

# MY health & wellness

APRIL/MAY/JUNE 2017

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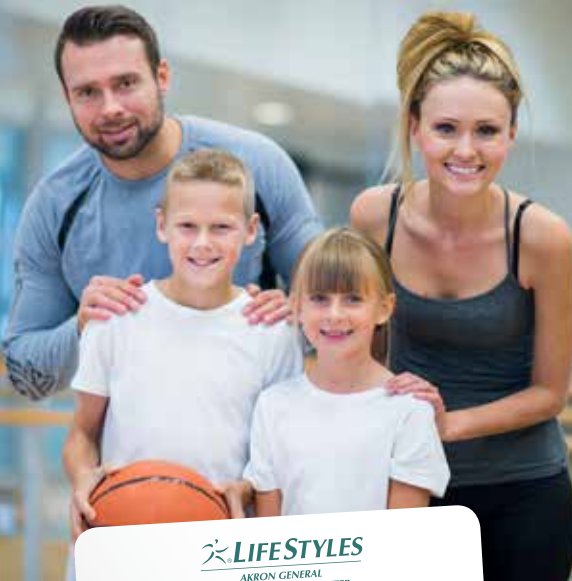
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Summer Camp

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Cleveland Clinic  
Akron General Wellness Fair

 **LIFESTYLES**  
AKRON GENERAL  
HEALTH & WELLNESS CENTER

Tell your friends and family to join LifeStyles by April 30 and they'll receive 40 percent off enrollment fees.



For every person you refer who joins, you'll receive a \$25 LifeStyles gift card!

USE YOUR GIFT CARD ON:

- Aquatic services
- Babysitting
- Fitness programs
- Kids camps
- Monthly dues
- Personal training
- Pro shop
- Recreation services

[akrongeneral.org/spring](http://akrongeneral.org/spring)

# Running Right into Spring!

When the warmer spring weather hits, many people decide to start running. Some want to run specifically for fitness and weight loss, while others are interested in more competitive running. Whether you're running for fun or to complete a race, here are seven things you should know before beginning.

- 1. Consult your doctor.** Make sure he or she agrees with any new fitness plans or changes in your routine.
- 2. Set goals and devise a plan to help you achieve them.** Start with your long-term goal and plan your workouts accordingly. Consider any potential obstacles or how much time you have to train for a race. Create some short-term goals, such as key workouts, to get you closer to your long-term goal.
- 3. Proper shoes and apparel are very important.** There are a variety of shoe options available that can address specific issues you may encounter, such as high or low arches. The right type of shoe will help prevent injury. Proper apparel is also important. Tech tees are great for indoor running and warm days outside. Various cold gear options are available to keep you warm when running outdoors.
- 4. Flexibility is very important and can help keep you running longer without injuries.** Loosen up by warming up on the run and include some good static stretches after the run. Don't forget to stretch out the hamstrings, quads and calves.

**5. Ease into running based on your current level of fitness.** Don't rush into it; your body will need some time to adjust. Your muscles and joints will appreciate a patient progression rather than jumping into a running regimen full force. A well-planned program will keep you healthy, injury-free and enjoying your training.

**6. Decide if you're running for time or distance to structure your program.** Allow for progression – you need to build up your mileage over time. The rule of thumb is to progress approximately 10 percent from your previous week. Don't forget to include a rest week that is about half of the work you did the previous week, which allows your body to recover from your training. Typically, you'll have a three-week build up and then a rest week.

**7. Strength training can also help prevent injuries.** Both weight lifting and core training can build up your body strength, muscle endurance and stamina, which will help your body deal with increased mileage.

Running should be fun. Enjoy the miles you earn and work hard to reach your goals.



# Time Out for Men's Health

Many men consider themselves to be immune from getting sick, but the facts tell a different story. The leading causes of death for American men are heart disease and cancer - two diseases that may be prevented by adopting a few essential healthy habits, according to the Centers for Disease Control and Prevention.

One of the first steps toward wellness starts with getting a primary care provider. Primary care providers are typically the first medical point of contact for patients, helping to manage your overall health, diagnose new illnesses, treat chronic diseases and manage preventive screenings.

Unfortunately, studies have shown men are less likely than women to seek preventive healthcare services. Screenings are an important tool that can help detect or identify problems early on, when they are easier to treat. Men should talk to their doctor about the following types of screenings:

## High cholesterol

Beginning at age 35, men should get their cholesterol checked regularly (at least every five years). Men younger than 35 could benefit from cholesterol testing if they smoke, have high blood pressure, diabetes or a family history of heart disease.

## High blood pressure

All men should get their blood pressure checked at least every two years.

## Diabetes

Men should schedule a blood glucose test for diabetes if they have elevated cholesterol or high blood pressure. They should also have this test if they notice symptoms of diabetes, such as frequent thirst and urination, fatigue and blurred vision. Healthy men should get screened every three years, starting at age 50.

## Colorectal cancer

Screenings should begin at age 50, or earlier if there is a personal or family history of colorectal polyps or a family history of colorectal cancer. Screening for colorectal cancer should begin at age 45 for African Americans, as they have an earlier onset of such cancer. Men should have a colonoscopy every 10 years or more often if they have an elevated risk.

## Prostate cancer

Talk to your primary care provider about the pros and cons of screening for prostate cancer, and whether it's right for them.

**This information is meant for educational purposes only and should not be considered specific medical advice.**



## MY WELLNESS



## 10 Minute Bean Salad

Makes 10 servings, serving size ½ cup

### INGREDIENTS:

- 3-1/2 cups green and yellow wax beans (two 15-ounce cans), rinsed and drained
- 1-1/2 cups red kidney beans (one 15-ounce can), rinsed and drained
- 1/2 cup red onion, thinly sliced
- 1 teaspoon garlic, finely diced
- 3 tablespoons extra virgin olive oil
- 6 tablespoons red wine vinegar
- 1/2 teaspoon black pepper

### STEP-BY-STEP DIRECTIONS:

- Place the beans and onion in a large bowl and set aside.
- In another small bowl, combine garlic, oil, vinegar and pepper and whisk until fully combined.
- Pour over bean mixture, toss well and serve.

### NUTRITION INFORMATION (per serving):

- Calories | 100
- Sodium | 330 mg
- Sugar | 3 g
- Cholesterol | 0 mg
- Saturated Fat | .5 g
- Fiber | 4 g
- Protein | 3 g
- Carbohydrate | 11 g

Contributor: Cleveland Clinic Go! Healthy



## NuFit Nutrition and Fitness Education for a new you!

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!

6 to 7 p.m.



### April

4 (S), 11 (B), 25 (G)

Nutrition: Eight Secrets for Aging Well  
Fitness: Fitness for Baby Boomers



### May

2 (S), 9 (B), 23 (G)

Nutrition: Benefits and Risks of Red Meat  
Fitness: Take Control of Blood Sugar with Exercise



### June

6 (S), 13 (B), 27 (G)

Nutrition: Preventing Foodborne Illness  
Fitness: Injury Prevention and the Importance of Recovery

**Cost: Free**

Reservations are encouraged:  
Bath: 330.665.8100  
Green: 330.896.5000  
Stow: 330.945.3100

## RECREATION AND WELLNESS

# News and Events

Please contact the recreation department or check the flier racks at LifeStyles for more information regarding the programs listed below.

Bath: 330.665.8139  
Green: 330.896.5007  
Stow: 330.945.3146

### 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.

Bath: June 3, 1 - 5 p.m.  
Green: Aug. 5, 9 a.m. - 3 p.m.  
Stow: May 13, 12 - 5 p.m.  
\$55 members, \$75 guests

### LIFESTYLES YOUTH DAYS

Kids out of school? Rely on LifeStyles for fun-filled days of games, swimming, rock climbing, crafts, movies and more. Ages 5 to 14 are welcome. Bring a lunch and energy!

\$35 members, \$40 guests

### AFTER-HOURS EVENTS

Calling all Boy Scouts, Girls Scouts, youth groups and community groups! LifeStyles is the perfect place to hold your fun-filled event. Packages include an overnight option where you have the entire LifeStyles facility to yourself. Don't want to stay all night? We have after-hours events that are customizable for your every need. Activities for the overnight and after-hours events include rock wall, swimming and much more.

### 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.

### 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.

April 15, May 13

6 - 11 p.m.  
\$30 first child, \$25 additional child,  
\$20 half-night

### KIDFIT SESSION

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

Stow

April 24 - June 3, 6 - 7:45 p.m.  
June 19 - July 29, 9 - 10:45 a.m.  
\$10/class members, \$12/class guests

### DANCE FIT

This is a high-energy class for kids ages 7 to 12. Kids are given the opportunity to develop their own sense of style and learn a variety of dance moves choreographed to all the latest hits. No prior dance experience required.

Green

April 24 - June 3  
5:30 - 6:15 p.m.  
\$45/month members, \$75/month guests

## BRING A GUEST FOR FREE!

### GUEST FREE DAYS:

Feb. 12	June 18	Nov. 5
March 12	July 2	Nov. 26
May 14	Oct. 29	Dec. 17

# HEALTH AND WELLNESS



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

## MEAL PLANNING MADE EASY

Biometrics is a three-month-long 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.

\$49

## 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 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. More than a weight-loss program, LiteStyle is about changing your body, strengthening your muscles and losing fat by forming good habits and changing your views on fitness.

\$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.

Free for members, \$49 guests

## MY WELLNESS

# 2017 Summer Camp

# “Summer of Games”

A variety of camps for children ages 5 to 14 with fun indoor and outdoor activities that encourage fitness, sportsmanship and learning. Campers will participate in weekly themed games and challenges. Attend all week or select specific day(s), including field trip days. Register and pay by May 1 to receive a \$20 discount per child per week. Open to the public.

Bath | June 5 - Aug. 18, 9 a.m. - 4 p.m.

Green | June 5 - Aug. 18, 9 a.m. - 4 p.m.

Stow | June 5 - Aug. 18, 9 a.m. - 4 p.m.

Daily rates start at \$40, weekly rates start at \$150.



## We're going digital!

Later this year we'll be transitioning our My Health & Wellness newsletter to an online only format. Stop by our front desk to make sure we have all of your correct information to ensure you won't lose out on receiving future newsletters.





### RED CROSS SWIM LESSONS & EXPRESS 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.

Bath  
April 24 - June 3, June 17 - July 22

Green  
April 24 - June 3, June 19 - July 29

Stow  
April 24 - June 3, June 19 - July 29

**Express Lessons:** a condensed version of our Red Cross Swim Lessons.

Bath  
June 19 - 29, July 10 - 20, July 31 - Aug. 10

Green  
July 24 - Aug. 5

Stow  
June 12 - 22, July 10 - 20, July 31 - Aug. 10

Registration begins: April 22

Cost: Varies

# Aquatics Updates

Please contact the aquatics departments for more information.

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.

Bath  
May 1 - 19  
Mon., Tues., Fri., 3:30 - 6:30pm  
Pretest: May 1

Green  
July 10 - 20  
Mon. - Thurs., 1 - 4 p.m.  
Pretest: July 6

Stow  
April 23 - May 21  
Sunday, 12:30 - 6 p.m.  
Pretest: April 21  
\$175 members, \$215 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.

Green  
Tuesday and Thursday  
6:30 - 7:30 p.m.

Stow  
Monday and Wednesday  
6:15 - 7:30 p.m.

Free for members, \$5 guests

### RED CROSS LIFEGUARD REVIEW

Renew your current Red Cross Lifeguard Training Certification by successfully completing an on-line course through the Red Cross and in-water skills review and testing.

Bath  
May 17 and 24  
3:30 - 6:30 p.m.

Stow  
May 8 - 9, May 22 - 23  
4 - 7:30 p.m.

Registration begins: April 22  
\$110 members, \$130 guests

### RED CROSS WATER SAFETY INSTRUCTOR (WSI) COURSE

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

Bath  
May 2 - June 3  
Tuesday and Thursday, 3:30 - 6 p.m.,  
Saturday, 9 a.m. - 1 p.m.

Green  
May 1 - 20  
Monday and Wednesday, 5:30 - 9:30 p.m.,  
Saturday, 9 a.m. - 1 p.m.

Registration begins: April 1  
\$210 members, \$240 guests



### YOUTH SWIM CAMP AND CLASSES

A variety of fun, non-competitive swimming camp and classes are available for youth members 8 to 14 with Red Cross Level 5 ability or greater at Bath and Green. Classes begin April 24 and camps begin June 5. Call for more information.

Cost: Varies

# Women and Osteoporosis

Osteoporosis affects more than 10 million Americans over the age of 50. This disease causes people to lose bone mass, which leads to weaker bones and an increased risk of fracture. The loss of bone begins earlier for women, starting at menopause as estrogen levels decrease. Men are also at risk for osteoporosis after age 50 as testosterone levels begin to decrease.

## Risk factors for osteoporosis

Anyone can develop osteoporosis and your risk increases with age, especially if you are 65 or older; however, women are four times more likely to develop osteoporosis than men.

### OTHER RISK FACTORS INCLUDE:

- Having a personal history of fracture
- Having a family history of fracture after age 50
- Smoking
- Excessive alcohol use
- Weighing less than 130 pounds or being petite
- Having an eating disorder
- Consuming a diet containing little or no calcium, phosphorus or vitamin D, but high in soft drinks (three or more a day)
- Extended use of certain medications (such as steroids) and medications that treat conditions such as rheumatoid arthritis, endometriosis, breast cancer, thyroid disease or seizure disorders
- Getting little or no exercise

### TALK TO YOUR DOCTOR

Osteoporosis can affect anyone. If you or someone you love is at risk for osteoporosis or has risk factors, talk to a healthcare provider today about bone health.



MY WELLNESS



## Cleveland Clinic Akron General Wellness Fair

### Don't miss this fun, healthy family affair!

Join us in supporting a healthier lifestyle for you, your family and community. Our free family wellness fair is sure to have something for everyone, including a wide variety of health and wellness information tables, activities, raffles and screenings for blood pressure, body mass index, total cholesterol and glucose, vision and more. This is also a free guest day for LifeStyles members!

When | Saturday, May 20

Time | 9 a.m.-1 p.m.

Where | Health & Wellness Center, Bath

Online | [akrongeneral.org/wellnessfair](http://akrongeneral.org/wellnessfair)



# Cleveland Clinic

## Akron General

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

Akron General is now a full member of Cleveland Clinic, and you may have started to see our new logo as well as some other slight changes throughout the area. One of the changes is a slight update to our facility names. In keeping with Cleveland Clinic's naming architecture, we are adjusting our facility names to end in the city in which they reside – Health & Wellness Center, Bath (rather than West) and Health & Wellness Center, Stow (rather than North). The Health & Wellness Center, Green remains unchanged.

CONTACT YOUR FACILITY  
ON UPCOMING

Member Orientation  
Dates and times!



## SPECIAL HOLIDAY HOURS

	FACILITY HOURS	DEPENDENT HOURS	KIDSTYLES HOURS	BABYSITTING
GOOD FRIDAY, APRIL 14	REGULAR	9 a.m. - 10 p.m.	9 a.m. - noon, 3:30 - 8:30 p.m. (Bath) REGULAR (Green and Stow)	REGULAR
EASTER SUNDAY, APRIL 16	8 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.
MEMORIAL DAY, MAY 29	8 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.
INDEPENDENCE DAY, JULY 4	CLOSED	CLOSED	CLOSED	CLOSED
LABOR DAY, SEPT. 4	8 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.	9 a.m. - 2 p.m.

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.

For more information, visit our website at [akrongeneral.org/lifestyles](http://akrongeneral.org/lifestyles).