



Heart of America Medical Center - Wellness Center

HEALTH SMART IS BACK!!!

By Tammy McClintock, CFT

Just in time for the New Year, Health Smart is back!

Do you want a structured program that you're accountable to? Would you like to combine exercise with friends to make it social as well? Do you need instruction and guidance to achieve your goals? Would you like a challenge to really push yourself? Are you ready to head into spring feeling great? Perhaps you just need something to distract you from the long winter! Whatever your goal is, we want to provide a structured, accountable program for you to build muscle, get healthy, lose weight, and just all around feel better! Here is the program we are providing this upcoming January:

Pre-register by: January 11th 2010 for a 12 week program.

Initial meeting/screening: At the Wellness Center, Tuesday, January 12th @ 6:30pm, includes: height, weight, hip and waist measurements, body fat, blood pressure, heart rate, glucose, scheduling for individual fitness assessment and nutrition.

Week of January 11th: Cholesterol tests done and individual fitness assessment: Aerobic capacity, strength, endurance and flexibility.

Week of January 18th: Begin meeting 3X a week for Personal training sessions on Mondays, Wednesdays, and Fridays. Times available: 8am, 9am, 12pm, or 5:00pm... NEW times available!

Week of March 29nd: Final assessments and Celebration evening!

This puts you into the beginning of April!! You got through the winter and are headed into spring feeling and looking great! Look at everything this program entails:

- ❖ **Pre Screening:** Cholesterol, Glucose, Blood Pressure, Heart Rate, Body Fat, Body Mass Index, Hip & Waist Measurements, Basal Metabolic Rate, Aerobic Capacity, and Strength, Endurance and Flexibility Assessments.
- ❖ **3- 1 Hour Training Sessions per week** with a Fitness Trainer including cardiovascular, strength, flexibility and 5K training.
- ❖ **Unlimited Membership** to the Wellness Center for 3 Months
- ❖ **Registration for the Summer 5K**, registration fees, and a listing of local spring runs, (5K training -OPTIONAL)
- ❖ **Registered Dietician**
- ❖ **Post Screening:** Glucose, Body Fat, Blood Pressure, Heart Rate, Body Mass Index, Hip & Waist Measurements, Basal Metabolic Rate, Aerobic Capacity, and Strength, Endurance, and Flexibility Assessments.
- ❖ **Incentives Include:** A session from Caring Hands Massage for each of the winning team members. (Based on accumulative scores during 12 weeks, for attendance, healthy choices and Pre/Post screening achievements- participation OPTIONAL)
- ❖ **All Finishing Participants** receive a Participation Certificate, a Health Related Fitness Measure, and a Free Month Certificate to the Wellness Center.

This year we have added a 5K aspect to our program. A local committee is planning for a run this summer, here in Rugby. You have the option of including training for that run, and other local 5K's as well. We will get you ready for it, provide registration fees, and provide information on all local runs this summer that you could also attend.

Cost: \$300.00

***This includes all assessment fees, all professional fees,
all Wellness Center fees, and all incentives.**

Call soon to get your desired training time!

Think Before You Drink – Heartburn!!

By Kathy Brandt, LRD

"Reflux and heartburn are the same thing, except that reflux describes what is happening, whereas heartburn is what you are feeling," explains Dr. Lauren Gerson, a gastroenterologist and associate professor of medicine at Stanford University School of Medicine. The main reason people get heartburn is because the sphincter muscle at the base of the esophagus -- the tube that carries food down to your stomach -- relaxes more than it should. This, in turn, allows acidic stomach contents to travel back up the pipe, explains Gerson. When this acidic reflux hits your esophagus, you get burning pain in the middle of your chest.

In general, liquids are less likely to cause problems than solid food because liquids empty from the stomach faster than solids and are often lower in fat. Of course, that theory goes out the window if you are fond of milkshakes or eggnog.

- **DO** keep a food diary to help you pinpoint the culprits when heartburn keeps you up at night.
- **DO** pay attention to the amount of fat in your drinks. Most recipes won't suffer if you cut back up to half of the fat.
- **DO** buy low-fat eggnog. Try a few brands to find one you like, make it yourself with skim or 1% milk, or go wild with soy eggnog!
- **DO** go for "Shirley Temple" drink options -- your guests might appreciate them as well.
- **DO** order your lattes "skinny" (made with skim milk) and "tall" (small) instead of "venti" (super-sized). Your waist and heart will thank you as well.
- **DO** consider switching some of your coffee mugs for teacups: Tea is less irritating.
- **DO** satisfy a chocolate urge with hot cocoa instead of chocolate candy, which may be more likely to trigger heartburn.
- **DO** make hot chocolate with skim milk and top it with marshmallows (they're fat-free!) instead of whipped cream.
- **DON'T** overdo it -- whether it's filled with food or drink, a stuffed tummy is just asking for heartburn.
- **DON'T** forget to exercise. Find excuses to keep standing and moving instead of sitting back or lying down after you eat.
- **DON'T** drink high-fat beverages close to bedtime.
- **DO** raise the head of your bed. Use 6-inch blocks instead of just propping yourself up with pillows.
- **DO** sleep on your left side; research shows this can reduce nighttime heartburn because it allows your stomach to empty more easily.

Happy heartburn-free holidays in 2010!

COUPON

Stop by the Wellness Center and
sign up to win
a free month
to the Wellness Center

Wellness Center Hours:
 Monday-Friday 7 a.m.-9 p.m.
 Saturday 7 a.m.-Noon

January 2010

Heart of America Wellness Center Monthly Activities

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 Wellness Center Closed	2
3 — Exercise — Healthy Habit — Water My goal this week is _____	4	5	6 Stability Ball 5-5:45pm	7	8	9
10 — Exercise — Healthy Habit — Water My goal this week is _____	11 Heart Smart registration due	12 Pre-screening for Health Smart participants	13 14 15 Individual Fitness Measures			16
17 — Exercise — Healthy Habit — Water My goal this week is _____	18 Health Smart workout begins 8am, 9am, 12pm, 5pm	19	20 H.S. 8am, 9am, 12pm, 5pm Yoga 4:30-5:15pm	21	22 H.S. 8am, 9am, 12pm, 5pm	23
24/31 — Exercise — Healthy Habit — Water My goal this week is _____	25 H.S. 8am, 9am, 12pm, 5pm	26	27 H.S. 8am, 9am, 12pm, 5pm Yoga 4:30-5:15pm	28	29 H.S. 8am, 9am, 12pm, 5pm	30

Good Samaritan Hospital Association doing business as
 Heart of America Medical Center
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 Rugby, ND 58368-2118

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