

Words on Wellness

January 2011

Annual Health Fair Highlights Need for Diverse Fitness Routines



“You only get one chance at this life and you should protect your health. Live healthy and enjoy life.”

Keeping up with daily life can feel like a workout, but it does not cover all the fitness bases. People of all ages, especially adults and seniors, need to keep fitness a priority in order to maintain good health.

“Everyone needs to have awareness, and everyone needs to do some form of exercise, not just those with health issues,” says Heather Sines, exercise specialist at the Wellness Center of Cape Coral.

Heather and other fitness instructors will work with guests at the Annual Health Fair. The event highlights the features of this medically based fitness center, from group fitness classes to blood pressure checks. The Functional Fitness Screening tests for age-appropriate fitness functions.

A good idea to assess one’s fitness level at least twice a year, says Sal Lacagnina, D.O., Lee Memorial Health System vice president of health & wellness.

“You need to know that what you are doing is helping you get stronger, or at least not lose strength; maintain or improve flexibility and agility and keep

the ability to move around and do most of the things you should be doing for your age,” Dr. Lacagnina says.

The fair also includes access to information on cardiovascular disease, and other chronic illnesses such as diabetes, obesity, depression and back pain.

“The important thing is to see your health as a priority and not to abuse your body,” Dr. Lacagnina says. “You only get one chance at this life and you should protect your health. Live healthy and enjoy life.”



What: Annual Health Fair
When: 9 a.m.-1 p.m., Jan. 19
Where: Wellness Center of Cape Coral
Cost: FREE
Info: 239-573-4800

The Wellness Center of Cape Coral
609 SE 13th Court
Cape Coral, FL 33990
239-573-4800

Lee Center for Rehabilitation & Wellness
2070 Carrell Road
Fort Myers, FL 33901
239-418-2000

**Join either Wellness Center
Jan. 19-31 and pay
no enrollment fee—a savings of \$50!**



Ask The Doc

Salvatore Lacagnina, D.O., is the Lee Memorial Health System vice president of health & wellness. He is board certified in internal medicine and has been in practice since 1993. As a regular part of Words on Wellness, Dr. Lacagnina is answering your health-related questions each month. Send your questions to AskTheDoc@LeeMemorial.org.

Question

I have heard that if I'm eating properly and exercising regularly, I don't really need to take a multivitamin every day. Is this true?

Answer

Despite eating well and exercising regularly, most people still should take a multivitamin every day because the foods grown and processed today do not have the same nutrient quality and quantity as they did years ago. After years of farming the same land and getting a greater yield from the same plot of land, the soil has been depleted

of micronutrients. This means the ground contains fewer vitamins and minerals, so fruits and vegetables absorb less, and we take in less nutrients when we eat them.

Therefore, you need to take a supplemental multivitamin every day. You usually can use a generic multivitamin, most of which have at least 100 percent of the recommended daily allowance. Read the labels to know for sure. Taking vitamins with meals seems to help with absorption and tolerance.

Stay well! 

The Amazing Spine **New class promotes back health**

The spine is amazing. It allows us to stand upright and walk, bend, twist and lift. At the same time, this fantastic structure protects and encases the very nerves that are required for this movement.

As we live and move, our actions and movement patterns determine the way our back wears and heals. Over time, treatments have been developed—from rest to corrective movements to medications, and injections and even the most delicate, precise surgeries.

Unfortunately, some people experience ongoing, severe pain that has no clear solution. Back pain is the most common cause of disability in America. Experts believe repetitive micro-injuries play an important role in causing back pain, and avoiding this re-injury is important in recovery.

The Spine Phase III program—a promising approach to care—has evolved, focused on controlling the repetitive micro-injury while increasing the ability to complete everyday tasks.

Clinical research shows that this type of program allows individuals to regain their lifestyle and learn how to avoid having to continue with medical treatment over and over again.

“We start with a thorough evaluation of each patient, but our goal is to have them in a group setting by the third visit,” says Kurt Gray, physical therapist. “This way, we can promote independence and encourage the patients to support each other.”

For more information about the Spine Phase III program, contact the Lee Center for Rehabilitation & Wellness at 239-418-2000.

The Spine Phase III program works around Five Steps of Intervention:

1. Education on the causes of repetitive micro-injury and how to avoid it.
2. Flexibility to restore normal movement abilities in the body.
3. Endurance training to promote the ability to move with safe movement patterns even when the activity is over an extended period of time.
4. Strengthening of the “core” trunk muscles to promote and allow control of movement.
5. Functional movement training, which teaches correct form while using normal, safe movements that do not injure the spine.

Meet the Exercise Specialist

Exercise Specialist Coaches Clients to Success

A lifelong athlete and former first baseman of the Florida Gulf Coast University softball team, Jessica Carter always has been committed to health and wellness, but never considered becoming a coach. It was not until she really thought about her work as a personal trainer and exercise specialist at the Wellness Center of Cape Coral, that she realized she is coaching people toward a healthier life. And she loves it.

An Ocala native, Jessica moved to Fort Myers to play softball and attend FGCU. Once she realized that she could put her passions—health, wellness and exercise—to work for her by becoming an exercise specialist, she knew what she wanted to do. She graduated in 2009 and landed the job at the Wellness Center of Cape Coral, where she works Wednesday afternoons and weekends.

Though she works in the gym and knows every piece of equipment, Jessica favors functional training using the whole body. “I want my clients and members to master skills like standing, bending and lifting properly to keep their body

in alignment,” Jessica explains. “Exercise machines play a vital role in building strength, but I want to build a person’s overall function in daily living.”

The gym certainly can be an intimidating place, but Jessica welcomes the opportunity to help members navigate the “uncomfortable zone” and reach their goals. “Once I know a member’s goals, I continually ask for updates on their progress,” Jessica says. “They now have an accountability partner in me. I become their trainer, their coach. I work hard to keep them motivated.”

Although she loves everything about her job at the Wellness Center, it is the opportunity to build relationships with the members that Jessica enjoys the most.

“I get to help our members grow in wellness—they get stronger, leaner and healthier,” Jessica says. “It is wonderful to watch.”



Exercise Specialist Jessica Carter helps Heather Wilcox with the elliptical equipment.

The Wellness Centers collected more than 1,750 pounds of food for Wings of Shelter and the Cape Coral Caring Center.



The Wellness Center of Cape Coral celebrated “Get Your Pink On,” a weeklong fundraiser in October.



More than \$800 was raised and will be donated to the pediatric oncology unit at The Children’s Hospital of Southwest Florida, along with more than 200 stuffed animals donated by Wellness Center members and staff.

LEE MEMORIAL HEALTH SYSTEM

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Words on Wellness is a Lee Memorial Health System publication for the community.

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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

Personalizing Your Exercise Program Presented by Salvatore Lacagnina, D.O. To register, call 573-4800. Wednesday, Jan. 19, 4 p.m.

Keeping Yourself Motivated as the "New You" Emerges

Presented by Laura Hammerton, exercise specialist. To register, call 573-4800. Thursday, Jan. 27, 6 p.m.

Ways to Keep Yourself SAFE

Presented by Stephanie Eller. Limited to 25 participants. To register, call 573-4800. Wednesday, Jan. 12, 7-9 p.m., Lee County Sheriff's Office

Lee Center for Rehabilitation & Wellness

Mindfulness: Toolbox for Managing Stress

Jan. 5 - A New Look at Stress and Anxiety: The Health Consequences of Stress and Using the Mind to Reduce Stress

Jan. 12 - Mindful Movements Helps: The Use of Breath and Simple Yoga Practices

Jan. 19 - Dealing with People Stress: Communication and Difficult Relationships

Jan. 26 - Appreciating Yourself: Developing Kindness and Compassion

Held Wednesdays in January, 10-11 a.m. Classes are free but registration is recommended. To register, call 277-0646.

Oh! My Aching Back

The Wellness Spine Class includes specific education on your posture, keeping your spine safe and what exercises are essential to accomplish your daily activities. Presented by Kurt Gray, PT. To register, call 418-2000. Jan. 13, 6 p.m.

Massage Therapy January Special

Feel the healing power of an after-workout massage. Hot towels and firm hands will help you keep your New Year's resolution. Book a one-hour massage during the month of January and receive an extra 15 minutes of deep tissue massage. To schedule your massage, please call 418-2000.