

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

June 2009

Heart of America Wellness Center Monthly Activities

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 7 a.m.-9 p.m. Sports Acceleration	2	3 7 a.m.-9 p.m. Sports Acceleration	4	5 7 a.m.-9 p.m. Sports Acceleration	6
7 —Exercise —Healthy Habit —Water My goal this week is _____	8 7 a.m.-9 p.m. Sports Acceleration Youth Wellness Outdoors 3:30 p.m.	9 Adult Wellness Outdoors 7:30 a.m.	10 7 a.m.-9 p.m. Sports Acceleration Youth Wellness Outdoors 3:30 p.m.	11 Adult Wellness Outdoors 7:30 a.m.	12 7 a.m.-9 p.m. Sports Acceleration Youth Wellness Outdoors 3:30 p.m.	13
14 —Exercise —Healthy Habit —Water My goal this week is _____	15 7 a.m.-9 p.m. Sports Acceleration Youth Wellness Outdoors 3:30 p.m.	16 Adult Wellness Outdoors 7:30 a.m.	17 7 a.m.-9 p.m. Sports Acceleration Youth Wellness Outdoors 3:30 p.m.	18 Adult Wellness Outdoors 7:30 a.m.	19 7 a.m.-9 p.m. Sports Acceleration Youth Wellness Outdoors 3:30 p.m.	20
21 —Exercise —Healthy Habit —Water My goal this week is _____	22 7 a.m.-9 p.m. Sports Acceleration Youth Wellness Outdoors 3:30 p.m.	23 Adult Wellness Outdoors 7:30 a.m.	24 7 a.m.-9 p.m. Sports Acceleration Youth Wellness Outdoors 3:30 p.m.	25 Adult Wellness Outdoors 7:30 a.m.	26 7 a.m.-9 p.m. Sports Acceleration Youth Wellness Outdoors 3:30 p.m.	27
28 —Exercise —Healthy Habit —Water My goal this week is _____	29 7 a.m.-9 p.m. Sports Acceleration Youth Wellness Outdoors 3:30 p.m.	30 Adult Wellness Outdoors 7:30 a.m.				

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Heart of America Medical Center - Wellness Center

Running – but won't that hurt?

By John Brandt, Director PT

This past year or so I have been trying to run more for exercise. Running is a great way to burn calories and improve heart health. When I encourage people to try running, the response I usually get is that "running hurts my knees and joints."

Conventional wisdom holds that the stresses from years of running lead to excessive wear and tear on the body as we get older, resulting in joint injuries, knee replacements or arthritis. But a study out of Stanford University that looked at healthy aging runners found that running did not damage joints or leave runners less able to exercise. Researchers discovered that if you're healthy and relatively free of injury, you should be able to keep running well into your 70s and 80s. In fact, running may actually improve the integrity of your joints and make them less susceptible to injury. Moderate running of 3-5 miles 3 days a week is what is recommended to get the most benefit.

So what are you waiting for? Give running a try!

Source: CNN.com

Flexible benefits

By Tammy McClintock, CFT



As we head into all of the summer activities we've been looking forward to, don't forget to add flexibility to your schedule. If we spend a little bit time taking care of this aspect of our health, we'll have more time and enjoyment for the activities we love!

Flexibility training:

- Allows greater freedom of movement and improved posture
- Increases physical and mental relaxation
- Releases muscle tension and soreness
- Reduces the risk of injury

Some people are naturally more flexible. Flexibility is primarily due to ones genetics, gender age, body shape, and level of physical activity. As people grow older, they tend to lose flexibility, usually as a result of inactivity, but partially because of the aging process itself. The less active you are, the less flexible you are likely to be. As with cardiovascular endurance and muscle strength, flexibility will improve with regular training.

Before any activity, including stretching, take a few minutes to warm up, as stretching cold muscles may increase your chances for injury. Begin with a simple, low intensity warm-up, such as easy walking while gently swinging the arms. Spend at least 5-10 minutes warming up prior to any activity, including stretching.

The general recommendations for people starting an exercise program are to perform a warm-up (gentle movement) before a workout and static stretches after

exercise:

- Take a deep breath and slowly exhale as you gently stretch the muscle to a point of tension
- Hold the stretch for 15-30 seconds, relax and repeat

Avoid these stretching mistakes:

- Don't bounce a stretch. Holding a stretch is more effective and there is less risk of injury
- Don't stretch a muscle that is not warmed up
- Don't strain or push a muscle too far. If a stretch hurts, ease up
- Don't hold your breath during the stretch. Continue to breathe normally.

Source: ACE Fit Facts

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Special
Drawing for a free pedometer

Join the
Fun in
the Sun!

Wellness Center
Outdoors

**ADULT
Session**

**Tuesdays & Thursdays
8 weeks starting June 9th**

7:30 a.m. at the Walking Path

- Open to all fitness levels
- Work at your own pace & capabilities
- Full use of Wellness Center during program

**8-Week
Session**

**Pre-register
by May 29**

**FREE
Pedometer**

Begin with warm-up and cardiovascular workout, use resistance bands for upper body strengthening, do core strengthening & conclude with stretching to enhance flexibility. Initial & final assessment of heart rate and body measurements provided.

Call HAMC Wellness Center to register 776-5261