FALL 2009
Hamiltonhealth
Bradley Wellness Center

News & Attitudes

Member Success Stories

Richard Hunter had cervical spine surgery in 2003. After his surgery, doctors told him that he might never walk again. **Richard** was determined to prove them wrong. He worked hard with determination and a positive attitude. After time, Richard was walking! He had beaten the odds! On June 5, 2009, **Richard** joined the Bradley Wellness Center. He had his free assessment and became an active member of Arthritis Aquatics and the SLED (Stronger Leaner Every Day) Program. Everyday he comes to BWC, he gains strength, stamina, and confidence. **Richard** said, "I believe that my body is a temple that God gave me and that I am to take care of it." He encourages you to come to the Bradley Wellness Center for an assessment today! Thank you **Richard** for sharing your inspiring story, perseverance and friendliness everyday at the BWC!

Daniel Burchfield has been a member of the Bradley Wellness Center since June 2008. He joined the center to lose weight, have more energy, and just be healthier. During the past year he has lost 68 pounds! By doing so, he lowered his blood pressure to the point that he does not need to take medication and is no longer diabetic. **Daniel** comes to the center on a regular basis. He keeps himself motivated and is very dedicated to his exercise program. Keep up the good work **Daniel**!

After two years of being inactive, **Tonya Laird** decided it was time for a change. Along with some friends she joined a program that jump-started her weight loss. After losing a little weight, **Tonya** realized she needed more, so she joined the Bradley Wellness Center and sought the help of a personal trainer. Since working with her personal trainer she has seen numerous results such as a total weight loss of 18 lbs, reduced her body fat by 11%, increased strength, stamina, and energy! Keep up the hard work **Tonya.** You are such an inspiration!

Health & Fitness Update ...

FOREVER YOUNG

TWO SIMPLE STEPS TO ADD LIFE TO YOUR YEARS AND YEARS TO YOUR LIFE!

We all know that getting older is inevitable...However, there's no need to search for the fountain of youth or wish away those wrinkles and achy bones on your birthday candles!

Youthful skin, healthy bones and muscles, and even more energy can now be made possible with just a few simple steps, so the only thing you will be wishing for on your birthday candles with be another amazing year with your loved ones!

Step One: Taste the Rainbow

So what does it take to look and feel younger? Everyone knows that eating a diet full of fruits and vegetables can be beneficial to

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Programs & Events

Personal Training

Whether you are just beginning an exercise program or training for an event, a BWC Personal Trainer is here to help! The cost is $40 per hour, $25 per 1/2 hour for members and $50 per hour, $30 per 1/2 hour for non-members. Semi-private sessions are available for $30 per hour for members and $40 per hour for non-members. Complete a request for personal training at the service desk. One of our qualified trainers will help you get to your optimal fitness level!

Prenatal/Postpartum Exercise

Having a baby is one of the most precious gifts in life. BWC can help you stay healthy before and after the birth of your child. A BWC fitness consultant will teach you which exercises and machines are most appropriate for you. Contact Laura Barnes.

Cholesterol Screenings

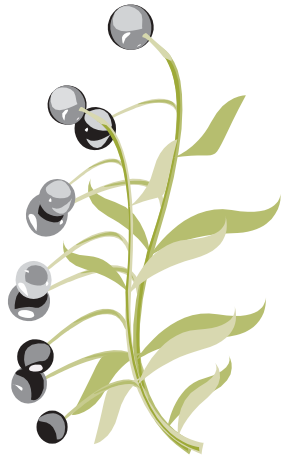
How long has it been since you had your cholesterol checked? If it is time to check it again, come to BWC on Tuesday mornings and our Clinical Services Nurse will draw your blood. Your full blood lipid profile, which includes total cholesterol, HDL and LDL cholesterol, blood glucose, and other levels, will be returned within 48 hours. The cost is only $25 for members and nonmembers. An appointment must be scheduled at the service desk.

PREP Program

PREP is a supervised exercise program designed for individuals who have special medical needs. This program includes early outpatient cardiac rehab graduates and others who may be inactive, or high-risk candidates who have hypertension, diabetes, obesity, pulmonary disease, or chronic health conditions that make exercising difficult. Heart rate, blood pressure, and oxygen saturation monitoring are offered. ECG monitoring is done only on an emergency basis. Contact BWC for a schedule of PREP classes. Prep is $33.79 per month and $21.64 for the spouse if paid on time. Contact the Clinical Services Dept. of the Bradley Wellness Center for more information. ■

NUTRITION NUGGETS

Cranberry Apple or Pear Crisp



4 large ripe apples, cored, peeled, and sliced (about 4 cups)
2 Tbsp. brown sugar
1 tsp. ground cinnamon, divided
½ c. flour
½ c. firmly packed brown sugar
3 Tbsp. margarine
1 c. Post Selects Cranberry Almond Crunch Cereal. Lightly crushed

Preheat oven to 375 degrees. Toss apple slices, 2 Tbsp. sugar and ½ tsp. of the cinnamon in a large bowl. Place in 8-inch square baking dish.
Mix ½ cup sugar, flour, and remaining ½ tsp. cinnamon in a large bowl; cut in margarine until mixture resembles coarse crumbs. Stir in cereal. Sprinkle over apples.
Bake 30 minutes or until apples are tender. Serve warm.

Nutrition Information-per serving (1/2 cup)

Calories- **180;** total fat- **4.5 g;** saturated fat- **0.5 g;** cholesterol- **0 mg;** sodium- **70 mg;** carbohydrate- **35 g;** dietary fiber- **2 g; sugars- 22 g;** protein- **2 g;** Vitamin A- **6% DV;** Vitamin C- **6% DV;** calcium- **2% DV;**
iron- **8% DV**

New: Fun, Free Fitness/Wellness Education Classes Coming this Fall!

Stronger, Leaner Every Day!

Learn how to design your exercise and nutrition programs to deliver the results you are looking for consistently, every time. Time-tested principles for beginners through advanced. Taught by: Tom Morrison and Jeremy Walraven, Personal Trainers
Monday, Sept. 21st , 7:15-8:15 pm

Women and Weights

This class will put to rest the shop-worn notion that women who train with heavy weights will bulk up. Nonsense!
BWC's own Personal Trainer, Keri Brooks will reveal why lifting weights not only makes you stronger, it also makes you leaner. Learn why women need to lift weights just as much, if not *more*, than men to get the most benefit from exercise. Monday, Oct. 19th, 7:00-8:00 pm

Dynamic Mobility: 10 Minutes to Better Flexibility, Performance and Health

Old-school methods of warming up such as light cardio and static stretching are things of the past. These inefficient and often ineffective traditional approaches have been replaced by dynamic joint mobility drills-that will get you feeling your best and raring to go each day!
Presented by: Lane Clelland, Personal Trainer, Monday, Nov. 9th, 7:00-8:00 pm

There is no fee for members to attend. Non-members may attend for $10.
Please sign up at the front desk at least one week prior to session.

Fitness & Education Classes

For more information on any BWC program, contact the service desk, or call 278-WELL (9355).

PROGRAM	CLASS BEGINS	TIMES	REGISTRATION & FEES
FREE! CHOOSE TO LOSE ORIENTATION Come learn about our 9-week weight management program that gives you the tools to lose! This program provides: ■ Weekly group meetings offering support and guidance from a registered dietitian and exercise experts ■ Initial assessments by Fitness Consultant and registered dietitian ■ Healthy and tasty snack each week ■ Maintenance meetings monthly (after the program)	Monday, December 7th 	6-7 p.m.	Cost of the program will be discussed during orientation. Orientation is free, but there is a charge for the program. Sign-up deadline is Dec 1st.
Holiday Cookie Clinic **Join us for a holiday night of fun. We'll cut out fun holiday cookies and watch a great movie while they bake. When they cool, we will decorate them and do a taste test, of course! Ages 3-10.** Parent must accompany children under 5.	Monday, December 14 	5:30-7:00 p.m.	$15 per child for members, $10 each additional sibling. $20 per child for non-members, $15 each additional sibling. Registration is required one week prior to clinic
Fitness and Education Classes **Healthcare Provider CPR** BWC will be offering a Healthcare provider CPR class. This class is recommended for those in the medical and related fields. It includes adult, infant, and child CPR, adult, infant, and child foreign body airway obstruction, AED training, and other related material. Materials are available for checkout or purchase before the class. Class will start promptly at 5:30 p.m. Late entry will not be allowed.	Monday, October 5th 	5:30-9:30 p.m.	$40 for members and non-members. Please register one week prior to class.

*Vouchers will be distributed to non-members in class for a discounted enrollment fee.

Fitness & Education Classes

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PROGRAM	CLASS BEGINS	TIMES	REGISTRATION & FEES
Arthritis Aquatics Arthritis Aquatics is a 4-week exercise program based on American Arthritis Foundation guidelines and conducted under the supervision of a Fitness Consultant. Swimming ability is not required. A physician's consent is required for nonmembers.	Class is ongoing	M, W, F for 4 weeks 9:05– 9:50 a.m. 10:05 – 10:50 a.m. 11:05 – 11:50 a.m. 12:05 – 12:50 p.m.	Free for members. $25 for non-members. Registration must be completed two days prior to start of each session.
Forever Fit This is a four-week exercise program devoted to individuals age 50 or older. Participants enjoy improved fitness in a relaxed and friendly group atmosphere. A physician's consent is required for non-members.	Class is ongoing	I., II., III. IV. 1:00 – 2:00 p.m. M, W, & F 8-9 a.m. Tues/Thur	Free for members. $15 for non-members or $25 per couple. Registration must be completed one week prior to start of each class.
Free Racquetball Clinic Come join us for some fun on the court! This free racquetball clinic will show you how exciting the sport really is. It's a great workout too!	Tuesday and Thursday Nov 10 & 12	6-8 p.m. each night	Free, members only please.
Yoga Yoga is very beneficial to the body. It helps develop strength, endurance, and flexibility. Let yoga be your step towards your highest potential.	I. **Basic Yoga** Sept 2nd-Oct 28th Wed p.m. II. **Basic Yoga** Sept 14-Oct on Mon/Wed a.m. III. **Basic Yoga** Sept 1-Oct 22 on Tues/Thur p.m. IV. **Basic Yoga** Nov 2- Dec 21 on Mon/Wed a.m. (no class 11/25/09) V. **Basic Yoga** Oct 27-Dec 22 on Tues/Thur p.m. (no class 11/26/09)	I. 5:30-6:30 p.m. Instructor: Pat Chenard II. & IV. 8:15-9 a.m. Instructor: Cindy Little III. & V. 5:30-6:15 p.m. Instructor: Lyn Douglas & Cindy Little	I. $20 for members, $50 for non-members II . & IV. $30 for members, $60 for non-members III. & V. $40 for members, $80 for non-members. Registration deadline is one week prior to class.

*Vouchers will be distributed to non-members in class for a discounted enrollment fee.

Fitness & Education Classes

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PROGRAM	CLASS BEGINS	TIMES	REGISTRATION & FEES
Hiking Club Need to get out more? Hike with the BWC hikers! New and exciting hikes are coming up for Fall and there is no fee to come along. Sign-up is required to participate. Just come by the BWC front desk to register. You do not have to be a member to go on hikes. Call BWC for detailed info on any hike.	I. Saturday, September 26 to Red Top Mountain in Cartersville, GA- II. Saturday, October 24th Cloudland Canyon State Park near Trenton, GA-	Leaves BWC at 8 a.m. Leaves BWC at 8 a.m.	There are no fees to attend Hiking Club is open to members and non-members. Please contribute to gas money if carpooling. More information about the hikes will be available at the Bradley Wellness Center.

Nutrition Classes

Check out these awesome cooking classes. You are sure to learn something exciting and new and taste testing is a must! Don't miss out on the fun! Only $10 to attend!

Around the World in 60 Minutes You don't need a passport to sample delicious good-for-you dishes from another country! Come join the dietitian as she prepares some tasty treats that will take your taste buds on trip you'll never forget!	September 21, 2009	6-7 PM	$10 for members and non-members. Sign-up deadline is one week prior to class.
Celebrate! The holidays are a time for enjoying family, friends and great food! Come join the dietitian as she prepares dishes that will help you celebrate health and happiness!	November16, 2009	6-7 PM	$10 for members and non-members. Sign-up deadline is one week prior to class.

*Vouchers will be distributed to non-members in class for a discounted enrollment fee.

your health. But did you know that the more colorful you get in your choices, the more beneficial it can be?

Since as you age, your natural antioxidant protection drops, it's important to eat plenty of fruits and vegetables to help boost your antioxidants. It's also important to eat a variety of fruits and vegetables, since each colorful choice is beneficial in a different way. These benefits can range from lowering your blood pressure, increasing your HDL (good) cholesterol levels, or even keeping your mind and vision sharp.

Step Two: Move More!

One of the most important things in looking and feeling younger is simply to exercise. It is important that you engage in exercises that can keep your heart rate up and increase your breathing to help you improve your overall health.

However, creating muscle is the number one most efficient way to boost your metabolism.

Weight training can sometimes be intimidating, especially to people that are not familiar with the equipment, but creating muscle can include many different types of training. Resistance bands(inexpensive and simple to use), lifting free weights (dumbbells) or medicine balls, resistance machines, and even using your own body weight can all be effective. The Bradley Wellness Center also offers a variety of classes such as Barbell, Forever Fit, or even Pilates. Or, if you'd rather do a routine of your own there is always a Fitness Consultant available to help you get familiar with any of the equipment. The trick is learning the correct technique, finding a routine that you enjoy, and sticking with it.

Getting into a regular routine of both cardiovascular activity and weight training can not only help you create muscle, but boost your energy and make you stronger–leading to independence as you age. Getting older is not something you should dread, but instead look forward to. Just remember to eat plenty of fruits and vegetables, take time to exercise, and most importantly enjoy yourself! ■

Written by: Ashley Keighley, Intern, Bradley Wellness Center

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BWC Closings and Special Hours

Monday, September 7th ..... BWC Closed for Labor Day
Thursday, November 26th ..... Closed for Thanksgiving
Friday, November 27th ..... Special Hours 8 a.m.-5 p.m.
Thursday, December 24th ..... Special Hours 5:30 a.m.-12 p.m.
Friday, December 25th ..... BWC closed for Christmas
Thursday, December 31st ..... Special Hours 5:30 a.m.-6 p.m.
Friday, January 1st ..... BWC Closed for New Year's Day