



How Fitness Impacts Those With Diabetes

Sometimes it may seem easier to take a pill or even an insulin injection than to put on your walking shoes and hit the trail. But the truth is that exercise, in combination with a healthy diet, is one of the best things you can do to take care of yourself if you have diabetes.

New research shows that people with Type 2 diabetes may be able to improve their health-related quality of life by getting fit. Dr. Wendy L. Bennett and her colleagues at Johns Hopkins University School of Medicine in Baltimore investigated whether reduced fitness or increased fatness accounted for the decrease

in health-related quality of life seen in type 2 diabetics. The investigation concluded that people with Type 2 diabetes do benefit from physical activity.

Dr. Salvatore Lacagnina, Lee Physician Group & Medical Director of The Wellness Center of Cape Coral, provides his diabetic patients with an exercise prescription that includes 60 minutes per day, as recommended by the American Heart Association. You can alternate brisk walking with swimming or bike riding or other forms of aerobic exercise that you enjoy. Light weight lifting should also be part of your daily exercise routine. "It is ok if

you want to do 30 minutes twice daily, as this is just as effective as 60 minutes continuously. The important thing is to exercise daily", says Dr. Lacagnina.

Here are just a few of the reasons why getting active can improve your quality of life with diabetes:

Exercise burns calories, which will help you lose or maintain a healthy weight.

Regular exercise can help your body respond to insulin and is known to be effective in managing blood glucose. Exercise can lower blood glucose and possibly reduce the amount of medication you need to treat diabetes. *(continued on back)*

March Medical & Fitness Seminars

Living WELL: Nutrition & Exercise

By Dr. Salvatore Lacagnina
Lee Physician Group

Wed., March 18, 4 pm
2nd Fl Conf. Rm.



Oh, My Neck Is Killing Me!

By Kurt Gray, LMHS
Physical Therapist

Monday, March 16
11:00 am— 12:30 pm
2nd Fl Conf. Rm.

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



Transformation In Progress . . Slim Down Just in time for Beach Season

**12 Week Weight Loss Program runs
March 1—May 23**

**Stop by the Fitness Desk to
sign up and weigh-in during
week of February 22.**



On The Calendar:

- March 5—On The Go Planning Meeting 11 am followed by lunch at Applebees at Merchants Crossing
- March 11—Member Appreciation Day
- March 16—PT Seminar
- March 18—Medical Seminar



A professional difference

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E-mail: wellness@leememorial.org

Website: www.LeeMemorial.org/wellness

Member Notices. . .

Perfumes, Colognes & Personal Hygiene Products:

Please be aware that perfumes and colognes often become stronger as the wearer's body temperature increases, creating breathing issues for clients with asthma. Please refrain from using fragrances prior to working out.

**Member Appreciation Day:
March 11 — Come Join the FUN!**

Ask Your Trainer . . . The benefits of Inversion Therapy

Not only can inversion therapy be used to treat back pain, but it also can be used as a method to reverse other negative effects that gravity has on your body. Inversion represents the quiet side of fitness, helping your body to recover from the compressive effects of gravity and daily activities. It is recognized as a safe and effective form of therapy for the spine and weight-bearing joints.

There are many causes of back pain, including poor posture, weak back and stomach muscles and muscle spasms to name a few. Many of these causes can actually be attributed to one force we must all battle: gravity. Inversion therapy puts gravity to work for you by placing your body in line with the downward force of gravity. Inversion elongates the spine, increasing the space between the vertebrae, which relieves the pressure on discs, ligaments and

nerve roots. **Less pressure means less back pain.**

Stress and tension can cause muscle spasms in the back, neck and shoulders, as well as headaches and other problems. Tense muscles produce spasms and pain by reducing the supply of oxygen and by reducing blood and lymph flow, allowing the accumulation of waste chemicals in the muscles.

Inverting yourself to as little as 25° for even a few minutes can help relax tense muscles and speed the flow of lymphatic fluids which flush out the body's wastes and carry them to the blood stream. The faster this waste is cleared, and fresh supplies of oxygen are introduced, the **faster stiffness and pain in the muscles can disappear.**

About Zumba® — Exercise in Disguise

It's fun. It's the type of exercise you'll want to do everyday and feel good about doing it!

It's different. You probably never thought you'd be exercising to this type of music.

It's effective. It is an aerobic workout, which we all know works. But it's more fun, which will make you stick with the program until you get results.

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®.

Come join the practice sessions on Monday at 9 am in Yoga Studio, Tuesday & Thursdays at 11:30 am and Wednesdays at 6:30 pm in the Group Exercise Studio. We will be launching mid-March — look for **Zumba® Cardio-Party** flyers the last week in February!

How Fitness Impacts Those with Diabetes (continued from front)

- Exercise can improve your circulation, especially in your arms and legs.
- Exercise can help reduce your cholesterol and high blood pressure, conditions which can lead to heart attack or stroke.
- Exercise helps reduce stress, which can raise your glucose level.

Inversion can also help to encourage good posture. When inverted, your body is in line with gravity. Your spine wants to naturally go to its proper form (a gentle "s" curve). A regular program of inversion can help you to **maintain proper posture and keep your body in balance.**

This new equipment is now available in the Fitness Testing Room. Please see the Fitness staff for more information and to schedule your sessions.

