



# Make it a FIT Holiday . . .



When busy schedules become even busier during the holiday rush, exercise is often a casualty. It doesn't need to be and we certainly don't want to pick up unwelcome pounds between now and January 1st.

With simple planning you can enjoy the season and still be happy with yourself. That means making exercise a priority on some days, and allowing different forms of activity to take the place of your usual workout on others. Here are a few FIT tips and strategies for the next month:

**Shopping:** Try doing your shopping in an area that you can build in extra walking; i.e., go early and do several laps at the mall before you start tackling your shopping list. Shop online or by phone and use the time you

save for exercise. Park at the farthest corner of the parking lot to fit in more steps.

**Add Yourself to Your Do List:** Make an exercise appointment with yourself and keep it faithfully, as you would any other holiday appointment.

**Holiday Travel:** Wear a pedometer for several days recording your usual life schedule. This will give you a measure of your usual activity level. This baseline measurement will help if your goal in December is to maintain your normal fitness level. On your trip pack the pedometer so you can work to match your usual amount of activity. The general goal for fitness is 10,000 steps daily, the equivalent of about five miles.

But your "usual" may be above or below that.

In the airport, take advantage of all the waiting time before and between flights to get some brisk walking in.

Find out in advance if the hotel offers a fitness center or pool. Pack workout clothes.

If you'll be staying with friends/family, let them know in advance that you'd like to make time for exercise during your visit and invite them to join you!

Rather than try to lose weight, just do your best to maintain. Focus on others & have fun.

**Happy Holidays!**

## December Medical & Fitness Seminars



### Seasonal Stress & Depression

By Dr. Salvatore Lacagnina, Lee Physician Group

Wednesday, Dec. 16 at 1 pm

2nd Floor Conference Room



### Muscle Confusion: How to get better results!

By Jarvis Jolly, Exercise Specialist & Personal Trainer

December 7 at 11 am and

December 10 at 5 pm

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



### Member Appreciation Day — December 9

*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 9—Member Appreciation Day
- December 16—Medical Seminar
- December 7 & 10 — Fitness Seminar
- December 25—Closed for Christmas Day

**A professional difference**

609 SE 13th Court  
Cape Coral, FL 33990

Phone: 239-573-4800  
Fax: 239-573-4810

E-mail: [wellness@leememorial.org](mailto:wellness@leememorial.org)  
Website: [www.LeeMemorial.org/wellness](http://www.LeeMemorial.org/wellness)

**New additions to Group Exercise schedule . . .  
7:30 pm classes on Mondays - Thursdays**

- Mondays get pumped for the week with Body Pump.
- Tuesdays come in for a high energy cycle class.
- Wednesdays cool off with Aqua Aerobics
- Thursdays punch out all your stress with Body Combat.

**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.

**Motivational Emails to support your healthy lifestyle efforts:** A new study published in the American Journal of Preventive Medicine has suggested that an email intervention program is an effective way to significantly improve diet and physical activity. If you are interested in receiving a weekly email from the Wellness Center staff to help motivate you and to help you stay on track, please stop by Member Services and have them add your email address to your membership record.

**Kids Zone:** Child care is offered to members while they exercise for a small fee. Due to liability concerns, no children are to be left unattended at any time in the lobby or other areas of the Center.



**On The Go Christmas Party is scheduled for Thursday, December 3, at noon.**

**Call Carolyn for details at 574-7228 or email at [cjwsun@aol.com](mailto:cjwsun@aol.com)**

**The Healthy Brain Initiative Debuts . . . How “Brain Fit” are you?**

Spas typically cater to fitness, weight loss and beauty but Lee Memorial Health System will offer a new twist on wellness called the Memory Spa. It’s part of the Healthy Brain Initiative to keep the brain active and healthy in older adults. Sue Maxwell, MSW, System Director of Gerontology for LMHS, said the Memory Spa is based on a successful pilot program offered last spring. “There has been big demand for memory classes,” said Maxwell. “The classes build on the basics of communication: how effectively we listen and pay attention. It’s a good way to keep pace with society’s information overload.”

The Healthy Brain Initiative is based on a program by the UCLA Center for Aging. Participants follow activities in “The Memory Bible: An Innovative Strategy for Keeping Your Brain Young” by Gary Small, PhD. Small said people have more control over their minds than is commonly believed. “Only one-third of your memory loss is genetic. The rest is non-genetic factors, such as diet, exercise and stress levels.”

The Memory Spa debuted at The Wellness Center of Cape Coral in November. Participants follow individualized computer programs called Cognifit® Personal Coach and Dakim® Brain Fitness and compete against themselves using math, foreign languages and other subjects. The cost to complete these programs privately exceeds \$2,500, but the 3 month Memory Spa is only \$90 for Wellness Center Members and \$150 for non-members. For more information about the Healthy Brain Initiative call (239) 772-6765.