

Words on Wellness

January 2012

Assess Your Health

Set Healthy New Year's Resolutions

With the new year upon us, we have a great opportunity to assess our health, well-being, and fitness and nutrition regimens.

Debbi Jarvis, group exercise supervisor at the Wellness Center of Cape Coral, reminds us that we have control over the choices we make to maintain or improve our health.

"In our lives, there are a lot of things we can't control, but making our health a priority by exercising and eating right is definitely something we can control," Debbi says. "When we make the choice to be healthy, other aspects of our lives also improve—we have more energy, we are better able to handle stress and we have more restful sleep."

Debbi recommends creating a meal and exercise plan for the week.

While the new year offers a fresh slate and a chance to introduce new habits, Debbi reminds us that it often is important to start slow, especially if you have not been exercising regularly. "If you push yourself too hard, your body will react poorly," she says. "If you end up feeling exhausted or too sore, then you may be deterred from continuing your program."

Debbi advises beginning with simple exercises, like walking or yoga, and increasing or changing up the routine over time. "Group exercise classes are great to add to your program," she says. "They provide an energetic atmosphere, and other participants offer support and friendship. Both of the Wellness Centers have instructors and class styles that will provide the motivation you need to stick with your routine."

Debbi also recommends creating a meal and exercise plan for the week. "Put your plan in writing, use your cellphone to set an alarm or reminder for exercise, or connect with a buddy," she says. "Find a method of accountability that works for you, stick with it and you will see the benefit of your choices."

Both of the Wellness Centers have a variety of group exercise classes, weight and cardiovascular machines, and professional staff in place to help you in your fitness journey.

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

*An outpatient department of Lee Memorial Hospital



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

This year, I intend to make progress in lowering my body mass index to less than 25, bringing it into the normal range. Which types of exercises should I do to lose the weight?

Answer

Thank you for the question and what a great goal—congratulations!

Your intention to bring your weight and BMI into a healthy range is one of the best things you can do to ensure a wonderful future. Getting your weight down and BMI less than 25 will reduce your risk for cardiovascular disease, diabetes, high blood pressure, joint and back problems, anxiety, depression, and many more health problems.

In addition to eating healthy meals, you will need to exercise daily to reach your goals. Lee Health Solutions employs many

talented nutritionists who can help with the dietary aspect. At our Wellness Centers, there are many exercise specialists who can design a routine for you. This will include aerobic activities (brisk walking, bicycling, swimming) plus weight lifting. The weight lifting is so important if you want to lose weight because strong skeletal muscles will allow you to burn calories more effectively and this will result in more fat loss as you increase your metabolism...all great things for helping you get to a healthy weight.

In addition to the above, one other suggestion I have is for you to educate yourself as much as possible in the areas of nutrition and exercise. One great magazine I recommend is called "On Fitness." You will enjoy reading this and undoubtedly learn a lot.

Feel free to contact me if I can help, and good luck!

Stay well! 

The Wellness Centers – Not Your Usual Gym

Unlike many corporate or traditional gyms, the Lee Memorial Health System Wellness Centers are medically based and part of the Medical Fitness Association. This means that our goal is to maintain our members' health and prevent disease. Our professionally trained exercise physiologists and exercise specialists are well-versed in the latest fitness programs, as well as trained in cardiopulmonary resuscitation and how to use an automated external defibrillator.

Additionally, our Wellness Centers host monthly seminars to help our members learn valuable information that will help them in their health and fitness journey. Salvatore Lacagnina, D.O., Lee Memorial Health System's vice president of health & wellness and medical director for the Wellness Centers, also participates in monthly seminars at both Wellness Center locations.

Events this month include:

Wellness Lecture with Mary K. Wallace, exercise specialist
2:30 p.m., Jan. 5 at Lee Center for Rehabilitation & Wellness
Topics include setting goals and making steps to a healthier you—physically, mentally and spiritually—in 2012.

Oh! My Aching Back

Wellness Spine Class with Kurt Gray, physical therapist
6 p.m., Jan. 10 at the Wellness Center of Cape Coral

What is Healthy Eating? Presented by Julie Stacy, registered dietitian
4:30 p.m., Jan. 10 at the Wellness Center of Cape Coral

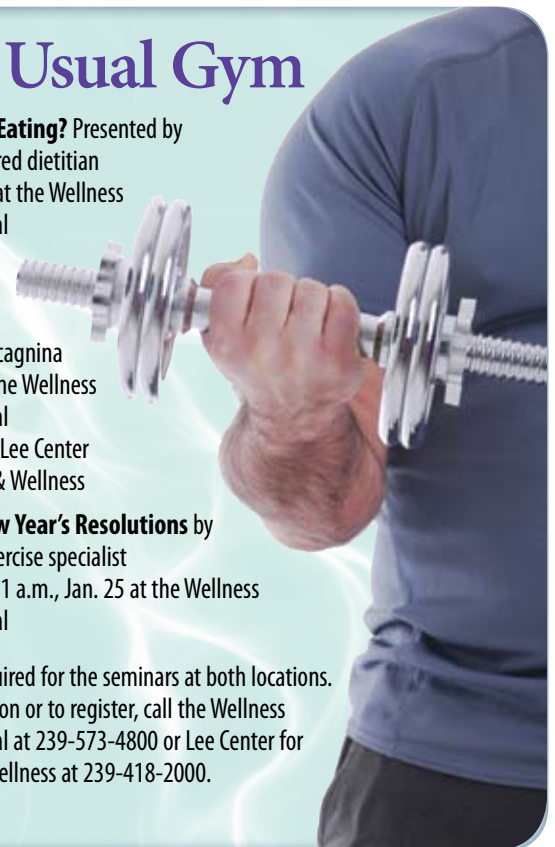
The Fitness Challenge

by Dr. Salvatore Lacagnina
4 p.m., Jan. 18 at the Wellness Center of Cape Coral
11 a.m., Jan. 12 at Lee Center for Rehabilitation & Wellness

Exercise Your New Year's Resolutions

by Heather Wilcox, exercise specialist
4 p.m., Jan. 23 or 11 a.m., Jan. 25 at the Wellness Center of Cape Coral

Registration is required for the seminars at both locations. For more information or to register, call the Wellness Center of Cape Coral at 239-573-4800 or Lee Center for Rehabilitation & Wellness at 239-418-2000.



Wellness Center Members Develop Sense of Community

The Wellness Centers help their members with physical fitness, but they also offer opportunities for social and charitable activities.

“They feel the connection,” says exercise specialist Mary-Day Power. “Our members are very involved in the community and they are such giving people.”

The Wellness Centers participate in annual food drives, Halloween costume contests and birthday celebrations for members and staff. Mary-Day combines two of her classes for the Christmas party, where the members bring food to share. For one class each year, members opt for eating instead of exercise.

“Merging the classes give people the chance to meet new people, and they develop a sense of community,” Mary-Day says.

“Merging the classes give people the chance to meet new people, and they develop a sense of community,” Mary-Day says. “People here are so generous. Whether it’s something for someone here or a community food drive, they want to give.”

Each year, Mary-Day gets information on about 100 local underprivileged children who need holiday gifts. She puts their information on a giving tree. She has never had a child who did not receive a gift. “The people here give everything we ask,” she says.

Lee Center for Rehabilitation & Wellness manager Susan Ilczyszyn says that many times, members come up with ideas for giving.

“Maybe they want to have a party for a member after a class or something like that,” she says. “We help by setting up a table or donating supplies.”

One member organizes a party for college interns who have worked at the Wellness Centers and are about to graduate.

“That’s really nice,” Susan says. “It’s a way to say ‘Thank you.’”



Fred Cull (L) from the Cape Coral Caring Center and Mary-Day Power (R) of the Wellness Center of Cape Coral.



Mary-Day Power helps Fred Cull load some of the 800 pounds of food that Wellness Center members collected for the Cape Coral Caring Center.

LEE MEMORIAL HEALTH SYSTEM

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Web site: www.LeeMemorial.org/wellness



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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LEE MEMORIAL HEALTH SYSTEM

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Happening This Month

The Wellness Center of Cape Coral

To register, call 578-4800 unless otherwise noted.

What is Healthy Eating?

Presented by Julie Stacy, registered dietitian. To register, call 424-3120. 4:30 p.m., Jan. 10

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, physical therapist. 6 p.m., Jan. 10

The Fitness Challenge

Presented by Dr. Salvatore Lacagina, Lee Memorial Health System vice president of health & wellness. 4 p.m., Jan. 18

Exercise Your New Year's Resolution

Presented by exercise specialist Heather Wilcox. 4 p.m., Jan. 23 or 11 a.m., Jan. 25

Lee Center for Rehabilitation & Wellness

To register, call 418-2000 unless otherwise noted.

Fitness Lecture: Setting Goals and Making Steps to a Healthier You

Exercise specialist Mary K. Wallace will discuss simple steps to be physically, mentally and spiritually healthier. 2:30 p.m., Jan. 5

Blood Drive

8 a.m.-noon, Jan. 10

The Fitness Challenge

Presented by Dr. Salvatore Lacagina, Lee Memorial Health System vice president of health & wellness. 11 a.m., Jan. 12

