



HOLIDAYS ... The Healthy Way

Happy Holidays!

As the holiday season approaches, we all must be a little more aware of our commitment to a healthy, wellness-oriented lifestyle. Celebrations make it difficult to maintain the personal routine you've cultivated for yourself throughout the year.

All the temptations do not have to mean extra pounds! Even holiday treats can fit into a healthy eating plan. The key is **balance** and **moderation**. To avoid holiday weight gain, balance the calories you consume with the calories you burn. Physical activity and moderate food choices will help.

Let the holiday spirit MOVE you. . . .

If you make your family time active, you will become healthier and have fun doing so. Be adventurous and try something new, but also choose something you enjoy.

- Stick to your regular exercise routine as much as possible. Plan your physical activity in advance — mark it on the calendar and consider it an important appointment with yourself.
- Instead of sedentary activities, take a brisk walk around the neighborhood to see

the holiday decorations or grab your bike and head out to the nearest trails.

- Play some backyard football or Frisbee before the big holiday dinner or during football half-time.
- Dance or exercise to your favorite holiday music.
- Be physically active to avoid or relieve the holiday stress.
- Make a New Year's resolution with friends to start a daily workout group.

Best wishes for a happy, healthy holiday season.

December Seminar Schedule



How To Beat Seasonal Depression & Stress

By Dr. Salvatore Lacagnina
Lee Physician Group

Wed, Dec. 17 at 4:00 pm 2nd
Fl Conf. Rm.

Please register for seminars at
the front desk or call 573-4800.



Persistence –

There is no giant step that does it. It's a lot of little steps.



Peter A. Cohen

Find Your Fitness Motivation

By Jarvis Jolly, Exercise Specialist & Personal Trainer

Mon, Dec 15 at 11:00 am &
Wed, Dec 17 at 6:00 pm
2nd Fl Conf. Rm.



Member Appreciation Day—December 17

A festive open house is planned for you! Please join The Wellness Center staff in celebrating the season around music, refreshments and the community of wellness friends.

Scheduled events will be posted in the lobby.

On The Calendar:

- December 15&17—Fitness Seminar
- December 4 - On The Go - "Forbidden Broadway" at Off Broadway Theater (Broadway Palm) Lunch: 11:30, Show: 1pm
- December 17—Medical Seminar
- December 17—Member Appreciation Day
- December 25—Closed



A professional difference

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As we go to press, the tally after Week 14, shows that a total weight loss of 894.2 lbs. has been accomplished by our members. Watch for the end result to be posted in the center.

With a little motivation and guidance from the Exercise Specialists, hard work and dedication of the many participants, healthy habits have been restored! Their reward . . . A slimmer person at the Thanksgiving table.

Member Notices. . .

Holiday Hours: Christmas Eve (12/24): Open from 5:30 am to 5:00 pm
Christmas Day (12/25): Closed
New Years Eve (12/31): Open from 5:30 am to 5:00 pm
New Years Day (1/1): Closed

Holiday Gift Certificates: This holiday choose the gift that keeps on giving all year long — A WELLNESS Gift Certificate! Special offers include 10% discount on yearly pre-paid membership fees. Other ideas include the gift of Personal Training or massage services. All are available through the Front Desk.

Verve and Vemma are now available for purchase at the Front Desk during all hours of operation. Payment options include: cash, check or credit card. Verve is a nutritious, tropical tasting energy drink, packed with vitamins, plant source materials, phytonutrients from exotics like the popular mangosteen fruit, organic aloe and organic green tea.



Ask Your Fitness Professional . . . How do I maintain my weight loss?

One of the challenges in weight loss is weight regain during the next 1-2 years. Research has found that regular physical activity is one good way to maintain weight loss over time but the question remains, how much activity is needed? Current exercise recommendations encourage about 30 minutes per day of moderate physical activity or 150 minutes per week. But is this adequate for maintaining weight loss?

Researchers at the University of Pittsburgh studied this question in a 2-year weight loss program where women were randomly assigned to a low-calorie diet and 1 of 4 different fitness programs with varying amounts of physical activity. All of the fitness levels showed good weight loss at 6

months. After 2 years however, analysis showed that women who were most successful at maintaining their weight losses were exercising at least 275 minutes/week (about 1 hour a day, 5 days/week) and burning 2,000 exercise calories weekly.

Researchers also found that women getting moderate but longer duration activities did just as well with weight loss as women who exercised at a high intensity for a shorter time period. In other words, ***you don't have to exercise at high intensity if you increase your time of activity.***

In summary, the researchers noted that persons who did the best in maintaining weight loss:

- Had the most frequent contact with

fitness staff for motivation.

- Exercised about an hour most days.
- Burned 1,500-2,000 exercise calories weekly above daily activity requirements.
- Moderate activities were as good as vigorous activities when the 1500-2000 calories per week target was met.

Kathy Gardner, Wellness Program Supervisor, Lee Center for Rehabilitation and Wellness

Reference: Jakicic JM, et al, Effects of exercise on 24-month weight loss maintenance in overweight women, Archives of Internal Medicine. 2008; 168:1550-1559.