

### **Brief History**

Since 1985, The DeKalb Medical Wellness Center has offered a variety of lifestyle and fitness programs to the community. Occupying the entire ground level of the 2665 Professional Building of DeKalb Medical's North Decatur campus, The Wellness Center is an 18,000 square-foot, fully-equipped fitness facility complete with an indoor pool and indoor track. Our members live and work in and around Atlanta, Decatur, and adjacent communities.

We offer a variety of programs and services in the areas of fitness, lifestyle education, and integrative medicine. Whether you want to get in shape, lose weight, or learn to make healthy choices, The Wellness Center has something for you. Additionally, we are equipped with special fitness training for the needs of bariatric weight loss clients, massage therapy, and much more. Our caring staff members can help you reach your personal goals for optimal health.

### **Journey to MFA Certification**

A multitude of positive changes have taken place around The Center since the beginning of the year in preparation for MFA certification. But what is MFA certification and what affects will it have on existing members? MFA stands for Medical Fitness Association and is a non-profit, professional body that oversees health and fitness centers and aids them in becoming equipped and able in handling medically-related fitness needs of patients. Studies continuously highlight the importance of fitness and a healthy lifestyle in preventing or managing specific diseases. Potential membership with MFA would prepare and permit The Center to manage this need. For the majority of members, The Wellness Center's registration with MFA will not directly impact what is currently being utilized. However, a noticeable increase in standards and medically-related services such as the implementation of weight management programs, introduction of Good Measure Meals, bariatric services, and others will become more apparent as The Center transitions to meet all criteria outlined by this professional body.

## **Wellness Watch**

### **NEWSLETTER**



*The newsletter pertaining to your needs and current events at The Wellness Center*

### **Spotlight On: Exotic Classes**

**Aqua Yoga** – If you have avoided traditional yoga classes due to balance or strength issues, or simply prefer the water, the solution is Aqua Yoga. Aqua Yoga is an amazing place to experience the many benefits of yoga. The buoyancy and feeling of weightlessness in the water takes the stress out of challenged joints and stabilizes them to free muscular tightness or discomfort. Furthermore, the mental benefits are still achieved through meditation and relaxation. The best part is falling can be fun! Aqua Yoga is an ideal class for those members who have had recent surgeries or need to increase flexibility.

**Pool, Thursdays 12pm with Hadji Jones**

**Tai Chi (Qi Gong)**– Tai Chi is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qigong integrates physical postures, breathing techniques, and focus. It aims in assisting people in maintaining health, heal their bodies, calm their minds, and reconnect with their spirit. Classes at The Wellness Center encompass and cater to all demographics and ability levels.

**Studio, Mondays 7:30pm with Aviva**

### **Doc Talks**

Doc Talks are free seminars that are held on the fourth Tuesday of every month from 10:30-11:30am at The Wellness Center. Leading medical professionals volunteer to visit, speak, and assist members in understanding and learning about pertinent medical conditions and topics of interest. So far Dr. Jove and Massey Arrington have spoken to the staff and members about topics, “Joint Replacement: When is it time?” and “How Sleep Affects Your Heart Health”, respectively. Both Doc talks received a great turnout and evoked a fantastic dialogue.

The next Doc Talk is yet to be definitively scheduled, but stay vigilant for marketing materials and posters at the front desk highlighting the next topic and guest speaker.



As we increase communication avenues to all of our members, the fastest medium available to The Wellness Center is Facebook. If you want to

receive immediate updates and access happenings, recipes, and workouts, **Like** us on **Facebook** to get all The Wellness Center's posts direct to your news feed.

### **Kyri's Cooking**

Eating healthy does not have to be complicated or bland. Here is a simple fresh recipe to try this spring that requires no cooking, can be ready in minutes, and will feed many!

**Shopping List:** 1 Pre-Cooked Roast Chicken, 1 bag of salad, 1 Large Tomato, 1 Avocado, 1 Cucumber, 1 Can of Hominy, Lite Vinegarette, and Pack of Pita Bread

**Directions:** Remove skin, debone, and trim excess fat from chicken. (Optional) Reheat chicken 5-10 minutes in the oven. Add salad bag to large bowl. Slice, dice, and chop veggies to add to salad bowl. Add can of hominy. Add half of chicken meat to the bowl (Save other half for another recipe). Dress with vinegarette and toss. Heat and lightly toast pita until it begins to "inflate", then halve and add salad for quick sandwich or enjoy on the side.

This meal is perfect when bringing the kids in from the beach this summer for a midday break when the kids are starving and the sun has drained your energy. Or after a long day's work and you don't want to cook and you can only bear to run into the grocery store for a few select items.

### **The Physio's Corner**

While the summer days are long, it is important to utilize the natural adaptations that evolution has provided us. Here are a couple examples on how to maximize calorie efficiency.

**1. Stay active throughout the long days.** There are clear differences between the ways our bodies are programmed during the spring/summer and fall/winter. During summer months you should be able to wake-up earlier and stay out longer. Use the longer hotter days to move and sweat more. This increase in activity will increase metabolism, boosting the way the body utilizes eaten calories and stored fat, which equates to weight loss and a healthy body.

**2. Alter the variables of your current workout.** Increase the weight, speed, time, repetitions, and/or sets to shock your body into burning more calories. Humans are creatures of habit and it's easy to show up at the gym and perform the same routine because it's comfortable. STOP! Change the variables in your workout and get comfortable with being a little uncomfortable!

### **Member Survey**

The Wellness Center's member survey is back and we need your feedback and comments to evaluate ourselves. You should have received an email if we have your correct address. If you did not receive one, please update it at the front desk and/or visit our Facebook page to complete.

### **New Staff Arrivals**

There are six new members of staff that have joined The Wellness Center this year. In case you don't know them, they are:

**Terry Jones** – who can double-up as front desk reception and Wellness Coach, **JaMarien Paul-Brown** – is available for personal training and group fitness classes, two new fitness instructors – **Mona-Lisa Moody and Christina Gordon, Shekkari Shugart** – is the night-time front desk receptionist, and last but not least, our new swim instructor...(drumroll please) – **Jennifer Dunlap.**

### **Workout of the Month**

While the weather is blisteringly hot outside, outdoor cardio workouts can be difficult. During this time there are great ways to maintain your cardiovascular fitness in the gym.

Triathlons are regarded as an ultimate test of fitness and stamina because it is an ultra-endurance sport that mixes three completely differing forms of exercise. Each exercise targets different musculature while testing cardiovascular endurance. Mimicking triathlon training is grueling unless you are actually a competitive triathlete. However, I have developed the indoor triathlon that will build endurance and help you lose weight simultaneously. It has taken the concept of the three exercises and combines the rowing machine or arm cycle, the stationary bike, and the treadmill or elliptical. This ensures that the muscular focus of the exercise is always changing while the each exercise still helps to achieve the overall goal. Try it out, record your distances on each machine, and post your results to Facebook.

#### *Indoor Triathlon Workout*

#### **Rowing Machine / Stationary Bike / Treadmill**

##### **Beginner Level**

**5 minutes / 10 minutes / 15 minutes**

##### **Intermediate Level**

**7 minutes / 15 minutes / 20 minutes**

##### **Expert Level**

**10 minutes / 20 minutes / 30 minutes**