



LIFESTYLE CHANGES... Your Secret to Health

Better health and losing weight may top your New Year's resolution list like so many people. Here are a few thoughts to consider.

What is a healthy weight?

A healthy weight is the weight your body naturally settles into when you consistently eat a nutritious diet, are physically active, and balance the calories you eat with the physical activity you do. Reaching a specific weight is not as important as the lifestyle changes you make to become healthy.

Why is healthy weight important?

Being at a healthy weight

can reduce your risk of weight-related diseases, such as coronary artery disease, sleep apnea, type 2 diabetes, high blood pressure and stroke. But weight is only one part of health. Even if you carry some extra weight, by eating healthfully and getting plenty of physical activity, you will feel better and have more energy. In fact, you may be healthier than a thin person who eats poorly and isn't physical active.

Why is losing weight so hard?

It may be difficult to overcome the roadblocks to weight loss: lack of time for exercise, family and

work commitments, easy access to less-healthy foods, and illness or injury.

Research shows that people who are most successful in improving their health have made the broader and more significant shift to a healthier lifestyle, rather than targeting weight loss alone. A lifestyle of healthy eating and regular physical exercise will improve your health and quality of life, no matter what you weigh.

To be successful in making lifestyle changes don't diet, rather slowly change your eating habits, make daily physical activity a part of your routine, and establish goals you can reach. Lastly, don't forget to reward yourself!

January Seminar Schedule



Increase Your Weight Management Skills

By Dr. Salvatore Lacagnina
Lee Physician Group

Thurs, Jan. 15 at 4:00 pm
2nd Fl Conf. Rm.

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

ABC's of Fitness— Play The Wheel to Test Your Knowledge

By Laura Hammerton, Exercise Specialist & Personal Trainer

Mon, Jan. 19 at 11:00 am &
Wed, Jan. 21 at 6:00 pm
2nd Fl Conf. Rm.

Efficient Nutrition & Energy: Verve/Vemma

By Patricia Banks

Mon, Feb. 2 at 11:00 am &
repeated at 6:00 pm
2nd Fl Conf. Rm.



Thanks For Your Generosity — Our members & staff made us very proud!

Our Thanksgiving Food Drive was highly successful and collected 1,110 pounds of food for our community. This effort was followed by another successful Giving Tree, which brought joy to over 100 kids this Christmas! The Cape Coral Caring Center sends you their thanks and appreciation.

On The Calendar:

- January 1—Closed New Years' Day
- January 8—On The Go Planning Meeting at 11 am
- January 13—On The Go Lunch at Tarpon Lodge at Noon \$18pp
- January 15—Medical Seminar
- January 19 & 21-Fitness Game



Results are in. . . The Top 10 Challengers Are:

A professional difference

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Fax: 239-573-4810

E-mail: wellness@leememorial.org

www.LeeMemorial.org/wellness

High Achievers who EXCEEDED their goals:

Christen Herrick, Heidi Veeck, Theresa Dahlberg, Brian Chapman,
Bob Cozza and Juan C. Perez

Achievers who MET their goals:

Ana Alvarenga, Jill Carpenter, Renee Gravelle and Bonnie Morris

For the record 116 people participated to loose a total of 966.2 pounds in 17 weeks!

Member Notices and Reminders. . .

Fitness Floor Attire: For your comfort and safety, all members are expected to wear proper workout attire for their particular activities. Suitable exercise clothes and footwear are required in all areas of the facility, as follows:

- **Clothing:** Shirts are required for all non-swimming activities. Please refrain from wearing clothing bearing profanity or suggestive comments. Swimmers must dry off and have a shirt and shoes on before entering the lobby or fitness area.
- **Footwear:** Proper athletic footwear must be worn during all exercise activities in any area of the facility. Athletic footwear is described as a closed toe, closed heel, properly laced sneaker with a non-marking sole.

Cell Phone Usage: Please use cell phones for emergency calls only when in public areas of the club. If you must take a call, please move to another area of the building that is more private for your conversation.

Ask Your Fitness Professional . . . What constitutes Proper Stretching?

Proper stretching has many benefits. Everyone, regardless of age or flexibility level, can benefit from regular stretching. Depending on your lifestyle and needs, stretching can be helpful to you at different times. Stretching can be done in the morning when you wake up, at work or at home to release tension, after sitting or standing for an extended period of time, when you feel stiff, before or after any activity requiring effort or time, such as exercising or riding in a car, or before going to bed at night.

Some guidelines should be used when conducting safe and constructive stretching activities.

1. Go in and out of a stretch in an easy

and smooth manner.

2. Go to the point of a mild tension. This is called an easy stretch.
3. Hold for 30 seconds to one minute.
4. Breathe out as you stretch to further the relaxation of your muscles. This allows more stretching to occur. If you cannot remember to exhale during the stretch then count out loud.
5. Make gradual increases. After you have been stretching for a given period of time, and you feel comfortable with the "easy stretch", you can gradually increase the amount of tension as you stretch to encourage more muscle lengthening. This is called "developmental stretch". As you learn

and become experienced at the "easy stretch", you will progress yourself into the "developmental stretch". This stretch will help you achieve your personal potential for your body's flexibility.

6. Do not compare your stretching with someone else's. We are all of different builds, muscle structure & flexibility.
7. **Do not force a stretch.** Never stretch to the point where the pain is bothersome. Stretch, don't strain!

Kurt Gray, LMHS Physical Therapist

More detailed information available during Kurt's "Overcoming Back Pain" lectures being held at 6 pm on Jan 13, Feb 10 and March 10 at The Wellness Center of Cape Coral