

# Fitness Center Health Links

## Health Links

A newsletter published by



ccmwellness.com

Month / Year

## The Benefits of Regular Exercise Pay Big Dividends to Corporations

### Corporate Health Fitness & Wellness Return on Investment

Over the years companies have found that adding Fitness Centers and Wellness Programs have produced very good results.

Blue Cross Blue Shield added a Fitness Center & Programs. They stated their ROI to be 250%. For every \$1.00 spent they received \$2.51 over 5 years.

Johnson and Johnson reported an ROI of \$3.10 for every \$1.00 invested over 7 years.

The Travelers Corporation reported a 19% reduction in sick days over a 4-year study. They also reported a \$3.40 ROI for every \$1.00 spent.

Pfizer Corporation (NY office) reported a ROI of \$4.29 for every \$1.00 invested. The Fitness Center in the NY office has 40% employee participation.

### Benefits of On-Site Fitness Center & Wellness Programs Include:

- ◆ Improved morale
- ◆ Reduced turnover
- ◆ Employee recruitment
- ◆ Reduced absenteeism
- ◆ Health care cost containment
- ◆ Increased productivity
- ◆ Healthier workforce
- ◆ Less sick days

### Inside This Issue...

<i>Too much water?</i>	2
<i>Alice in Migraine-Land</i>	2
<i>Aerobics Schedule</i>	3
<i>Recipe Corner: Tomato Sauce</i>	4
<i>Fitness Fast Facts</i>	4
<i>What are cataracts?</i>	4

### Annual Health, Fitness and Wellness Themes:

January: Thyroid Awareness Maintain a Healthy Weight
February: Heart Month Healthy Consumer Awareness
March: American Red Cross American Diabetes
April: Cancer Month Walk America
May: National Physical Fitness Sports Month American Diabetes
June: National Men's Health Vision Research
July: Parks and Recreation UV Safety Month
August: Water Hydration National Immunization Awareness
September: Healthy Aging National Food Safety Education
October: Healthy Living Month National Child Health
November: Lung Cancer National Healthy Skin
December: National Drug & Drunk Driving Prevention National Hand Washing Awareness

## Park yourself and stay fit!



Guess what? Playing can be pretty good for your health! Now, more scientists say that there is a link between how many parks and recreation facilities exist in your

neighborhood and how healthy you are. Of course, the closer you are to a park or recreation area, the more likely you are to use it. So, if there is a park close to your home, gather a bunch of your friends or your family and head to the park.

Here are a few fun and functional tips for having a great time and staying safe during your own recreation time:

- ◆ Have a picnic! Pack foods and drinks that are healthy and nutritious.
- ◆ Be sure there are lights on the paths, courts, or parking lots if you are in a park at dusk or dark.
- ◆ Take a tree or bird identification book and see if you can locate what is in the book.
- ◆ Take plenty of water with you. It's important to stay hydrated!
- ◆ Bring any sports equipment you have and put it to use in exercising!

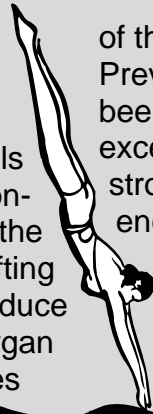
**Update your workout today with a free personalized program from your staff!**



## Drowning in water: Drinking too much!



Drinking too much water is dangerous because the body cannot excrete that much fluid. Excess water then goes to the bowel, which pulls salt into it from the body, diluting the concentration of salt in the tissues. Changing the concentration of salt, in turn, causes a shifting of fluids within the body, which can then induce a swelling in the brain. The swollen organ will then press against the bones



of the skull, and become damaged. Previous cases of water toxicity have been noted in athletes who consume excessive amounts in order to avoid heat stroke. The risk has always been not drinking enough. But then people who aren't medically attuned get overzealous, inducing recruits to drink amounts of water that endanger their health. Stick with 6-8 glasses of water per day, and you'll be in a healthy range!



www.Mercola.com

## ALICE IN MIGRAINE-LAND: MYTH VS. REALITY

"One pill makes you smaller, one pill makes you larger, the pills mother gives you do nothing at all," observed the Cheshire-Cat. Over a hundred years ago a fine art photographer named Lewis Carroll drew from his personal experience with Migraine, and one may argue that if it were not for his constant attacks, he may not have been inspired to write Alice's Adventures in Wonderland.

Migraine disease is a serious health and disability problem that affects approximately 11 to 18 million Americans, most of whom are women, with up to 38 million Americans having Migraine genetic propensity. There is no known cure for this disease, only treatments for the symptoms.

Dr. Joel R. Saper, M.D., F.A.C.P., Director, Michigan Head-Pain & Neurological Institute, sum-

marized the problems with Migraine: "There is no condition of such magnitude that is as shrouded in myth, misinformation, and mistreatment as [Migraine], and there are few conditions which are as disabling during the acute attack."

Migraine is a disease. Headache is just one symptom of many, including nausea, vomiting, auras (light spots), sensitivity to light and sound, numbness, difficulty in speech, and severe head pain. Migraine attacks alone can last days, or even weeks.

Migraine is a true organic neurological, not psychological, disease. Dr. Fred D. Sheftell, M.D., Director and Founder for the New England Center for Headache stated that "Migraine is absolutely a biologically-based disorder with the same validity as other medical disorders including hypertension, angina, asthma, epilepsy, etc. Unfortunately,



there have been many myths perpetrated in regard to this disorder. The most destructive of which are 'It is all in your head,' 'You have to learn to live with it,' and 'Stress is the major cause.'"

It is common for a Migraineur to be diagnosed, for example, with clinical depression and prescribed unnecessary drugs, leaving the migraines unaffected. However, Migraine can induce strokes, aneurysms, permanent visual loss, severe dental problems, coma and even death.

If you are not a Migraine sufferer, then hold off on well-meaning but emotionally debilitating statements. Rather, offer to turn down the lights and the TV, and let them know you understand.

"Well! I've often seen a cat without a grin," thought Alice; "But a grin without a cat!" Like Alice's Cheshire-Cat who sat in a tree revealing himself only to Alice, he nonetheless had great impact on her daily travels, as Migraines do on individuals who suffer from them.

## Group Exercise Schedule and Descriptions

	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>
6:30—7:15am	Cycling	S.O.S.	Cycling	S.O.S.	
11:15am—12pm	Hi/Lo Aerobics	S.O.S.	Hi/Lo Aerobics	S.O.S.	Hi/Lo
11:45am—12:45pm	Yoga		Yoga		
12:05—12:50pm	STEP	CycleShape	STEP	CycleShape	Cycling
4:30-5:45 pm	Martial Arts		Martial Arts		Martial Arts



### CycleShape

If you're looking for variety or challenge, this could be the class you've been looking for. The first half is on our indoor spin cycling bikes, and the second half utilizes weighted bars and dumbbells. The music and the workout is changed slightly for each workout. Please come early for your first class to get set up.



### STEP AEROBICS

This class utilizes Reebok step platforms to provide cardio-vascular benefits with an excellent muscle-firming workout for the buttocks, thighs and calves. Abs workouts and stretching concludes all classes, and all fitness levels are welcome!



### LOW IMPACT

After Intro 2 Fitness, this is the next step! Low Impact lets you gradually master simple floor aerobics moves with easy and fun choreography! We groove to the oldies and even throw in a few weights at the end along with some abdominal work. This class is open to all fitness levels and modifies to everyone.



### INTRO 2 FITNESS

If you have never participated in an exercise program and have felt intimidated or overwhelmed by the thought of exercise, this may be the class for you. This class focuses on flexibility, balance, coordination and no impact movements.



### STRAIGHT OUT STRENGTH (S.O.S.)

This is a total body strengthening class that uses free weights as the resistance along with motivating instructors and music for your incentive to keep lifting, pushing, squeezing, squatting and sweating! If you think weight training is boring, try this one out! All fitness levels welcome.



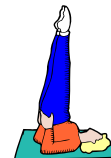
### MARTIAL ARTS

This class teaches the martial art form of Mo Duk Pai Kung Fu. This eclectic art is heavily rooted in the martial art tradition of self-defense, while focusing on helping one find fulfillment in everyday life. It is designed to greatly affect life in a positive way, through mind/body/spirit experience. \*Fee class



### CYCLING

Start your day with an intense indoor cycling workout lead by an instructor who will energize you through interval cardiovascular and strength training. Perform sprint drills, lifting drills, and lead-leg drills on top-of-the-line group cycling bikes that adjust to fit any body size. Space is limited, but all fitness levels are welcome. We do ask that you arrive early to class your first visit so we can help you set up your bike.



### YOGA

Participants perform a variety of movements and postures to produce a balance of strength, relaxation, and flexibility. \*Please call the fitness center at x7775 for session rates.

## RECIPE STASH: Scorched Tomato Sauce

From Whole Foods Market, here's a new twist on tomato sauce:

- extra virgin olive oil
- 6 large, ripe, meaty tomatoes
- Kosher salt and freshly ground black pepper to taste
- fresh oregano to taste
- 6–8 leaves of fresh basil

Pre-heat oven to 450°F. Oil a thick baking sheet with the olive oil.

Wash your tomatoes, pat dry, and place on the baking sheet. Place tomatoes in oven and let bake until the tops are charred and the seeds are spilling onto the baking tray and beginning to caramelize. Watch carefully so that the tomatoes don't burn but yet have scorched sufficiently. Remove from oven and let cool slightly. Transfer from baking sheet to a large bowl, stirring to mush it up a bit. Sprinkle in the salt and pepper to taste, stir; toss in the oregano, stir again; and tear in the basil leaves. Use it any way you would use any tomato sauce.

## Fighting Back with Fitness

Carolyn Kaelin believes can do for myself that I know loss from chemo or pro-exercise can help women is beneficial," says Kaelin, longed periods of inactivity. with breast cancer, and not director of the Comprehen- Stretching enables patients just because she's a doctor. sive Breast Health Center at to regain range of motion She was diagnosed with Brigham and Women's Hos- after surgery. breast cancer at the age of pital in Boston. Of course, patients 42, she's had chemotherapy, Weight-bearing activity, who've had extensive treat- a mastectomy and is cur- Kaelin says, can help coun- ment including surgery- tently undergoing breast re- teract some of the bone loss should take it slowly at first, construction. But that doesn't that may occur with chemo- in consultation with their doc- stop her from getting to the therapy and lead to fractures tors. But even short walks gym as often as she can. down the line. Strength train- around the neighborhood "It's the one thing that I ing helps reverse muscle can help.

**Your Club  
Name Here**

**Director**

**Staff**

**Instructors**

**Club Hours**

Mon-Fri 7am - 6pm

**Contact  
Information**

**Headquarters**

123 NE Your Street  
Portland, OR 97000  
503-123-1234  
your@email.com

**Your Company  
Website Here:**

<http://yourweb.com>

**CCM, Inc.**  
[www.ccmwellness.com](http://www.ccmwellness.com)



## Fitness Facts

**Space For You...**

### What are cataracts?

A cataract is a clouding of the lens of the eye. Symptoms include:

- blurry distance vision outdoors;
- streaks or rays of light seeming to come from headlights and stop lights;
- instinctively shading your eyes from the sun or feeling more comfortable in a visor;
- print appears faded or lacking contrast;
- colors appearing faded or changed in hue. Blue may appear to be green and yellow may look white.