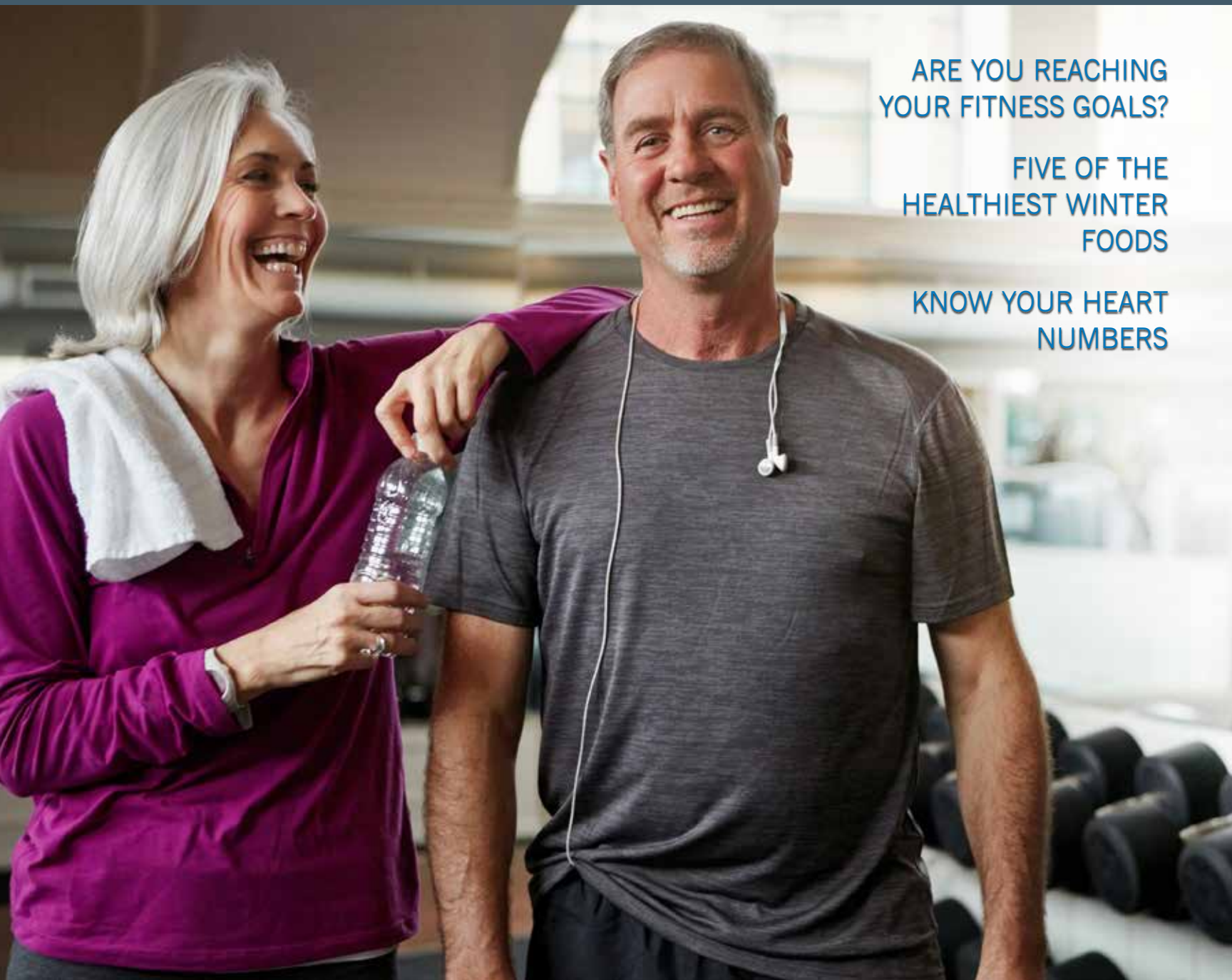


MY
health & wellness

WINTER 2018

A CLEVELAND CLINIC AKRON GENERAL NEWSLETTER FOR LIFESTYLES MEMBERS



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YOUR FITNESS GOALS?

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education for a new you!

 **LIFESTYLES**

AKRON GENERAL
HEALTH & WELLNESS CENTER

Are you reaching your goals?

By Vic Bozis, Health and Fitness Manager, LifeStyles, Stow, CPT, FMS, TRX, Wellness Coach

By now, most of us have heard about SMART goals for personal health and fitness. We've set these goals with good intentions, but the challenge comes when it's time to reassess. When should we drop or modify a goal? How do we stay on target?

Regular evaluation of goals helps provide a suitable gauge for progress. Consider goal "check-ins" as a way to determine if adjustments need to be made in order to reach personal goals. It's also important to realize that these adjustments are a normal part of the process. Adjustments can include decreasing or increasing the expectations or extending a timeline, neither of which should be seen as sign of failure.

Here are some points to consider as you determine an appropriate evaluation schedule pertaining to individual fitness goals.

Goal Proximity

A timeline could mean that evaluations are spaced at longer or shorter intervals. In some cases, the time component isn't sufficient and life gets in the way. This can cause a setback and motivation declines. Resetting the goal can help restart motivation and prevent a defeated feeling. Adding in short-term goals and milestones can further enhance motivation and results.

Scale Weight

It is normal for body weight to fluctuate by five pounds in a single day. When tracking progress, consider a weekly or bi-weekly weigh in. It is considered safe to lose 0.5

to two pounds per week. Eventually body composition, including body fat percentage and gains in lean mass, may become more important than total body weight. If this is the case, this is a great opportunity to consider revising the goal if the relevancy is no longer applicable.

Body Composition

Testing body composition can be reasonably done every six to eight weeks. In a shorter timeframe, the body fat percentage or lean muscle gains won't be as noticeable. Compound that with the standard error of estimates for body composition methods (+/- 2.5% to +/- 4%) with the more common/accessible methods, and changes could be even less noticeable with closely spaced assessments.

Strength in Numbers

Whether the goal is max strength or incremental strength improvements, each exercise session can be a source for positive feedback. Compare various facets of training (weight, reps or time) from the beginning until present. How much and how quickly strength improved will be impacted by how much time and effort was spent on training. As with the other assessments and variables discussed, a

minimum of four weeks for more formal reassessments can determine whether a goal was achieved. Strength performance tests like the push-up test or the shark kill test can be used in a workout session. This is another way to measure progress.

Save the Date

Set a realistic evaluation schedule. Consider upcoming events (wedding, class reunion, etc.) that can work against positive goals. An evaluation can always be rescheduled. Enjoy the event, in moderation, while understanding this might extend the goal achievement timeline.

These were just a few things to consider as you plan your training and assessment schedule. As you can see, there are no hard "rules" on when to perform follow up assessments for most us with fitness goals. If you would like additional accountability, our trainers offer informal opportunities, seminars and accountability tools to keep you on track with your goals and check-in on your progress. We will also explore any barriers that are hindering results or may require additional review. Assessments should be an evaluation with a positive and motivating experience. Remember to get your assessment every six months and new exercise program every eight to 12 weeks.

Five of the Healthiest Winter Foods

By Chelsey Jackson, Registered Dietitian

The weather outside may be frightful, but you can keep your diet healthy and delightful. Boost your immune system and stay healthy by including these five superstar foods.

1

Berries

Fresh berry prices typically skyrocket in these winter months, so stock your freezer with frozen varieties. Berries are rich in antioxidants which help prevent damage to cells.

2

Dark Leafy Greens

Dark leafy greens, such as spinach, kale, chard and collards are abundant in the winter months. These greens are rich in vitamins A, C and K which help boost the immune system.

3

Citrus

Citrus fruits such as grapefruit, oranges, lemons and limes are an excellent source of immune-boosting vitamin C. They also contain flavonoids, plant compounds that may promote heart health.

4

Potatoes

Potatoes sometimes get a bad rap for being a white starch, thrown into the same category as white rice or white bread. But potatoes are loaded with nutrients and immune boosting vitamins such as vitamin C and B6. Potatoes are also rich in potassium, a nutrient that many Americans do not get enough of, especially during the winter months.

5

Winter Squash

Winter squash comes in many varieties such as butternut, acorn, delicata and spaghetti squash. One cup of cooked winter squash contains 214 percent of the recommended daily value for vitamin A and 33 percent of vitamin C. Try some butternut squash soup or spaghetti squash in place of pasta this winter.



Roasted Winter Squash Soup

Yield: 4 servings

INGREDIENTS:

- 2 or 3 butternut, acorn, or Hubbard squash
- 2 garlic cloves
- A few sprigs fresh thyme
- 2 tablespoons unsalted butter
- 2 yellow onions, diced
- 1/2 cup white wine
- 8 cups vegetable broth
- 1 bay leaf
- Salt and pepper
- 1/3 cup cider vinegar

INSTRUCTIONS:

- Preheat oven to 350 degrees.
- Cut squash in half, remove seeds and roast cut-side-down with garlic and thyme inside.
- Roast about 60 minutes or until soft. Scoop out flesh and set aside, along with the garlic and thyme.
- Add butter to a pan set over medium-high heat; add onions and roasted garlic and sauté until soft.
- Add scooped squash to pan and stir, then add wine to deglaze.
- Reduce heat slightly and add broth and bay leaf, then simmer for 10 minutes.
- Remove bay leaf and puree in a food processor; season with salt and pepper and cider vinegar to taste. Serve immediately.

Nutritional facts per serving: 182 calories

1 g protein | 6 g fat | 15 mg. cholesterol

27 g carbohydrates | 3 g fiber | 10 mg sodium

Show Your Heart Some Love: Panel Discussion & Screening

Take charge of your heart health and attend our Heart Month info session, featuring free screenings, giveaways and an educational panel with our heart and vascular physicians, dietitians and exercise specialists. Learn more about heart health and prevention from our expert providers during an open-panel discussion and Q&A session.

When: Feb. 13

Time: 5 – 7 p.m.

Where: Health & Wellness Center, Bath

Cost: Free

RSVP: Register online at akrongeneral.org/heartmonth

The Numbers You Need to Know to Keep Your Heart Healthy

by Robert Schweikert, MD, chief of cardiology at Akron General

According to the Centers for Disease Control and Prevention, heart disease is the leading cause of death in the United States, responsible for one in every four deaths. All year, but especially during National Heart Month in February, we strive to highlight the importance of heart health, prevention and wellness in the fight against heart disease.

“The first step toward preventing and managing heart disease is to understand your risk factors, or anything that would increase your chances of developing heart disease. High blood pressure, high cholesterol and smoking are key risk factors for heart disease, as are physical inactivity, being overweight or obese, having diabetes or using alcohol excessively,” says Robert Schweikert, MD, chief of cardiology at Akron General.

“We recommend regular screenings to determine your risk for heart disease beginning at age 20. You should have your blood pressure, body mass index, waist circumference, and pulse taken during regular healthcare visits or at least every two years. Getting a cholesterol profile every five years for normal-risk people is also recommended. If you are at a higher risk, talk to your doctor about screening recommendations,” says Dr. Schweikert.

Take charge of your heart health this February and talk to your doctor about your risk factors and what steps you can take to keep your heart healthy. Encourage your loved ones to do the same. Together we can change statistics on heart disease.

To schedule an appointment, please call Akron General Cardiology at 330.344.7400 or visit akrongeneral.org/heart for more information.





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

Spring Break Camp

Kids out of school? Rely on LifeStyles for fun-filled days of games, swimming, rock wall climbing, crafts, movies and more. Ages 5 to 14 are welcome. Bring a lunch and energy for the best spring break. Before and after care is available for an additional fee. To register, visit the front desk.

Where: Bath
When: March 26 – April 6
Time: 9 a.m. – 4 p.m.

Where: Green
When: March 26 – 30
Time: 9 a.m. – 4 p.m.

Where: Stow
When: March 26 – 30 and April 2
Time: 9 a.m. – 4 p.m.

Cost: \$35/day members, \$40/day guests (first child full week - \$150, additional child full week - \$140, three-day option - \$100)

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. With so much to do, we can almost promise to send your children home tired. An overnight option is available for Bath and Stow. Call for details.

Where: Bath
When: Jan. 13, Feb. 17 (overnight option), March 10, April 21
Time: 6 – 11 p.m.

Where: Green
When: Jan. 20, Feb. 10, March 17, April 21
Time: 6 – 11 p.m.

Where: Stow
When: Jan. 13, Feb. 17 (overnight option), March 10, April 21
Time: 6 – 11 p.m.

Cost: \$25 members, \$30 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. To register, visit the front desk.

Where: Bath
When: Feb. 19
Time: 10:30 a.m. – 5 p.m.
Registration begins: Jan. 6

Where: Green
When: Feb. 19
Time: 9 a.m. – 3 p.m.
Registration begins: Jan. 19

Cost: \$55 members, \$75 guests

FUN FIT ABCS

Our FUN FIT ABC's program creates a fun filled environment where children can participate in several different activities that promote health and wellness! We focus on FUN rather than formal exercise routines. The program is designed for kids ages 7-13 and runs for six weeks. It will take place in the gym as well as outdoors, weather permitting. Some of the activities include: relay races, Tabata, games, fundamental strength training, balance and coordination. To register, visit the front desk.

Where: Green
When: (Monday and Wednesday)
Winter I Session: Jan. 3 –Feb. 7
Spring I Session: Feb. 26 – April 4
Spring II Session: April 23 – May 30

Time: 5:30 – 6:15 p.m.

Cost: \$75 members, \$90 guests

YOUTH DAY

Out of school for the day? Come to LifeStyles for games, swimming, rock wall climbing and more. Bring a lunch and have the best day off of school! To register, visit the front desk.

Where: Bath
When: Jan. 15 and Feb. 19
Time: 9 a.m. – 4 p.m.

Where: Green
When: Jan. 15 and Feb. 19
Time: 9 a.m. – 4 p.m.

Where: Stow
When: Jan. 15, Feb. 16, Feb. 19
Time: 9 a.m. – 4 p.m.

Cost: \$30 members first child, \$25 members additional children, \$35 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. Call to book your party!

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 LIFEGUARD TRAINING COURSE

Upon successful completion of this course, participants will receive Red Cross certifications in Lifeguard Training, First Aid and CPR for the Professional Rescuer Certification. Participants must be at least 15 years old, possess strong swim skills and pass a swim test on the first day of class. Pretest is March 6.

Where: Bath

When: March 6 – 23 (Monday, Wednesday, Friday)

Time: 3:30 – 6:30 p.m.

Where: Green

When: March 8 – 11 (Thursday, Friday, Saturday, Sunday)

Time: 3:30 – 6:30 p.m. (Thursday, Friday)

11 a.m. – 5 p.m. (Saturday)

1 – 5:30 p.m. (Sunday)

Where: Stow

When: March 5 – 23

Time: 5:30 – 9 p.m. (Monday, Wednesday, Thursday)

Where: Green

When: April 8 – May 6 (Sunday)

Time: noon – 6 p.m.

Where: Green

When: April 26 – 29 (Thursday, Friday, Saturday, Sunday)

Time: 3:30 – 6:30 p.m. (Thursday, Friday)

11 a.m. – 5 p.m. (Saturday)

1 – 5:30 p.m. (Sunday)

Where: Stow

When: April 26 – 30 (Thursday – Monday)

Time: 5:30 – 9 p.m. (Thursday and Friday)

9 a.m. – 6 p.m. (Saturday and Sunday)

5:30 – 9 p.m. (Monday)

Cost: \$175 members, \$215 guests

S.E.A.L.S. (SWIMMING ELITE AT LIFESTYLES)

A non-competitive swim program for youth members eight years and older with Red Cross Level 5 ability or greater. Registration begins Jan. 14. Call for full details.

Where: Bath and Green

When: Monday and Wednesday

Winter I: Jan. 2 – Feb. 10

Spring I: Feb. 26 – April 7

Spring II: April 23 – June 2

Time: 6:30 – 7:30 p.m.

Cost: Varies

RED CROSS EXPRESS SWIM LESSONS

Express swim lessons will now be offered year-round at the Stow location. See flyers or call for more information.

RED CROSS SWIMMING LESSONS

Our Learn-to-Swim program is designed for children six months to adults. Students will 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. Primarily for members, non-member children or grandchildren of members may join a swim lesson session once per year at a higher rate. Choose from parent/child, Level 1-6 or adult classes. Registration begins Feb. 3. Call for full details.

Where: Bath

When: Winter I: Jan. 2 – Feb. 10

Spring I: Feb. 26 – April 7

Spring II: April 23 – June 2

Where: Green

When: Winter I: Jan. 2 – Feb. 10

Spring I: Feb. 26 – April 7

Spring II: April 23 – June 2

Where: Stow

When: Winter I: Jan. 2 – Feb. 10

Spring I: Feb. 26 – April 7

Spring II: April 23 – June 2

RED CROSS LIFEGUARD REVIEW

Renew your current Red Cross Lifeguard Training Certification by successfully completing an online course through the Red Cross and in-water skills review and testing. Registration begins Feb. 3.

Where: Bath

When: March 4 and 11

Time: 11 a.m. – 6 p.m.

Where: Stow

When: March 4 and 11

Time: 11 a.m. – 6 p.m.

Cost: \$110/month members, \$130/month guests

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: Tuesday and Thursday

Time: 6:30 – 7:30 p.m.

Where: Stow

When: Monday and Wednesday

Time: 6:15 – 7:30 p.m.

When: Friday (through March 23)

Time: 6 – 7:15 p.m.

RED CROSS LIFEGUARD INSTRUCTOR UPDATE

For Lifeguard Instructors who have completed the online update, this course is required for all LGI's who were certified before January 2017 and covers both land and water skills. All participants must show proof of completing the online component. If you are interested in renewing your basic Lifeguarding certification during this time, there will be an additional \$35 fee. Registration begins Dec. 16 and Feb. 10.

Where: Bath

When: Jan. 27 and 28, March 24 and 25

Time: noon – 5 p.m.

Cost: \$35 members, \$50 non-members

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.

Cost: \$375 members, \$395 guests

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, please call 330.665.8140.

Cost: Free for members, \$49/month guests



Glucose and Cholesterol Screenings

Akron General Community Access & Wellness Services provides low-cost glucose and cholesterol screenings throughout the community on a regular basis. Schedules with complete dates, times and locations are available online, at the front desk of the Health & Wellness Centers or by calling. No appointment needed.

Time: 8:30-11 a.m.

Where: Bath

When: Jan. 9 & 27; Feb. 13 & 24;
March 13 & 24; April 10 & 28

Where: Green

When: Jan. 13 & 23; Feb. 10 & 27;
March 10 & 27; April 14 & 24

Where: Stow

When: Jan. 2 & 20; Feb. 6 & 17;
March 6 & 17; April 3 & 21

Cost: \$12 to \$58 depending upon the combination of tests

Call: 330.665.8175

Online: akrongeneral.org/screenings



HEALTHY STRIDES: COME WALK INDOORS WITH US

It may be cold outside, but our Healthy Strides program will warm you up with a casual one-mile walk held indoors at our three Akron General Health and Wellness Centers, preceded by a brief informative talk by Akron General physicians and caregivers. Topics change each session based on leader's specialty. No registration required. Meet at front entrance lobby area.

Time: 1 p.m.

Where: Bath When: Jan. 11, Feb. 8, March 8

Where: Green When: Jan. 18, Feb. 15, March 15

Where: Stow When: Jan. 25, Feb. 22, March 22

Cost: Free

TELL YOUR FRIENDS!

New members: Join LifeStyles and get 50% off your one-time enrollment fee, plus one month free! Hurry, offer expires Jan. 31, 2018.

For details, visit akrongeneral.org/lifestyles.

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

JANUARY

When: 2 (Stow), 9 (Bath), 23 (Green)
Nutrition: Sugar Busters
Fitness: How to Lose Belly Fat

FEBRUARY

When: 6 (Stow), 13 (Bath), 27 (Green)
Nutrition: Become Sodium Savvy
Fitness: Cardiovascular: Training with Weights

MARCH

When: 6 (Stow), 13 (Bath), 27 (Green)
Nutrition: Fad Diets
Fitness: Fad Exercises

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
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.
Martin Luther King Jr. Day Jan. 15	Regular	9 a.m. – 10 p.m.	9 a.m. – 12 p.m. (Bath) 3:30 p.m. – 8:30 p.m.	Regular
Presidents Day Feb. 19	Regular	9 a.m. – 10 p.m.	9 a.m. – 12 p.m. (Bath) 3:30 p.m. – 8:30 p.m.	Regular
Good Friday March 30	Regular	9 a.m. – 10 p.m.	9 a.m. – 12 p.m. (Bath) 3:30 p.m. – 8:30 p.m.	Regular
Easter April 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.