



Steps to Healthy Legs . . .

If you are self-conscious about wearing shorts or going to the beach, there are some steps you can take to make sure your legs are in great shape. Dr. Joseph Magnant, a Board Certified Vascular Surgeon, offers these tips:

Maintain a proper weight: Even moderate weight loss may reduce aching in the legs due to varicose veins and diminish the rate at which spider veins develop.

Regular exercise: Routine exercise has multiple beneficial effects. In addition to maintaining cardiovascular fitness and weight control, it also improves venous blood return from the legs to the heart and reduces the risk of progression to more severe complications. Walking, running, climbing steps, Aerobics,

swimming, or biking 30 minutes 5-7 days a week will help reduce aching, pain and tiredness in your legs.

Move your legs frequently: Flexing your ankles 10 times will pump the blood out of your legs like walking does. Repeat this every 10 minutes while standing or sitting and try to walk for at least 2 minutes every half hour.

Elevate your legs: Elevating your legs above the heart level for 10 minutes once or twice a day may diminish aching and swelling. Placement of a 2x6 block under the legs at the foot of the bed will also help drain the fluid out of the legs which has accumulated over the course of the day due to leaking veins.

Avoid high heels: Wearing shoes with high heels interferes with the normal pumping action by the calf muscles which im-

pairs the return of blood flow that normally occurs with the heel to toe action of normal walking.

Wear support hose: The use of compression stockings will reduce the accumulation of fluid outside the veins in the soft tissues of the leg. The hose should be applied first thing in the morning and worn for as much of the day as possible. Their use is not required at night. Compression stockings are the initial line of treatment for patients with varicose veins.

We invite you to attend Dr. Magnant's lecture on August 18 at The Wellness Center to learn more about various therapies that can be administered to obtain desired results.

August Medical & Fitness Seminars



Top 10 Problems Caused by Leaky Leg Veins

By Dr. Joseph G. Magnant, Vein Specialists

Tuesday, August 18, at 6:00 pm

2nd Floor Confr. Room

Pain Management Strategies

By Dr. Salvatore Lacagnina, Lee Physician Group

Wednesday, August 19, at 1:00 pm

2nd Floor Confr. Room

To register for these seminars, please stop by the Front Desk or call 573-4800.

Fitness Seminar:

"What Really Happens To FAT"

By Toni Paulino, Exercise Specialist & Personal Trainer

Monday, August 24 at 6:00 pm

2nd Floor Conference Room

On The Calendar:

- Aug. 18—Medical Seminar
- Aug. 19— Medical Seminar
- Aug. 24 — Fitness Seminar

A professional difference

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Group Exercise Schedule Available Online at:
www.leememorial.org/wellness/groupexercise.asp



Body Splash Boot Camp: It's hot outside so come in and join our instructors in a cool water workout! Get ready for an intense cardio and muscle burning hour while you stay cool in the pool. Scheduled Tuesdays and Thursdays from 10:30-11:30 am in our lap pool.

Beach Body Boot Camp: For those who want to push their physical limits using a variety of cardio, strength & plyometric exercises. Three different instructors offered three days a week: Mon, Wed, Fri at 10am in the Group Exercise Studio.



Member Notices . . .

Introducing "Friends Being Friends"

Stop by Member Services or the Fitness Desk to pick up a packet to give to your friend — someone whose health is a concern to you. Included in the packet is a 30-day Free trial membership to The Wellness Center of Cape Coral.

When a friend of yours becomes a part of the Wellness Center family on a one-year agreement, we will present you with a club voucher valued at \$25 for use within the club.

WHEN Wellness Tip

Healthy Hints

If your stomach's still growling soon after a snack, try combining carbs with protein. Protein slows down the digestion of the carbs, keeping your stomach satisfied longer. *Try these combos:* **Wheat crackers + peanut butter • Tortilla chips + salsa with black beans • Pretzels + mixed nuts**

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Ask Your Trainer: What is a good way to motivate myself to reach my fitness goals?

People often start a program with the intention of making a change, but struggle to stick with it. Remember, it is only when you decide that you are ready to make a real commitment to this change and do it for yourself that you can expect results. Without a real resolution to change, you will likely encounter many obstacles and barriers that will make sticking with the program difficult.

Consider the following tips if you are thinking about re-energizing your program:

- Ask yourself why you want to make this change and who you are doing it for.
- Write down a list of all the benefits you foresee with making this change and a list of costs (e.g. time, effort and money) that will be required to do so. If the balance swings in favor of the benefits, you are likely to stick with the program.
- Identify a support system. Find individuals of significance in your life who will support your desire to change and perhaps even join you. Don't forget to include your trainer — they too want you to succeed!
- Select some rewards for achieving major steps in your program. Recognize your achievements with treats such as a purchase, attending a function or even taking a trip. Such rewards will help you stay motivated during the beginning of your program.
- Visibly place prompts and cues that constantly remind you of your decision you made to change, and remove any stimuli that may trigger undesirable behaviors. For example, try keeping your workout bag where it will be a constant reminder and remove the ice cream treats from your freezer!
- Reset your goals so they are **Specific, Measurable, Attainable, Relevant and Time-bound** — the **SMART** way!

Source: American Council on Exercise