

MY
health & wellness

OCTOBER | NOVEMBER | DECEMBER | 2017

A CLEVELAND CLINIC AKRON GENERAL NEWSLETTER FOR LIFESTYLES MEMBERS



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NuFit: nutrition and fitness
education for a new you!

 **LIFESTYLES**

AKRON GENERAL
HEALTH & WELLNESS CENTER



REFER AND GET REWARDED!

JUST FOR MEMBERS!

Refer two people during October and November and get \$150 credit at LifeStyles to use as you wish – put it toward your monthly dues, personal training or more!

NOT A MEMBER YET?

Join today and get \$150 to use toward your enrollment fee, dues or services, including personal training, child care or specialty classes. This offer is valid for the first 100 people to join each LifeStyles location. Visit akrongeneral.org/lifestyles for more.

Offer expires November 30, 2017.

Fall into Good Nutrition

By Chelsey Jackson, Registered Dietitian

The change of seasons this fall is a great time to change your eating habits as well! Boost your nutrition with these fall-favorite superfoods.

APPLES

Yes, we've heard it before, an apple a day keeps the doctor away. This saying might hold some truth! Apples are rich in vitamin C, potassium and fiber. Just be sure to eat the skin – it contains heart-healthy flavonoids.

For a healthy treat, make apple nachos – a plate of sliced apples drizzled with a little warm natural peanut butter or caramel and topped with dark chocolate chips!

PUMPKINS

Pumpkins also pack a punch nutritionally. They are rich in carotenoids, which boost eyesight and may reduce the risk of various types of cancer. Not only that, pumpkins also are a great source of fiber, which helps to fill you up and lower cholesterol.

Try adding canned pumpkin to your morning oatmeal! Old fashioned oats mixed with unsweetened vanilla almond milk, pureed pumpkin, pumpkin pie spice, pecans and stevia makes a delightful start to the day!

BRUSSEL SPROUTS

Kids may turn their noses, but this veggie is a superfood! One serving of Brussel sprouts contains more vitamin C than an orange, helping to boost your immune system and protect your gums, teeth and skin. Brussel sprouts also contain certain antioxidant compounds that can reduce your risk of cancer.

Try this!

Combine quartered cooked Brussel sprouts with sliced red onions, walnuts and your favorite mild tasting cheese such as a goat cheese or feta.

Toss with olive oil and balsamic vinegar for an exceptionally healthy, delicious side dish or salad.





Pumpkin Lentil Soup

Since lentils provide slow digesting carbohydrates, protein and are high in fiber, this soup will keep you satisfied for hours! The soluble fiber in lentils can help lower cholesterol, too.

INGREDIENTS

- 1 large onion, chopped (1 cup)
- 2-6 garlic cloves, diced
- 3 ribs celery, chopped (3/4 cup)
- 3 carrots, chopped
- 2 cups red lentils
- 7-8 cups vegetable broth or water
- 1 large can pumpkin (no sugar)
- ¼ teaspoon dried marjoram
- ¼ teaspoon dried thyme
- Lots of Tabasco

Source: *Prevent and Reverse Heart Disease* by Dr. Caldwell B. Esselstyn

INSTRUCTIONS

1. Combine onion, garlic, celery, carrots, lentils and broth or water in a soup pot. Bring to a boil.
2. Lower heat and simmer, covered, 30 minutes or until vegetables are soft and lentils have turned to mush.
3. Add pumpkin and spices and simmer until all is blended.
4. Add Tabasco to taste.

Nutritional information

Makes 8-10 Servings

Calories: 180

Fat: 0 grams

Saturated Fat: 0 grams

Sodium: 135 mg

Protein: 11 gram

Carbohydrate: 33 grams

Sugars: 7 gram

Dietary fiber: 7 grams

Muffins for Mammograms®

Now in its 25th year, Akron General will once again hold its annual Muffins for Mammograms® fundraiser in October to distribute breast health information along with muffins during National Breast Cancer Awareness Month. Proceeds pay for mammograms for women who are uninsured or under-insured.

This year's event will be held **WEDNESDAY, OCT. 11**, and same-day sales of blueberry and double chocolate muffins will be available for \$15 per dozen from 7-10 a.m. at five different locations, listed above.

Locations:

- Cleveland Clinic Akron General
- Health & Wellness Center, Bath
- Health & Wellness Center, Green
- Health & Wellness Center, Stow
- Lodi Hospital

Advance orders of \$150 or more will be accepted via order form or online at akrongeneral.org/muffins and will be delivered to all locations within Summit County. Advance delivery orders must be placed by Sept. 25. For questions about ordering muffins, call 330.344.7170.

If you know a woman who needs more information about a free mammogram through Muffins for Mammograms, or prescreening qualifications, call 330.344.BRST (2778).

Muffins for Mammograms® is a trademark of Main Street Gourmet, LLC. All money raised by or through, or donated to, the Muffins for Mammograms program is managed and distributed by Cleveland Clinic Akron General Foundation to provide mammograms to women in the community.

“I hope that my lifestyle will serve as a good example to my patients.”

70
pounds
lost!



MEMBER SPOTLIGHT

Debra Gargiulo, MD, Family Medicine

I have always consider myself to be athletic, and even celebrated turning 40 by running the NYC Marathon on my 40th birthday! However, I was a “late bloomer” in medicine. I started med school at age 40, after spending close to 20 years as a high school math teacher. I became less active and started to pack on the pounds with all the stress of school, erratic hours in the hospital and poor eating habits.

Once in practice, I realized that most of what I treat all day long is directly or indirectly influenced by our lifestyle – our eating habits and exercise habits. This realization, plus the desire to get my “athletic” life back, prompted me to make 2016 the year I would try to “transform” myself.

The first few months were difficult because I was tired when I got home from work. I also didn’t have the stamina or muscle strength to work out for long periods of time. Initially, my workouts were only 15 minutes.

In the beginning, I was very strict about my nutrition. I didn’t consume “junk” calories from snack foods. I ate very little bread and stayed away from alcohol and soda. I counted calories and remained strict about the limits I set each day. And the pounds started coming off! As they did, my exercise time and intensity increased so that my **70-pound weight loss** was the result of consuming a healthy diet combined with steady exercise.

There are two points I try to emphasize to my patients about weight loss. First, your exercise needs to be moderately intense for a duration of at least 30-45 minutes most days of the week. Simply walking the dog will not give you the results you are looking for. Secondly, nutrition plays a very big part in this. Especially early on when you don’t have the endurance to do moderate exercise, you need to be strict with your nutrition and calories in order to start seeing the pounds come off.

Exercise is also a tremendous way to help relieve stress in our lives. In September of 2016, my mom was diagnosed with metastatic pancreatic cancer and died only six weeks after her diagnosis. I would go for a run and the tears would stream down my face. But, I kept up my workouts and good eating habits, which kept me grounded.

These days, I am looking ahead to running road races and competing in a triathlon. I hope that my lifestyle will serve as a good example to my patients. It is very gratifying when a patient says to me, “I look at you and feel I can do this, too.”



The best way to improve your workouts?

TRACK THEM!

By Joe Trego, LifeStyles staff

Tracking progression of workout training is key for continued results. This allows you to know when goals are accomplished, how they were accomplished and how long it took to accomplish them. This becomes crucial when developing new goals and the programs needed to achieve them.

A FEW TIPS:

- Track how you feel during training days, how difficult each session was, how you slept the night before and what nutrition you utilized.
- Make sure you progress accordingly and change intensities to achieve personal goals rather than plateauing. You can progress by adding weight/resistance, more repetitions or more total sets. Also try lowering rest periods in between sets to increase intensity.

The biggest take away: do not get discouraged! Keep in mind you have several different options, methods and various ways to progress your workouts. Remember to see one of our exercise specialists every 8 to 12 weeks for a new exercise program.

If you need guidance or would like more tips, ask an exercise specialist at our fitness desk.

News and Events

RECREATION AND WELLNESS

Please contact the recreation department for more information.

Bath: 330.665.8139 | Green: 330.896.5007 | Stow: 330.945.3146

LIFESTYLES MEMBER ORIENTATION

A one-hour session that provides members with information about LifeStyles, its different departments and the programs and services offered.

Where: Bath | When: Oct. 3, Nov. 7, Dec. 5 | Time: 6 – 7 p.m.

Where: Green | When: Oct. 10, Nov. 14, Dec. 12 | Time: 6 – 7 p.m.

Where: Stow | Oct. 17, Nov. 14, Dec. 12 | Time: 6 – 7 p.m.

Cost: Free for members

PARENTS' NIGHT OUT

Enjoy a Saturday night out while we entertain your children! Participants can enjoy swimming, climbing the rock wall, open gym and more. Pizza and snacks will be provided during our theater-style projection movie viewing.

Where: Bath | When: Oct. 21, Nov. 18, Dec. 16 | Time: 6 – 11 p.m.

Where: Green | When: Oct. 21, Nov. 18, Dec. 16 | 6 – 11 p.m.

Where: Stow | Oct. 14, Nov. 11, Dec. 16 | Time: 6 – 11 p.m.

Cost: \$30 first child, \$25 additional children, \$20 half night

WINTER BREAK CAMP

We have the camp that will keep your children busy during Winter Break. Campers will enjoy gym games, swimming, rock wall climbing and more! Ages 5-14 are welcome. Bring a lunch. Before and after care is available for an additional fee. Please stop by the front desk to register.

Where: Bath | When: Dec. 21, 22, 26, 27, 28, 29 | Time: 9 a.m. – 4 p.m.

Where: Green | When: Dec. 21, 22, 26, 27, 28, 29 | Time: 9 a.m. – 4 p.m.

Where: Stow | When: Dec. 21, 22, 26, 27, 28, 29 | Time: 9 a.m. – 4 p.m.

Cost: \$35/day members, \$40/day guests

YOUTH DAY

Out of school for the day? Hop on over to LifeStyles for a fun-filled day of games, swimming, rock climbing and more. Bring a lunch. To register, stop by the front desk.

Where: Bath | When: Oct. 13, Nov. 27 | Time: 9 a.m. – 4 p.m.

Where: Green | When: Oct. 13, Nov. 27 | Time: 9 a.m. – 4 p.m.

Where: Stow | When: Oct. 13, Nov. 7, Nov. 22 | Time: 9 a.m. – 4 p.m.

Cost: \$30 members first child, \$25 members additional children, \$35 guests

RED CROSS BABYSITTING COURSE

A great way to learn responsibility. Learn emergency preparedness, basic first aid, problem solving and how to keep young ones occupied and entertained safely. For ages 11 to 15.

Where: Bath | When: Oct. 13 | Time: 1 – 5 p.m.

Where: Green | When: Nov. 27 | Time: 9 a.m. – 3 p.m.

Cost: \$55 members, \$75 guests

KID FIT

A program that combines swimming with a group exercise activity such as Yoga or Zumba to engage kids in healthy and fun activities.

Where: Bath | Cost: \$10/class members \$12/class guests

BIRTHDAY PARTIES

Does someone you know have an important birthday coming up? Choose from our packages or à la carte options to create the perfect birthday celebration with fun, healthy activities, a friendly party leader with a spacious party room and more. Activity areas available include the gymnasium, swimming pool, rock wall and KidStyles.



AQUATICS UPDATES

Please contact the recreation department for more information regarding the programs listed below.

Bath: 330.665.8131 | Green: 330.896.5007 | Stow: 330.945.3131

RED CROSS SWIM LESSONS

Our learn-to-swim program is designed for children six months to adults. Students progress through the levels at their own pace, mastering the skills in one level before advancing to the next. Each level of the class includes training in basic water safety and helping others in an emergency, in addition to stroke development. Call or stop by the front desk for full details. Choose from parent/child, level 1-6 or adult classes.

Where: Bath, Green and Stow | When: Nov. 6 – Dec. 16

Cost: Call for details

MASTERS SWIMMING

An open class for adult members interested in swim competition or just taking their workouts to greater depths. Swimmers will learn drills to improve technique and increase speed and endurance.

Where: Green | When: Tuesdays and Thursdays

Time: 6:30 – 7:30 p.m. | Cost: Free for members, \$5 guests

Where: Stow | When: Mondays and Wednesdays

Time: 6:15 – 7:30 p.m. | Cost: Free for members, \$5 guests

SEALS (SWIMMING ELITE AT LIFESTYLES)

Red Cross level five and above swimmers will develop efficiencies in the four competitive strokes, while working on starts, turns, speed and endurance.

Where: Bath | When: Nov. 6 – Dec. 16 (Tuesdays and Thursdays)

Time: 7 – 8:30 p.m. | Cost: \$55 members only

Where: Green | When: Nov. 6 – Dec. 16 (Mondays and Wednesdays)

Time: 6:30 – 7:30 p.m. | Cost: \$45 members, \$75 guests

RED CROSS WATER SAFETY INSTRUCTOR (WSI) COURSE

Learn to teach Red Cross Swim Lessons. Participants must be at least 16 years old on the first day of class and possess strong swim skills.

Where: Green | When: Dec. 21 – 22 and 28 – 29

Time: 9 a.m. – 5 p.m. | Registration begins: Dec. 1

Cost: \$215 members, \$245 guests

HEALTH AND WELLNESS

For more information on these classes, please call 330.665.8022 unless otherwise noted.

MEAL PLANNING MADE EASY

Biometrics is a meal planning program designed by Registered Dietitians and consulting chefs to help you achieve your wellness goals. This web-based program creates a personalized meal plan based on an appropriate calorie level for you, including a detailed daily meal plan with three meals and three snacks per day, a grocery shopping list and healthy recipes.

Cost: \$49 for three months



NUTRITION SERVICES

Struggling with weight loss? Trying to lower your cholesterol or blood pressure? Looking for increased energy and stamina? Our registered dietitians are here to help! Akron General Health & Wellness Centers offer nutrition consultations to help you reach your goals for a happier, healthier you!

LIFESTYLE WEIGHT-LOSS PROGRAM – 10 WEEKS TO A HEALTHIER BODY

A life-changing program led by a registered dietitian and certified personal trainer who will show you everything from working out to dining out. This program includes weekly nutrition workshops, an online meal planning program and 16 personal training sessions. Transform your body and learn the skills you need for long lasting change.

GAME CHANGER: THE ULTIMATE IN PERSONAL TRANSFORMATION SEMINAR

Don't miss this motivating seminar about permanent weight loss and how it is possible to achieve. Learn about boosting metabolism, taking charge of hormones, fueling your body, exercising smart, burning fat, discovering the secret that leads to lasting change and understanding how to make it happen. For more information, call 330.665.8140.

Cost: Free for members, \$49 non-members

Welcome to cold and flu season

By Erik Modlo, MD, Internal Medicine, Bath Medical Group

Cold and flu season is upon us. Fortunately, though, there are some steps that you can take to help protect yourself and your loved



Erik Modlo, MD

ones from cold and flu. Getting an annual flu shot is your best flu prevention strategy – it can help reduce the likelihood of catching the flu by 80 percent and can lessen the severity of your symptoms if you do happen to catch the flu.

Additionally, there are other steps and helpful information that can help you stay or get well.

THE COMMON COLD

The cold is one of the most common illnesses, leading to more doctor visits and absences from school and work than any other illness annually. It is estimated that every year people in the U.S. will suffer a billion colds.

Colds usually start two to three days after the virus enters the body, and symptoms last from several days to several weeks. Most colds cause the following symptoms:

- Achy muscles and bones or fatigue
- Chills
- Headache
- Low-grade fever
- Mild, hacking cough
- Scratchy, tickly or sore throat
- Sneezing and/or a stuffy, runny nose

FLU – A MORE SERIOUS FOE

Like the cold, influenza is also spread by a virus; however, it's often accompanied by more severe symptoms and can cause serious complications, such as pneumonia and even death. What may seem like a cold could, in fact, be the flu. Watch out for these flu symptoms:

- High fever
- Headache (more common with flu than cold)
- Clear nasal discharge
- Sometimes sneezing
- Cough, often becoming severe
- Often severe aches and pains
- Several weeks of fatigue
- Sometimes a sore throat
- Extreme exhaustion

PREVENTION STRATEGIES

Every year we hear some of the common misconceptions about cold and flu. As healthcare providers, our job is to help educate our patients so that they can take steps to prevent cold and flu or to treat it appropriately.

First and foremost, a flu shot is your best defense against the flu. While it's best to get vaccinated in the fall, a shot in January can still help keep you healthy. And despite what you may have heard, the flu shot will not cause you to get the flu. In the days after your shot, you may have minor side effects like a runny nose, headache, sore throat or cough.

While the flu shot is appropriate for most people, it may not be safe for everyone, including people who are sick with a fever,

who have egg allergies, who've had past severe reactions to flu shots or who have Guillain-Barré syndrome, a nervous- and immune-system disorder. It's important to talk to your doctor about any concerns you may have.

Cold and flu viruses are spread by contact with droplets sneezed or coughed from an infected person. Inhaling the droplets is the most common route to getting the flu, but many people also become infected by touching objects on which droplets have landed. You can protect yourself against cold and flu by doing simple things like washing your hands before eating and not putting your hands near your face or in your mouth. You don't need special cleansers when washing your hands. Washing for at least 20 seconds with ordinary soap works fine. If someone in your family has the flu, you can keep surfaces clean of the virus by wiping them with a solution of one part bleach to 10 parts water.

You can also enhance your immune system's ability to fight off a cold or flu by eating a diet rich in fruits and vegetables, exercising moderately, managing stress and avoiding drugs, alcohol and tobacco.

TREATING COLD AND FLU AT HOME

Since cold and flu are both viruses, antibiotics are not effective in treating either illness. The following items may help to reduce symptoms of cold and flu, though:

- Medications to relieve aches and fever
- Medications for congestion and nasal discharge
- Bed rest and increased intake of fluids

- Warm, salt water gargling for sore throat
- Warm steam for congestion

WHEN TO SEE YOUR DOCTOR

While a cold or flu often can be treated at home, more serious cases require a doctor's care, especially for young children or the elderly who are more likely to develop complications. If you or a family member is experiencing any of the following symptoms, it may be time to see a doctor:

- A persistent fever of higher than 102 degrees Fahrenheit that causes body aches and fatigue
- Symptoms that persist for longer than 10 days, or symptoms that worsen instead of improve
- Shortness of breath, difficulty breathing, or pressure or pain in the chest
- Confusion, disorientation or fainting
- Vomiting persistently
- Significant sinus pain affecting the forehead or face
- Swelling of glands in the neck or jaw

For flu patients, antiviral medications, when started within the first two days of symptoms, may reduce how long you'll have the flu and the severity of symptoms. If you suspect you have the flu, it's important to be seen by a doctor as soon as possible in order to possibly benefit from antiviral medications.

To make an appointment with Dr. Modlo, call the Bath Medical Group at 330.665.8143.

Health & Wellness Center, Bath
4125 Medina Road, Akron, Ohio 44333

NuFit

TIME:
6 – 7 P.M.
COST: FREE

Join us for this free program that provides information about the latest topics in nutrition and fitness, new recipes, facts vs. myths and tips from a registered dietitian and fitness expert. Bring a friend and enjoy a healthy snack. Reservations are encouraged: Bath: 330.665.8100 | Green: 330.896.5000 | Stow: 330.945.3100

OCTOBER

When: 3 (Stow), 10 (Bath), 24 (Green)
Nutrition: Prebiotics and Probiotics
Fitness: Fitness Solutions for Knee and Back Pain

NOVEMBER

When: 7 (Stow), 14 (Bath), 28 (Green)
Nutrition: Winter Root Vegetables
Fitness: Effective Exercise for the Busy Person

DECEMBER

When: 5 (Stow), 12 (Bath), 19 (Green)
Nutrition: Holiday Eating Tips and Strategies
Fitness: How to Stay Fit during the Holiday

Holiday Hours

REGULAR HOURS OF OPERATION: MONDAY - FRIDAY 5:30 A.M. – 10 P.M. | SATURDAY 7 A.M. – 6 P.M. | SUNDAY 8 A.M. – 6 P.M.

	FACILITY HOURS	DEPENDENT HOURS	KIDSTYLES HOURS	BABYSITTING HOURS
Thanksgiving, Nov. 23	5:30 a.m. – 1 p.m.	9 a.m. – 1 p.m.	9 a.m. – 1 p.m.	9 a.m. – 1 p.m.
Christmas Eve, Dec. 24	8 a.m. – 5:30 p.m.	9 a.m. – 5:30 p.m.	9 a.m. – 5:30 p.m.	9 a.m. – 5:30 p.m.
Christmas Day, Dec. 25	CLOSED	CLOSED	CLOSED	CLOSED
New Year's Eve, Dec. 31	8 a.m. – 5:30 p.m.	9 a.m. – 5:30 p.m.	9 a.m. – 5:30 p.m.	9 a.m. – 5:30 p.m.
New Year's Day, Jan. 1	8 a.m. – 2 p.m.	9 a.m. – 2 p.m.	9 a.m. – 2 p.m.	9 a.m. – 2 p.m.

For more information, visit our website at akrongeneral.org/lifestyles.

