

Words on Wellness

February 2010



A Time for Herself



“This is something you do for yourself, not to yourself.”

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Martha Kinghorn will never forget her 54th birthday. She came home from work at 11:30 p.m., and as soon as she put her feet on the bed, she had a heart attack. “It was so strong, I knew immediately what was wrong,” she says.

Martha was not happy when her cardiologist told her to start exercising, and she did not follow his advice immediately. Then one day, Martha walked into The Wellness Center of Cape Coral and signed up for a one-year membership. “I walked in and exclaimed, ‘Here I am, I hate exercise,’” she says. “Even the trainer knew my attitude about exercise and that I hate to sweat.”

To stay motivated, Martha kept her workout clothes in plain sight in her car. She also credits Dr. Lacagnina’s lectures at The Wellness Center for helping her to appreciate exercise.

As a wife and mother, Martha was accustomed to caring for others, but she didn’t always take the time to care for herself. “I felt guilty about taking the time for myself, but now it’s just a way of life,” she says. “It’s a wonderful couple of hours each day where nobody says your name.”

After losing 82 pounds, Martha says she is in much better shape. She pays attention to food labels, and is maintaining her weight loss.

Six years after her heart attack, Martha sees exercise as a positive thing. “As women, we put ourselves last on the list. Exercise is a selfish, healthy habit,” she says. “This is something you do for yourself, not to yourself.”



Ask The Doc

Salvatore Lacagnina, D.O., is the Medical Director of The Wellness Center of Cape Coral. He is board certified in internal medicine and has been in practice since 1993. As a regular part of Words on Wellness, Dr. Lacagnina will be answering your health-related questions each month. Send your questions to AskTheDoc@LeeMemorial.org.

Question

Why is it important for me to speak with my physician before beginning an exercise program?

Answer

If you have not been exercising regularly, especially if you are older than 40 or you have any medical problems, it is most important to know that your heart and lungs are healthy before starting an exercise program.

Heart disease is the No. 1 killer in the U.S., and many people don't know that they have heart disease until their first heart attack. Because of this, it's important to see your physician to review your medical history, identify any cardiovascular risk factors, examine your heart and lungs, test

your cholesterol and glucose, and in many cases, perform an exercise stress test before engaging in formal exercise.

Once these things are done and you are given the OK to begin exercising, you can work with your physician and exercise specialist to design an exercise program that is right for you!

And once you become committed to exercise as a way of life, you will be on your way to living a more enjoyable and full life!

6 Tips to Get in Shape

Bob Wilder, Exercise Specialist with the Lee Center for Rehabilitation & Wellness, tells you how to make fitness a lifelong habit.

- 1 Keep an exercise diary similar to a food log, but with one big difference. When you miss a workout, you must write down why. Be honest. You can look back later for patterns.**
- 2 Build exercise into your routine. If you just say you're going to try to exercise today, you likely won't do it. If you don't exercise before work, you leave it for after work, when you're tired. You have to block exercise into your schedule, just like work or meals.**
- 3 Try to exercise at the same time every day. Aiming for the same time will lend consistency.**
- 4 Have a backup plan in mind. You'll be more likely to stay on target. If you miss a workout day, have a backup day set aside. If you mess up, you make it up, and you know ahead of time that you will.**
- 5 Find a workout buddy. You will motivate each other. If you push your buddy, you will workout. If your buddy pushes you, you will work out.**
- 6 Find a gym that's not intimidating. Lee Memorial Health System's Wellness Centers are comfortable and ideal for building confidence.**

Thank You!

For the past 10 years, The Wellness Center of Cape Coral has hosted a Thanksgiving food drive and a “giving tree” to contribute to the generous efforts of the Cape Coral Caring Center—an organization that assists families in need.

Mary-Day Power, Exercise Specialist, has organized these events each year.

The Thanksgiving food drive runs for a month and a half. This year, The Wellness Center was able to collect almost 2,000 pounds of non-perishable food. The “giving tree” collected holiday gifts for less fortunate children in our community. The Wellness Center collected more than 210 gifts with an estimated value of more than \$3,000.

According to Fred Cull, the Executive Director of the Cape Coral Caring Center, the organization has been overwhelmed by the amount of families seeking assistance this year compared to previous years.

“We are so proud of the kindness and generosity displayed by the members and employees of The Wellness Center of Cape Coral who made this possible,” says Mary-Day. “Thank you to everyone for your support.”



Massage Therapy Available at the Wellness Centers

Massage therapist Silvana Coomer beams when she speaks of one of her clients, a woman who considers her weekly hour on the massage table her oasis.

“It’s time nobody can take away from her,” says Silvana, a licensed massage therapist at the Lee Center for Rehabilitation & Wellness. “It’s time only for her. She can stay in the present, listen to music. It’s her oasis, her massage, her time off.”

More than relaxation, Silvana believes LMHS offers a massage therapy program unmatched by any spa – a program integrating fitness, diet and massage. “We offer a combination of care for people who want a different life,” says Silvana, thinking of clients who are so tense they have problems with digestion and clients who are so stressed they cannot sleep. “A spa does not have a floor with weight machines and physical therapists, or the knowledge of hospital dietitians.”

Just as exercise enables weight loss, massage helps metabolism. Frequent travelers, hard workers, athletes and people in pain can all benefit from a relaxing Swedish massage or a hot stone massage



Silvana Coomer



Debra Ziebell

offered by the nationally certified LMHS therapists, all active members of the Florida State Massage Therapy Association, says Silvana.

“I help people all the time,” says Debra Ziebell, another LMHS massage therapist, encouraging all to share their medical conditions with their therapists to boost the benefits of treatment. “You know when you’re a young kid, you’re sick and you don’t feel well? Your mom tucks you in, rubs your back. Remember the love and comfort you felt? That’s what massage does for people. We’re an extension, letting someone know they’re cared about.”

For more information about massage at the Lee Center for Rehabilitation & Wellness, call 239-418-2000.

Heart & Soul Massage Therapy provides massage services at The Wellness Center of Cape Coral. For more information, call 239-573-4800

LEE MEMORIAL HEALTH SYSTEM

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LEE MEMORIAL HEALTH SYSTEM

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Please call the Wellness Centers to inquire about our seasonal membership opportunities.

Cape Coral.....239-573-4800

Fort Myers.....239-418-2000

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Happening This Month

The Wellness Center of Cape Coral

To register for any of these seminars, please call 573-4800 or stop by the front desk at The Wellness Center of Cape Coral.

“The Art of Healthy Aging” by Mary-Day Power, Exercise Specialist Feb. 23 at 6 p.m. and repeated on Feb. 25 at 11a.m.

“Nutrition and Exercise for Heart Health” by Dr. Salvatore Lacagnina Included is a discussion of heart healthy supplements. Feb. 17 at 4 p.m.

“Wellness Spine Class” by Kurt Gray, LMHS Physical Therapist Feb. 9 at 6 p.m.

Open House

Featuring group exercise demonstrations in the lobby mid-morning and early evening. Feb. 10

Stroke Education Seminar by the LMHS Rehabilitation Hospital

Feb. 17 from 7 to 8 p.m. in the WCCC conference room

Lee Center for Rehabilitation & Wellness

To register for any of these seminars, call 418-2000.

Oh! My Aching Back

Feb. 11 6 - 7 p.m. Kurt Gray, PT The Wellness Spine class is to help you overcome your back pain or speed your recovery after surgery.

Healthy Brain Initiative of Lee County

Feb. 25 - March 25 1:30 - 3p.m.

Massage Monthly Special: 50 minutes of relaxation massage plus 10 minutes of hot stone therapy.