



FALL 2011

Hamiltonhealth

Bradley Wellness Center



# News & Attitudes 25<sup>th</sup> BWC ANNIVERSARY

## Member Success Stories



**Often times people believe that they can achieve their weight loss goal**

**through exercise alone, but then when they step on the scale or look in the mirror they are disappointed with the results.**

The goal is usually to look better by losing a few pounds of excess body fat and maybe becoming lean enough to show some muscle tone or definition.

Too often, though, they continue the same cycle of working out regularly and eating whatever they feel is healthy for months and still see no change.

## How to Increase Your Weight Loss Results from Exercise

### So what's the missing ingredient in these people's exercise program?

Sure, there are various formats for exercise that can make a marginal difference in results, but basically since most people's nutritional habits don't take into account factors such as basal metabolic rate, calorie counting, or creating a caloric deficit they don't show any of the aesthetic goals or appearance benefits that come from exercise.

The basal metabolic rate (BMR) is one of the key aspects of a weight loss formula that most people don't take into consideration. Basal metabolic rate is defined as the rate at which all processes of the body use energy or how many calories the body burns at rest in a 24-hour period. BMR can be responsible for burning up to 70 percent of the total calories expended in a day. BMR is based

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## Health & Fitness Update

Being asked to step off of a ride at the county fair while his friends remained was the last straw for member Joshua Patterson. That night he decided to research weight loss online. Initially, he researched lap band and



*Joshua Patterson before he lost 125 pounds.*

was heartbroken that he did indeed qualify for the procedure. Surgery was not a route he wanted to take. He set his sights on diet and exercise and joined BWC in 2009. Joshua worked out hard and diligently watched his diet. He dropped several pounds in the first week. He began to make other changes in his life such as parking at

the end of the lot and taking the stairs instead of the elevator. Over the span of three years, Joshua has dropped an amazing 125 pounds through diet and exercise. He says, "Now I'm happy and in the best shape of my life."

Congratulations Joshua, you are an inspiration! ■



*Joshua holds up "before" pants*

## 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/hour, \$25/½ hour for members and \$50/hour, \$30 /½ hour for nonmembers. Semi-private sessions are available for \$30/hour for members and \$40/ hour for nonmembers. Complete a request for personal training at the service desk. One of our qualified trainers will help you achieve your fitness goal

### Prenatal/Postpartum Exercise

Having a baby is truly one of life's joys. 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 since you had your cholesterol checked? If it's time to check it again, come to BWC 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.

### Weigh In for the Holidays to Win!

Most of us pack on an extra 3-5 pounds during the Fall/Winter Holidays. Can you avoid nudging the scale this year, or even lose a few pounds? If so, you could be entered to win a free 1 year membership to BWC. Sign up for the **Holiday Weigh In**. You'll weigh in sometime the week of Oct 24th and record your weight each week all the way through the week of Dec 26th. If you can maintain (or lose) your weight during this 10-week period, your name will go into a drawing for prizes. The grand prize will be a one-year membership (\$600 value) that you can use for yourself or give as a gift. There is no fee to join the weigh-in, just a few simple rules. 1) You must weigh in on the first and last week of the program and at least 6 of the 8 weeks in between. This means you can skip 2 weeks of weighing but not the 1st or last week. 2) You must be a BWC member. 3) Weigh-ins are confidential and are done on the fitness floor. There is no fee to participate, simply talk to your friendly fitness consultant!

### 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.

### 25th Anniversary Celebration! Thursday, October 13th

Make plans to join us as we celebrate 25 years at BWC! This celebration will include food, fun and much more! The Bradley Healthier You Challenge winner will be revealed during the anniversary ceremony and the night will conclude with special guest speaker, Ali Vincent, winner of 2008's "The Biggest Loser"! Space is limited. Call BWC for more information

### 25 Days of Wellness

Each day leading up to our 25th anniversary celebration will have something exciting going on and the chance to win prizes. A detailed calendar is included in this newsletter.

## NUTRITION NUGGETS



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

Preheat oven to 375 degrees F. 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 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; fiber- 2 g; sugars- 22 g; protein- 2 g; Vitamin A- 6% DV; Vitamin C- 6% DV; Calcium 2% DV; Iron 8%

## Programs & Events (cont'd)

### 10 on Course to Lose Weight

The Bradley Healthier You Challenge is going on right now! In June, 10 local individuals were selected to take part in this 15-week challenge. The participants are receiving nutrition classes, group fitness courses, personal training and a temporary membership to BWC. The progress is tracked each week based on percentage of weight loss. The winner will be announced at our anniversary celebration in October, with the grand prize winner receiving a trip to Navarre Beach, Fla., a one year membership to BWC and more. To follow participants' progress, visit [www.facebook.com/bradleyhyc](http://www.facebook.com/bradleyhyc)



### Massage Therapy at BWC

Licensed Massage Therapist, Tammy Price, is available by appointment Monday-Wednesday at BWC. Call for more information. ■



# 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
<b>Healthcare Provider CPR</b> 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 10	5:30-9:30 p.m.	\$40 for Members and Non-members. Please register one week prior to class.
			
<b>Arthritis Aquatics</b> 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.	M, W, F	I. 9:05 - 9:50 a.m. II. 10:05 - 10:50 a.m. III. 1:05 - 11:50 a.m. IV. 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.
<b>Forever Fit</b> 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.
<b>Free Racquetball Clinic</b> 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, October 18th	6-8 p.m. each night	Free, Members only please.
			

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PROGRAM	CLASS BEGINS	TIMES	REGISTRATION & FEES
<p><b>Hiking Club</b> 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.</p>	<p>I. September 17th, Blood Mountain Loop</p> <p>II. Saturday, October 15th to Brasstown Bald</p> <p>III. Saturday, November 12th to Red Top Mountain</p>	<p>I. Leave BWC at 6:00 a.m.</p> <p>II. Leaves BWC at 7:00 a.m.</p> <p>III. Leaves BWC at 8:30 a.m.</p>	<p>There are no fees to attend hikes and hike 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.</p>
<p><b>Nutrition Classes</b> 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!</p> <p><b>I. Spectacular Snacks</b> What is Fall without football and fun food? Serve your family and friends snacks that will deliver a hit as big as the one on the tv screen.</p> <p><b>II. Eating for Endurance</b> Join the dietitian for a discussion on healthy food choices the can help optimize performance during a workout or actual sporting event.</p> <p><b>III. Celebrate</b> The holidays are right around the corner and that means it's time to enjoy family, friends and great food! Come join the dietitian as she prepares dishes that will help you celebrate health and happiness!</p>	 <p>I. September 26th</p> <p>II. October 10th</p> <p>III. November 14th</p>	<p>6-7 p.m.</p> <p>6-7 p.m.</p> <p>6-7 p.m.</p>	<p>As part of our 25th Anniversary Celebration please join us for these great classes at no cost! Sign-up is required at least one week prior to class.</p>
<p><b>Belly Dancing with Jillanna</b> Don't miss your chance to learn the beautiful art of belly dancing. Shimmy your way to better health and self esteem with this fun dance class.</p>	<p>September 14th Wednesdays for 7 weeks</p>	<p>7:30-8:30 p.m.</p>	<p>\$45 for members, \$65 for Non-members. Register at least one week prior to class start.</p>

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PROGRAM	CLASS BEGINS	TIMES	REGISTRATION & FEES
<p><b>Ballroom Dancing</b> Learn the elegant art of Ballroom Dancing with accomplished professional dancer, Nelson Rodriguez. You must sign up with a partner. A minimum of 7 couples are needed for the class.</p>	<p>Beginner Sept 19-Oct 24th Mondays for 6 weeks</p>	<p>7:30-8:30 p.m.</p>	<p>Members: \$80 per couple, non-members: \$120 per couple. Sign up deadline is one week prior to class.</p>
<p><b>MMA Muay Thai Boxing</b> Looking for a great workout! This class is for you! Join Larry Scott, martial arts expert, for this intense boxing class.</p>	<p>Tuesdays- Class is on-going</p>	<p>7:30-9 p.m.</p>	<p>Drop in class, no need to sign up. \$10 Members, \$20 Non-members.</p>
<p><b>New Tennis Pro at BWC offers Beginner Clinic</b> With Fall comes great weather! Why not get out and enjoy it on the tennis court? BWC will be offering an adult beginner clinic this Fall instructed by Tennis Pro, Brandon Wykoff. In this clinic you will concentrate on learning/improving strokes, becoming more comfortable on the court, and developing a love for the game that will go with you through the years. Come share in the fun and improve your skill while experiencing the joy of tennis!</p>	<p>Saturdays: Sept 17, 24th, Oct 1st, 8th</p>	<p>9:00-10:30 a.m.</p>	<p>\$60 for Members, \$66 for Non-members. Sign-up deadline is September 10th.</p>
<p><b>Beginner Running Program-Train for a 5k!</b> Go from slow Sunday strolls to running your first 5K in 9 weeks. This beginner training program will have you ready to complete the 5K race at the Dalton Half Marathon.</p>	<p>Tuesdays &amp; Thursdays at 6:15 a.m. starting August 16th.</p>	<p>6:15 a.m.</p>	<p>Free to Members and Non-members! Call BWC at (706) 278-9355 to sign up</p>



**BWC Food Drive...November 1st through November 22nd**  
Please help us help the hungry this holiday season. BWC will be collecting canned goods and other non-perishable food items Nov 1-22nd. For every 10 items you donate, you will receive one free guest pass. We appreciate your participation.

**10 items = 1 FREE GUEST PASS**



**Hamiltonhealth**  
**Bradley Wellness Center**

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**(706) 278-9355**

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**BWC Closings and Special Hours**

**Monday, September 5th Closed for Labor Day**

**Thursday, November 24th Closed for Thanksgiving**

**Friday, November 25th Special Hours 8 a.m.-5 p.m.**

**Saturday, December 24th Special Hours 7 a.m.-12p**

**Sunday, December 25th Closed for Christmas**

**Saturday, December 31st Special Hours 7 a.m.-2 p.m.**

**Sunday, January 1st Closed for New Year's Day**



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**Check out our new website: [www.bradleywell.com](http://www.bradleywell.com)**

## How to Increase Your Weight Loss (cont'd. page 1)

on height, weight, age and gender, but it is most strongly related to height which is why it is not subject to much change. People so rarely are aware of their BMR or factor it into the total number of calories they can use in a day. There are online versions of calculators that will figure the numbers for BMR automatically (<http://www.bmi-calculator.net/bmr-calculator/>), but a good rule of thumb is to multiply your ideal weight by 10-12. This will often get you very close to your BMR. So if you are 5'4" and your ideal weight is 120lbs, then your BMR is likely about 1,200 to 1,440 calories a day.

Another technique many people don't bother with or feel is necessary is the act of counting or keeping track of the calories they consume. There are many different approaches to counting calories. A person may have a logbook and decide to write down every gram of protein, carbohydrate, and fat that is consumed or they may take a more relaxed approach by simply eyeballing portion sizes and making an effort to eat less. To actually keep track of calories requires a person to read the nutritional label on a package or know the macronutrient breakdown of a recipe and count total calories.

If a person eats only about the level of their BMR over time they will provide the calories and nutrition needed to support their muscles and internal health, but not enough to support their existing fat stores. Then any exercise they do will only increase the weight loss effect, since BMR

does not take into account the added calorie burning effect of exercise.

The goal in a weight loss plan is to create a caloric deficit by burning more calories than consumed. One pound of fat is equal to about 3500 calories. So once a person knows their BMR and calories consumed they can also figure out how much of a deficit they are creating, and how fast they can lose fat. Figuring this out will allow the person to "tweak" their program to fit their own preferences and lifestyle. They can simply lower calories in the diet even more to create a great caloric deficit and speed up weight loss, or attempt to burn more calories through physical activity.

To conclude, once people finally begin to consider the more acute details of their diet they can form a lifestyle that helps to support their goals. It isn't always necessary to micromanage a diet, but to form a foundation and help jumpstart the beginning phases of weight loss people must learn how to estimate their basal metabolic rate, properly count calories, and create a calorie deficit. All of these tools plugged into an equation that includes exercise will allow a person to lose weight and feel their best. For more information about any of these formulas or how to apply them please contact one of our Fitness Consultants for more information or a full assessment at 706-278-9355.

*By Fitness Coordinator, Thomas Morrison ■*