges for maintaining or losing weight. The personal trainer will then review the results with you to make sure you understand them completely.

The best way to design a healthy meal plan is to know exactly how many calories you should be consuming to maintain, lose, or gain weight. The only way to know this is to find out how many calories *your* body needs just to stay alive and support your physical activity. The Resting Metabolic Rate test takes the guesswork out of the equation to help you better achieve your goals.

What's Your Number?
An RMR assessment is quite possibly the easiest "test" that you'll ever take!



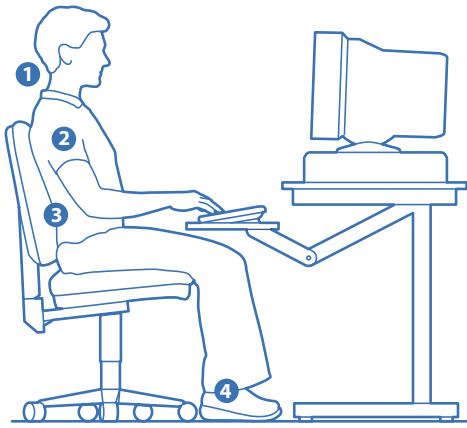
'BACK'-TO-SCHOOL BASICS

by Sheila King, Occupation Therapist

Achy back? Sore shoulders? Stooped posture? Weakened muscles? Tingling arms? Do you have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it incorrectly can lead to pain and strain. Here are some strategies to help you pack it light and wear it right!

Loading phase Pack no more than 15% of your body weight. Place the heaviest items closest to the back of the pack. Arrange and secure items so they won't slide around in the pack. Carry only what is needed for the day's activities. On days your pack is overloaded, hand carry a book or other item. If your backpack is still too heavy, consider a book bag on wheels. (For younger children, check to see if the school allows it.)

Wearing phase Backpacks should have two straps, and both straps should always be worn. Select a pack with well-padded shoulder straps and padded back side. Adjust shoulder straps so the pack fits snugly to the back. Wear the waist belt. The bottom of the pack should rest in the curve of the lower back (and never more than four inches below the waistline).



Neck strain? Back pain? Eyestrain? Hands tingling? Arms ache? With the increased time spent at the computer for work, school, and play activities, it is so important to incorporate posture and stretching strategies to maintain comfort in muscles and joints. With a few adjustments, most computer equipment and workstations can accommodate your work/play area to promote a healthy way of pain-free computing.

Posture strategies 1) Head and neck should be level with the monitor; top of monitor at or just below eye level; monitor placement directly in front of you about an arms length away; keep chin tucked in. 2) Shoulders/

arms should be relaxed with elbows at sides; forearms parallel to keyboard; wrists in line with forearms. 3) Lower back should be supported while sitting in front of a computer. Use of a small pillow or rolled up towel can provide this support. Some chairs have built in support. If possible, support your upper back by using a high-back chair. This helps to prevent slump or slouch postures. 4) Place feet flat on the floor or on a footstep. An adjustable chair for height is best.

Computing strategies Change positions frequently (every 15–20 minutes is recommended). Get up and move your body every 60 minutes (get a drink of water and stretch!) Look away from the screen for a few seconds every 20 minutes. Drink water regularly throughout the day. Alternate sides for mouse use, and give your non-dominant side a challenge! Switch sides for document reading and data entry. Exercise daily.

Try implementing these smart actions as return-to-school habits and avoid potential chronic health problems.

Ergonomically Challenged? Do you feel you could benefit from an evaluation with Mettler Therapy Services? Call 356-6543 to schedule a free consultation.

WHY TRY T'AI CHI?

by Della Perrone, Group Exercise Instructor

T'ai Chi Ch'uan is a martial art and exercise system with a history of over 300 years. Some scholars believe it to be over 2,000 years old. While there are many different styles of the art, all practices combine the movements of fighting with meditative breathing exercises in a slow, gentle format. This requires a high degree of mind concentration, and the movements help to develop flexibility, balance, coordination, and strength.

People of all ages and fitness levels can learn and practice the art of T'ai Chi. Although its benefits are still being researched, sports medicine considers regular practice of T'ai Chi to contribute to the prevention and treatment of injury and disease. Recent studies have shown T'ai Chi to be as beneficial as aerobic exercise in the control of hypertension, and it can significantly reduce the risk of falls in aging adults. Indications show regular practice increases lung elasticity, metabolism, and strengthens the spine. And, certainly, T'ai

Chi is an outstanding choice for those who suffer from arthritis — bringing circulation to the body and joints with little to no impact.

The intensive concentration required in the practice of T'ai Chi also benefits the central nervous system by stimulating the cerebral cortex, causing excitation in certain areas and inhibition in others. This allows rest and relief to the cerebrum and explains the "relaxed" feeling one experiences after practice.

The Mettler Center T'ai Chi class is designed to provide this relaxed post-class state to its participants and to develop strength "from the inside out." Although not visibly vigorous to an observer, the slow, concentrated, fluid movements require their own muscle strength and flexibility range. The body and mind learn balance, coordination, awareness, and harmony through the movement and breathing rhythms of practice.

T'ai Chi is offered at Mettler twice a week. T'ai Chi meets Sunday at 6:30 pm, and T'ai Chi for Arthritis meets Tuesday at 10:30 am. (Both classes are fee-based.)



Gentle Warriors

Participants of Mettler's Sunday T'ai Chi challenge their body and mind.

SWEET SMELL OF SUCCESS

by Kathy Sweet, Member and Jump Start Participant

For many people, the start of a new year is a time for reflection and resolutions. Such was the case for us in January of this year. As we looked back on our 26 years of marriage, we counted all our many blessings, such as our wonderful children, grandchildren, friends, jobs, etc. However, there was one area that was of concern—our health. We knew our age, obesity, and sedentary lifestyle were putting us at risk for serious health problems. It was then we realized the need to make some major lifestyle changes in this area, and we needed to do it now. After all, we got fat together, so we needed to get healthy together!

It was at this time that my husband contacted the Mettler Center and set up an appointment for a tour and to gather information regarding programs offered. This appointment went well, but I still had some major reservations about exercising in front of other people. What if I couldn't figure out how to use the equipment or fell off the treadmill? Or worse yet, what if I passed out? Fortunately, I have a very persistent husband who made another appointment for us to get my additional questions answered and take another tour at the time of day we would be using the facility. I said I wanted to see how crowded it was, but this was really just another stall tactic. (Can you tell I was more than a little apprehensive about making a commitment?) It was during this second visit I received the much needed reassurance from the staff that everything would indeed be okay, and we signed up for the eight week Jump Start weight loss program. And so the adventure began...

We requested physical therapy evaluations as we both had a history of back problems and I had surgery on both knees in the past.



How Sweet It Is!

Members Kathy and Carl Sweet enjoy the fruit of their labor.

I wanted to make sure our personal trainer was aware of any restrictions or limitations we should have in our workout routine. Once these were completed, we officially started the Jump Start program on February 4, 2006.

We met with nutritionist Kristen DeFilippo on a weekly basis. She reviewed with us what would be required for reasonable weight loss and we set our goals—mine at 100 lbs. and Carl's at 90 lbs. in one year. She graciously cautioned these may not be realistic goals since weight loss is usually one half to one pound per week. I agreed they weren't "realistic" goals, and she was a good sport and accepted them as our long term goals. Kristen reviewed our dietary records and progress and provided us the feedback to make the needed adjustments to continue our weight loss. We still refer to her advice.

Travis Akin was assigned as our personal trainer. I am sure he realized very quickly that we were going to be a challenge since we were morbidly obese and extremely unconditioned. He's done a wonderful job of providing us concise instructions and workout routines that suited our needs.

Jump Start was just what we needed to get things on the right track, and once we finished the program, we joined Mettler and purchased personal training so we could continue to work with Travis. He continues to alter our workout program as we progress.

I can't say the lifestyle changes we've made have been easy because change is always hard, but Kristen and Travis made it easier. We have to credit much of our success to both of them. They've walked us through each baby step it took to get us where we are today: 70 lbs. lighter for Carl and 65 lbs. for myself!

We continue to work toward our long term goals, and we still have five months to go. We can't even describe how much better we feel compared to when we started. Some of the benefits we've experienced include increased strength, flexibility, endurance, better sleep, and more energy—not to mention all the fun shopping for new clothes!

Now when we reflect on our blessings, we include our improved health, Kristen, Travis, and all the Mettler Center staff!

SPECIAL OFFER

Offer expires: 11/31/06

\$25 off

Save \$25 when you sign up for Jump Start or Couples Jump Start.



'ATHLETIC' ANNOUNCED

by Miles Mettler, PhD, General Manager

By now you may have heard that we'll be opening a new facility in December called Mettler Athletic, LLC. It will be located at 1809 S. Neil, in a portion of the old Good Vibes store. We've been working on the concept of Mettler Athletic for some time, and as it evolves, we're really excited about filling a need we feel exists in our community. There will be three primary service features of Mettler Athletic including: 1) performance enhancement, 2) fitness memberships, and 3) physical therapy.

The performance enhancement programs will focus on sport specific conditioning and athletic conditioning for athletes of all ages, especially youth. The uniqueness of the facility

will be evident by the openness of the main area which will feature a 40 yard indoor turf field, a three lane 50 yard sprint track, and a basketball court surface. Also, there will be a cardiovascular conditioning area, strength training equipment, locker rooms, and more. For the fitness member, it will offer a unique workout environment, unlike anything that currently exists. In addition, Mettler Athletic will enable us to refine our offerings at the Crossing location, which we're confident will enhance the member experience. Stay tuned as many more details become available during the coming months.

For more on Mettler Athletic, email Joe Rodgers, Sport Performance Director at joe.rodgers@mettlercenter.com

FLAVORS OF FALL

by Kristen DiFilippo MS, RD, LDN, Nutrition Specialist

Summer's end brings a new assortment of fruits and vegetables to ripeness. Cranberries and apples take over as cherries and berries disappear. Flavorful winter squashes replace summer varieties. Sweet potatoes reach their prime. While available much of the year, these fruits and vegetables shine during the fall. Falls fruits and vegetables provide vitamins, minerals, fiber, and plenty of flavor. Use the chart below to help navigate the produce section, or try visiting a local orchard or farmer's market for the best this season has to offer. Once at home, look to the serving ideas, and enjoy the harvest!

	Serving Size	Buying Tips	Storage/Prep	Serving Ideas
Sweet Potatoes	1 small, ½ large, or ½ cup cubed	Look for potatoes that are thick but narrow at the ends.	Keep uncovered at room temp for up to 1 week.	Bake, roast, or boil and mash. Use in soups, stews, couscous, casseroles, and baked goods such as breads, muffins, pies and cakes.
Spinach	1 cup raw or ½ cup cooked	Look for crisp leaves with solid green coloring.	Wash well and wrap leaves in a paper towel. Cover and refrigerate for 2–4 days. Or buy pre-packaged.	Add raw spinach to salads. Add chopped fresh or frozen spinach to omelets, scrambled eggs, soups, pastas or stir-fries.
Oranges	1 medium orange or ½ cup sliced	Should be firm, heavy for their size, and evenly shaped. Look for fine, small pores for a thin peel and more fruit for the weight.	Keep at room temp for up to 1 week or refrigerate for up to 1 month.	Rinse, peel and eat. Mix oranges into fruit or green salads. Add oranges to vegetable dishes made with sweet potatoes or winter squash for a sweet, tangy flavor.
Cranberries	½ cup	Should be shiny; not shriveled. Should be brown/deep red in color, and should be hard and bounce.	Store in refrigerator for up to 2 weeks. Rinse in cool water before using.	Use for sauces, bake into breads and muffins, or add to stuffing.
Apples	1 medium or ½ cup sliced	Look for smooth skin without bruises. Apples should be firm and shiny.	Keep in refrigerator.	Rinse and eat. Prevent cut apples from browning by dipping in fruit juices such as lemon or pineapple juice. Mix into fruit salads. Bake into delicious desserts.

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