

# Words on Wellness

March 2011

## Good Nutrition Thwarts Bad Diseases



If you are seeking a nutrition superhero, look no further than the nearest mirror. We all have the power to help prevent some major diseases and take steps to turn back the clock, if we receive a less-than-favorable diagnosis.

“The best option for prevention is to keep your weight down and exercise on a regular basis,” says wellness coach Jeanne Struve.

Jeanne works with clients who are just getting started on a wellness program, as well as individuals who are already on the path to good health.

**“Diet plays a role in most major diseases,” Jeanne says.**

She counsels her clients on the connection of food choices and overall health. “Diet plays a role in most major diseases,” she says.

Elevated cholesterol levels, heart attacks, certain cancers, obesity, hypertension and cardiovascular disease are among the culprits that do not have to be part of our health history.

Type 2 diabetes is one disease that patients often can control. “It’s not like it completely goes away, but if you have diabetes, you can manage it by exercising and keeping your weight down,” Jeanne says. “Exercise is extremely good for your blood sugar control.”

Making intelligent food choices is among the first steps along the path of good health. “It’s starting a new habit,” Jeanne says. “You have to make a commitment to your health.”

With advertisements that tout the flavor of everything from sweets to fried chicken, Jeanne knows it is not always easy to make healthier food choices.

“If you go with the flow, you will get fatter and sicker every day,” Jeanne says. “Your health is worth more than their advertising.”

Jeanne points out that food is fuel for our bodies, and the better the fuel, the better we feel. “Food should taste good but that should not be the only criteria for eating,” she says.

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# 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](mailto:AskTheDoc@LeeMemorial.org).

### Question

*I like to buy fresh, local products but I am on a tight budget. How can I stretch my dollar while still eating the most wholesome foods possible?*

### Answer

*Pound for pound, fresh produce is less expensive and much healthier than eating meats and processed foods. If you buy your produce at one of the outdoor farmers markets, you will save even more money.*

*I have compared prices, and at the farmers market, you can buy an eggplant for \$1 and peppers for 50-75 cents.*

*Compared to supermarkets and grocery stores, this will save about 50 percent.*

*Remember, when you eat healthier foods, you avoid doctor visits and medicines that take a large chunk out of your budget.*

*The healthier you stay, the better. So making a choice to buy healthy fruits and vegetables will be a better long-term investment in your physical and financial health.*

Stay well! 

## Local Farmers Markets

### Fort Myers State Farmers Market

8:30 a.m.-5 p.m.,  
Monday-Saturdays,  
Sundays 10 a.m.-2 p.m.  
2744 Edison Ave., Fort  
Myers

### Downtown Fort Myers Farmers Market

7 a.m.-1 p.m., Thursdays  
Centennial Park parking  
lot, under the U.S. 41  
Caloosahatchee Bridge

### Coconut Point Green Market

10 a.m.-2 p.m., Thursdays  
Coconut Point Mall,  
Estero

### Lakes Park Farmers Market

9 a.m.-1 p.m., Fridays  
7330 Gladiolus Drive,  
Fort Myers

### Bonita Springs Farmers Market

7 a.m.-noon, Saturdays

The Promenade at  
Bonita Bay, 26811 S. Bay  
Drive, Bonita Springs

### Cape Coral Chamber Farmers Market

8 a.m.-1 p.m., Saturdays  
SE 10th Place, Cape  
Coral

### GreenMarket

9 a.m.-1 p.m., Saturdays  
Alliance for the Arts,  
10091 McGregor Blvd.,  
Fort Myers

### Sanibel Island Farmers Market

8 a.m.-1 p.m., Sundays  
Sanibel City Hall,  
800 Dunlop Road



## Members Bring Comfort to Children

Members of The Wellness Center of Cape Coral collected 200 stuffed animals for the oncology patients at The Children's Hospital of Southwest Florida. Pre-loved animals were sanitized and placed in the waiting and toy rooms, while the brand new animals were given to children entering the hospital. Inspired by the holiday season, our members wanted to help bring comfort and happiness to children at The Children's Hospital.

**Staff and members collected holiday ducks for the patients at The Children's Hospital of Southwest Florida.**

## Exercise Specialist Encourages Goals, Fun

Cindi McDill is big on goals. A graduate of Florida Gulf Coast University's human performance program, Cindi decided to stay in Southwest Florida to help clients at the Wellness Center of Cape Coral improve range of motion, increase flexibility and balance, lose weight and enhance cardiovascular health.

Cindi asks her clients, "How much weight do you want to lose? How quickly do you want to be able to walk a mile?" She always encourages setting goals, even if they are small.

Cindi works mostly with new clients to the Wellness Center. "When they come inside for the first time, they can be intimidated by the equipment," she says. "I often watch their expressions and see how inspired they are by the more seasoned clients. They think, 'Wow! If an 80-year-old woman can lift weights, so can I. If a man in a wheelchair can ride a stationary bike, so can I.' Then they are excited to get in shape."

The Wellness Centers attract all sorts of clients, and Cindi says the diversity makes it a refreshing place to exercise.



Wellness Center of Cape Coral  
exercise specialist Cindi McDill

"When you see people of different ages, body types and abilities, you realize exercise truly is for everybody," she says.

Cindi reminds her clients that a healthy lifestyle should follow you home from the gym. "Even if you worked out this morning, you can still continue to exercise at home," she explains. "Do leg lifts while watching TV or use light dumbbells while chatting on the phone. Keep yourself mobile, and eventually, exercise will become a natural habit."

As a former competitive swimmer, Cindi stays active by playing recreational sports. In addition to the cardio and weight machines, and fitness and aquatic classes, she recommends the basketball and volleyball leagues for members looking for a little friendly competition.

"Working out should be fun," she says. "You can improve your mind, body and spirit all at the same time."

## Improve Your Body, Mind and Spirit with Yoga

Yoga simultaneously challenges the body, mind and spirit. Through a series of poses, yoga strengthens the body, tests and encourages balance, and promotes mindfulness and relaxation. Whether you are an avid yogi or a beginner, the Wellness Center of Cape Coral offers a variety of classes and instructors focused on improving your health and your life through yoga.

Hatha yoga—which features controlled breathing, physical postures and meditation—is the style of choice for instructors Francesca Simonelli and Karen Fortin.

"Practicing yoga brings an acute awareness to every aspect of life," Francesca says. "What we do on the mat translates into everyday life, and we become more aware of establishing and maintaining balance in everything we do." Francesca says that yoga is wonderful for your outward appearance, as well as your heart and other vital organs.

Instrumental music and aromatherapy aid in relaxation and focus; not letting your mind wander is an important component of yoga. Francesca teaches a class at 8 a.m. on Sunday mornings.

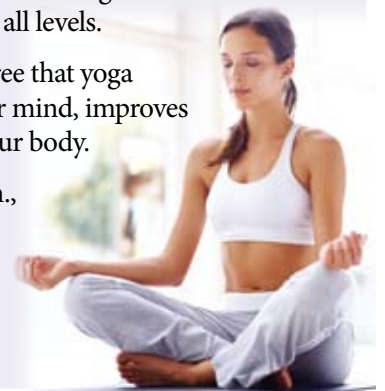
She welcomes and accommodates all levels.

In her class, Karen regularly reminds participants to be aware of their breath, movements and how their body feels. "Yoga can be challenging," Karen says. "It can be uncomfortable. But, you only do what your body permits, without pain." Karen stresses that yoga in her class is a practice, and there is no right or wrong and no competition.

Classical or contemporary music and guided imagery help Karen's classes remain centered and relaxed. Karen teaches a class at 8:30 a.m. on Saturday morning. She also welcomes and accommodates all levels.

Both Francesca and Karen agree that yoga opens your heart, focuses your mind, improves your spirit and strengthens your body.

Yoga also is offered at 8:30 a.m., Tuesdays and Thursdays with Frances, and 8 a.m., Fridays with Heather.



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

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Happening This Month

The Wellness Center of Cape Coral

To register, call 578-4800 unless otherwise noted.

Oh! My Aching Back

The Wellness Spine Class includes specific education on your posture, keeping your spine safe and which exercises are essential to accomplish your daily activities, presented by Kurt Gray. March 8, 6 p.m.



Farmers Markets and Eating Healthy on a Budget

Presented by Salvatore Lacagnina, D.O. March 16, 4 p.m.

Fitness Seminar: Back Health

Presented by Jarvis Jolly, exercise specialist. March 14, 11 a.m. or March 15, 5:30 p.m.

Healthy Brain Initiative

Four-week class to increase your brain power. Open to all ages and is not a course for those who have been diagnosed with memory loss or signs of memory loss. Cost is \$20 per person for the series, due at the first session. To register, call 772-7565 or visit www.HealthyBrainFL.org. Mondays, March 7-28, 2-4 p.m.

Lee Center for Rehabilitation & Wellness

To register, call 418-2000 unless otherwise noted.

Oh! My Aching Back

The Wellness Spine Class includes specific education on your posture, keeping your spine safe and which exercises are essential to accomplish your daily activities, presented by Kurt Gray. March 10, 6 p.m.

St. Patrick's Day Massage Special

Receive 10 percent off a 60-minute massage during the month of March. Gift certificates available. Call 418-2000 to schedule your appointment.



Ballroom Dancing

Instructed by Nathalie Grondin. \$10 per class for members, \$12 for nonmembers. Fridays, 6-7 p.m., March 4, 11, 18 and 25

TRX Suspension Class

Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries—all at the intensity you choose. \$5 per class. Mondays, 6:30-7:15 a.m. or 7:15-8 a.m. Tuesdays, 10:45-11:30 a.m. or 7-7:45 a.m. Saturdays, 11-11:45 a.m.