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THE METTLER

RELEASE

WINTER 2006

NEW YEAR, FRESH START

by Miles Mettler, General Manager

As we get ready for the New Year, many of us naturally begin thinking about what we're going to do better. New years are a time for new beginnings for individuals and businesses. People who make New Year's resolutions often focus on some aspect of health. Some common resolutions involve losing weight, exercising more, stopping smoking, drinking more water, eating more fruits and vegetables, etc. Companies also commonly set new goals for the new year, which often include better customer service, new product lines, higher quality, enhanced response time, improved communication, etc. The key for a person or a business is selecting the most appropriate goals and developing a plan to make them happen.

At Mettler, our team has discussed and determined what our focus will be for the New Year. Through this process it was enlightening and reassuring to witness the dedication and commitment they have in making your experience at Mettler exceptional. We understand that your efforts to get to Mettler need to be matched by our efforts to help you succeed. In that regard, you'll want to note that we've decided to offer you a Christmas present that will extend into the New Year. Whether you've joined recently or have been a fitness member for several years, we're offering you the option to start anew. Should you choose, you can schedule an appointment with our fitness staff and personal trainers to be treated like a brand new member. You'll experience what all of our new members experience and perhaps help you achieve your New Year's resolutions.

Throughout the New Year you'll witness some obvious and some less obvious changes we're making to provide you with a quality membership experience. Our new FitForce team, under the direction of Tracy Gallovitch, is dedicated to being available to help you with the little things that make your daily visit enjoyable. And our personal trainers, under the guidance of Garrett Arndt, are continuing their pursuit of knowledge to be able to handle the wide variety of special and unique conditions that each of you bring in your efforts to achieve optimal health and wellness. The group fitness instructors, led by Shannon Olson, continue to provide proven and new classes to enhance your group exercise experience. Of course, our award-winning physical therapy team is here if needed and works with our

fitness team to get you back in action. We'll continue to offer our acclaimed healthy cooking classes, and our lifestyle teams are experts in helping you change behaviors to help with weight loss or improved health through our Healthy Lifestyle Program (HLP), Healthy Heart Program (HHP), Jump Start, and LEARN programs. And if you have young children, Kinetik Kidz will engage both them and you.

We want to be a part of your New Year, and encourage you to schedule a time to meet with our fitness team to redo, revise, rejuvenate, or rededicate in order for you to receive the rewards of good health. Thank you for your commitment to us. We're dedicated to offering you the full spectrum of Whole Life Fitness in 2006.





A Welcomed Addition
Massage Therapist Jami Taylor brings talent and personality to Mettler as one of the newest additions to the staff.

A MASSEUSE INTRODUCED

By Jami Taylor, LMT/NCTMB,
Massage Therapy Coordinator

Hi! My name is Jami Taylor. I am 26 years old, a licensed massage therapist, and am a single mother of two cats, two geckos, two snakes, and a lot of fish! I recently moved here from southern Illinois where I grew up. I'm really enjoying the Champaign area, although I miss the trees and slightly rolling hills of home. I have met many interesting people in the short time I've been here. I look forward to serving this community as a natural healer.

I attended the Body Therapy Center and School of Massage in Swansea, Illinois, graduating with 608 hours in Swedish and deep tissue therapies plus studies of anatomy and physiology, pre-natal and infant massage, hot/cold therapies, hot stone, sports massage, and various manual stretching techniques. I credit my success as a massage therapist to my school and teachers. They provided such a strong foundation in massage; I am forever grateful for their passionate instruction and guidance. It was an experience I will never forget.

Upon graduation, I passed the National Certification Exam for Therapeutic Massage and Bodywork. Then, in December of 2004, I became licensed in the state of Illinois. Requiring a license for massage therapy was new for Illinois this year and a great way to ensure that all clients receive only the best treatment from qualified therapists.

My previous experience as a massage therapist was working at Egyptian Revival Day Spa in Carterville, IL. There I practiced Swedish, deep tissue, and hot stone massage as well as detoxifying body wraps. I also worked with a chiropractor, practicing mostly deep tissue and trigger point therapy on patients with pain issues associated with accidents, injuries, and spinal disorders.

Now here I am at the Mettler Center! Like the rest of the Mettler staff, I have a passion for helping people improve their quality of life in any way possible. Massage therapy is an important part of a healthy lifestyle. For many, it is no longer considered a luxury, but a necessity for living well. Whether for physical, psychological, or emotional relief, many people are realizing the benefits of regular massage. Physically, massage increases circulation; detoxifies the body; relieves tension, spasm, and swelling; breaks down scar tissue; and restores mobility to restricted areas—to name a few benefits!

Just as important is what massage can do for our non-physical selves. No matter age or walk of life, stress is all around us. It not only affects us mentally with issues like anxiety and depression, but it takes a toll on our bodies as well. Stress can cause such things as respiratory dysfunction, stomach problems, high blood pressure, and of course, muscle tension. One study showed stress-related disorders make up 80-90% of ailments which bring people to family physicians. Massage assists in the release of endorphins, reducing stress levels in the body. Regular massage, combined with diet and exercise, improves immune system function and decreases the risk of illness and disease.

Mettler recently added two new services: massage cupping therapy and paraffin hand treatments. Cupping is a suction therapy used for such things as increasing blood and lymph circulation, releasing soft tissue adhesions, breaking down scar tissue, and enhancing digestive function. For a limited time, add cupping to any massage for free! Paraffin treatments provide relief from pain and soreness associated with arthritis, carpal tunnel syndrome, or tired, overworked hands. This service is just \$5 for both hands in addition to a massage.

I am very excited to be the new Massage Therapy Coordinator at Mettler! If you have questions regarding massage, feel free to contact me. I look forward to enhancing our massage program and helping maintain the reputation Mettler has established as the center for Whole Life Fitness.

TESTING YOUR ABILITIES

By Nikki Johnson, Personal Trainer and Fitness & Wellness Administration

Is your exercise program addressing your body's needs or adding to the muscular imbalances and creating more injuries than you had before you started working out? Do you know what types of exercises will benefit you most and which ones are a detriment? How healthy are your habits? Have you ever wondered which Mettler University classes would be beneficial to attend? These questions can be answered after a health and fitness assessment at Mettler.

Health and fitness assessments test your aerobic endurance, strength, and flexibility as well as body composition, including weight, BMI, waist-to-hip ratio, and body-fat testing. A certified personal trainer also checks your blood pressure and resting heart rate and assesses your lifestyle habits. The combination of these tests help your trainer determine and prescribe the best possible health and fitness program for you.

Fitness assessments are included in your membership. When you joined, you should have received an initial assessment to provide you with a benchmark of your health and fitness levels. A three-month update on your assessment is also provided to show your improvements since your initial assessment. To set up a free assessment, see a Personal Trainer or Member Services.



DEDUCTIONS FOR LOSSES

By Tara Young, Membership and Marketing Manager

Did you know you can deduct the cost of some health club programming (not associated with member dues) from your taxes under the medical expenses category? Expenses eligible for deduction include the cost of weight loss programs and other programs that treat specific diseases such as obesity, hypertension, and heart disease—as long as they have been diagnosed by a physician. The new IRS policy states you can deduct only the amount of your medical expenses that exceed 7.5% of your adjusted gross income. For more info, visit irs.gov and search for 2004 Publication 502.

PERSONAL TRAINING, IS IT FOR YOU?

By Nikki Johnson, Personal Trainer and Fitness & Wellness Administration

What is personal training at Mettler? Have you ever wondered if it would benefit you? Designed specifically with the goals of the client in mind, Mettler Personal Training programs can benefit all levels of fitness abilities from the in-experienced beginner to the most highly-trained athlete and everywhere in between.

Our certified trainers specialize in providing results by maximizing your training sessions with a high level of motivation, coaching, accountability, education, instruction, and a genuine desire for you to succeed. Personal training is for anyone who wants to enhance their fitness level or health, whether it be increasing strength, losing body fat, improving balance or muscular endurance, decreasing bone loss or cholesterol, or rehabbing an injury.

Mettler Personal Training is structured around your goals and there are various options for you to choose from:

Personal Best Program Our most popular personal training package, it includes 10 full-hour individualized training sessions. Get education, motivation, and accountability to achieve your goals safely and effectively.

Personal Best Express Program For those with busy lifestyles, *Express* gives you 10 half-hour sessions with a trainer. This program really packs a punch! It's a full-body workout that with all of the intensity in half the time!

Small Group Personal Training For groups of three to four individuals, this option consists of eight 45-minute shared sessions, which are customized to the entire groups' goals. Choose from four different focuses.



Stretching the Limits

Garrett works to improve a member's flexibility during a personal training session.

Performance Enhancement Program

PEP is our sport-specific personal training program for student or recreational athletes who want to maximize their potential in their chosen sport.

Fitness RX Comprised of five weeks of monitored personal training and nutritional guidance for clients with medical needs.

Are you interested in taking your health and exercise program to a new level? For a personal and unsurpassed experience, choose Mettler Personal Training!

To sign up for a free consult with one of our Personal Trainers, call us at 356-6543.

METTLER SUCCESS STORY

SHARON MICHALOVE



MEMBER SINCE: 1/04

TWO YEARS AGO:

With diagnosis of arthritis, hypertension, high cholesterol, and fibromyalgia, Sharon began a medically-based fitness program with goals of feeling better, managing pain, improving flexibility, losing weight, and reducing stress.

AS OF TODAY:

Through goal-planning, nutrition education, group exercise, and personal training, Sharon has increased energy and flexibility; her cholesterol level has plummeted; she's lost 40 pounds; and she continues to improve her conditions through her established exercise program and nutritional habits.

ADDITIONAL FACTS:

Sharon's gone from being sedentary and without exercise in 2004 to recently running in several 5k races—something she never would have imagined doing. Keep up the excellent work, Sharon!

SPECIAL OFFER

Offer expires: 3/31/06

\$25 off

Save \$25 when you sign up for a package of 10 personal training sessions.
Offer valid for new personal training clients only.

GIVE THE GIFT OF FITNESS

by Tara Young, Membership and Marketing Manager

The approaching New Year means taking time for yourself and resolving to do that one thing you've been dreaming about. For many people, 2006 is the year to join a gym, get in shape, and lose weight. Mettler invites you to give the gift of fitness this holiday season to your friends and family during our New Year's Open House.

Mettler's third annual New Year's Open House will run Monday December 26th through Sunday January 1st at our Crossing location in celebration of the New Year. This is a wonderful opportunity for you and your loved ones to take part in the great events happening throughout the week, including:

Win daily door prizes. Register at Member Services every time you're at Mettler for great give-aways, including a massage and a Mettler Pillow.

Sample snacks from Mettler's Healthy Cooking School. The holiday season always brings out the best smells. Try tasty and healthy snacks Monday-Friday around 9am and 5pm from Mettler's kitchen.

Bring a guest in for a free workout. Do you know a friend or family member who is interested in what Mettler has to offer? This is your chance to invite them to experience Mettler free of charge Monday-Sunday. Together you can walk on a treadmill, glide on the popular ellipticals, lift weights, or try an invigorating group exercise class.

OPEN HOUSE HOURS

December 26th-January 1st

Monday-Thursday, 5:30am-10pm

Friday, 5:30am-8pm

Saturday, 7am-6pm

Sunday, 10am-4pm (New Year's Day)

Tour the facility. Mettler is more than your typical gym, and we love showing our guests what makes us different. Let us take your guest on a guided tour of our facility to see the full array of what Mettler has to offer, including physical and occupational therapy, massage, Kinetik Kidz, sports conditioning, cooking classes, and more.

Invite a friend to join. Refer a friend or family member to join and earn rewards! Make sure your name is mentioned at the time of sign up and Mettler will take care of the rest!

The excitement you feel about improving your lifestyle is bound to be felt by others. Share your passion about your health this year and make it a resolution to invite a loved one to experience Whole Life Fitness.



GREAT HOLIDAY GIFTS!

Looking for a last minute stocking stuffer? Still need something for that hard-to-shop-for friend or family member? How about a Mettler Gift Card? Gift Cards can be used to purchase Mettler products or services including memberships, personal training, massages, weight loss programs, cooking classes, merchandise, childcare, and more! Mettler Gift Cards can be purchased in any monetary amount at our Crossing location and have no expiration date. Cross another name off your list and purchase one today!



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