



Heart of America Medical Center - Wellness Center

Summer wellness activities

By Tammy McClintock, CFT

Greetings, everyone! It seems that spring is actually coming, and with it comes the wrap-up of our winter programs and the beginning of our summer plans.

Our wonderful Go Red Event is soon to be complete. The post-assessments are being done, and our Celebration Evening is going to be on Wednesday, May 13 at 7 p.m. in the Fox Auditorium at the hospital. Our fabulous cooking class has offered to provide refreshments. We will have some fun, awards, door prizes, and much more. You will also be able to pick up your assessment results. We hope you can all make it. There will be invitations sent out for the event, so watch your mail.

Our summer Adult Walking Program and our Youth Activity Program will be starting the beginning of June. The adult program meets Tuesday and Thursday mornings with a warm-up, walk, strengthening program, core strengthening and stretching, along with a program for walking throughout the week. The youth program meets Monday, Tuesday and Thursday mornings with activities such as walking, bike riding, games, snacks and prizes. This is an excellent way to keep kids active for the summer! Watch for more information on a start date and meeting times.

Fuel your workouts

By Kathy Brandt, LRD

Here are four easy tips to help you have enough energy to spring into fitness as the warm weather quickly approaches.

1. Eat plenty of healthy carbohydrates. If you're active, and particularly if you're training for a race or a ride, you need carbohydrates. (This is no time to give Atkins a try!) Carbs break down easily and quickly raise your blood sugar, which fuels your muscles. Eating carbs also helps to replenish glycogen, the form of carbohydrate that your body stores and, during long runs or other workouts, breaks down into glucose. Get your fill by basing your diet on whole grains, such as barley and brown rice, and plenty of fruits and veggies.

2. Have a breakfast of champions. Many sports nutritionists recommend that active people eat a carb-rich breakfast providing about 500 calories—a full two hours before a workout. If you like to exercise first thing in the morning and don't want to rise before the sun, go for a smaller pre-workout snack (around 150 calories), such as a piece of toast with a little peanut butter.

3. Include protein in your post-workout snack or meal. Protein is critical for recovery after intense exercise. It helps to repair muscles that get "torn up" during high-intensity exercise. After your workout, try low-fat yogurt with fruit and a sprinkle of chopped walnuts, a chocolate milk, or if it's close to lunch or dinner time, a salad topped with grilled chicken or lean beef.

4. Sip smart. You may have heard that drinking coffee can give your workouts a boost, but the latest science doesn't support this idea. Still, if having coffee seems to energize you, and your stomach can tolerate it, go ahead and have a cup an hour or so before your workout. But more important, be sure to drink plenty of water and other fluids, such as seltzer, throughout the day. Even mild dehydration makes you feel tired and sluggish—just the opposite of how you want to feel on a 10-mile run!

Spring training tips


John Brandt, PT,

Director of Physical Therapy Services

Has it been a long winter for you? I for one am excited to see the sunshine in order to change up my exercise routine. If you have not been into a regular exercise routine this winter but are ready to get going, here are a few tips to help you out.

1. Start out slow - You may feel like bursting out of the gates, but the fact is you may hurt yourself if you start doing too much too fast. You should exercise 3-4 times per week and start at a moderate pace. Ease into it slowly; for example, if you are used to a 4-mile walk start out with 2, or if you like to lift weights start with half the weight you lifted at your peak, doing 2 sets of 10 repetitions.

2. Avoid going full speed - Depending on how much you have exercised over the winter, it may take you as long as 6 weeks to get back to a solid base of fitness. Start out your fitness routine with slow, steady aerobic exercise. If you do activities that exert a lot of energy, allow 24-48 hours of rest in between.

3. Establish a plan and set goals - Monitor your fitness program by writing it down on a calendar or a planner. You can use the  one on the back of this newsletter to track your exercise frequency, type and duration. Set goals such as running or walking a 5K race, losing inches to fit into your summer clothes or whatever motivates you to get out and get active.

4. Exercising with friends is a great way to stay on track - Working out with a friend can keep you motivated and accountable to meet your fitness goals. It is also more fun! Put a plan together with a friend or get together with a group and meet people with similar goals. Ask us about our upcoming Wellness Outdoors program which is designed with this in mind.

These are just a few tips to get you started. If you have questions, please contact me at 701-776-5261 Ext. 2209. Have a fun and fit spring!

COUPON

Spring Into Fitness!

\$5 off any program or wellness membership in May.

★ Free Acceleration workout ★

a proud member of the
ATHLETIC REPUBLIC

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

May 2009

Heart of America Wellness Center Monthly Activities

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	
					1	2	
Remember to use this calendar to write down your activities for the week							
—Exercise —Healthy Habit —Water My goal this week is _____	3	4	5	6	7	8	
—Exercise —Healthy Habit —Water My goal this week is _____	10	11	12	13 Go Red Celebration 7:00 p.m. Fox Auditorium	14 Health Fair 4-8 p.m. Community Walk 6:30 p.m. Rugby Armory	15	16
—Exercise —Healthy Habit —Water My goal this week is _____	17	18	19	20	21	22	23
—Exercise —Healthy Habit —Water My goal this week is _____	24/31	25 Acceleration Starts!	26	27	28	29	30
Youth and Adult Wellness Outdoor Programs start soon							

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