

# MY health & wellness

JANUARY/FEBRUARY/MARCH 2017



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 **LIFESTYLES**  
AKRON GENERAL  
HEALTH & WELLNESS CENTER

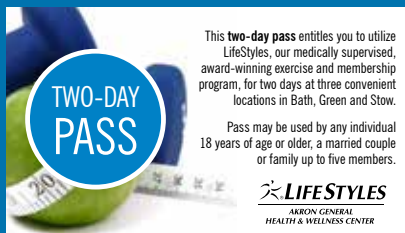


## Let's help your friends and family change the way they think (and feel) about exercise.

Our exercise professionals will complete a free fitness assessment to develop an exercise prescription personalized just for them.

### Have someone in mind?

Get a FREE two-day pass for them to try it out. Ask membership staff for details!



# KEEP THAT New Year's Resolution

BY JOSH, FITNESS MANAGER, STOW

Everyone begins an exercise program with the intention of sticking to it; however, any number of life's distractions can quickly make us forget our commitment to fitness. Make 2017 the year you're going to keep that fitness resolution. Here are a few suggestions to help you stay on track:

**Establish realistic goals.** If you want to establish a long-term fitness commitment, the best approach is a gradual, intensifying plan that includes eating a balanced diet, resistance training and interval aerobic exercise. When this plan is followed, the average person will lose one and a half to two pounds of body fat per week.

**Let simple pleasures motivate you.** It can be frustrating to continue working out if immediate results are not noticed. Focus on small, positive changes. Before too long, you will start to look and feel better, have more energy, sleep more restfully and more.

**Set aside the time.** Unless you make a conscious effort to set aside time for exercise, it can be tough to fit into your schedule. Try to find 30 minutes a day, a few times a week to schedule exercise into your calendar. Be realistic - don't try to fit your workout between two meetings or at a time when you'll likely have to cancel. It doesn't matter when you exercise, just find a time that works for you and do your best to stick to it.

**Engage in an activity you enjoy.** One of the easiest ways to continue exercising is by finding a routine that you enjoy. Change your routine periodically and try new activities.

**Be flexible when you're not motivated.** Everyone makes excuses not to exercise, but find a reason to negate the excuse. Remind yourself of your priority to do something good for yourself and resist making excuses. If you're feeling tired or under the weather, simply adjust your activity level until you feel better.

**Get professional guidance.** At LifeStyles, every new member has the option of obtaining a free personal fitness assessment and a professionally designed exercise plan. Your fitness specialist will show you how to use each piece of equipment prescribed in your plan and provide you with customized settings and resistance levels that work best for your goals.

**Get a buddy to join you.** Having a friend or family member join you in your quest to maintain a healthy lifestyle may be a fun way to help keep you both motivated and accountable on days where you may not be feeling up to it. Next time you're thinking about going to work out, ask someone to join you!

As a reminder, the fitness professionals at LifeStyles are always here to advise and guide you through every step of the process should you have any questions.



# Cold vs. Flu



Telling the difference between the common cold and the flu can be a bit tricky.

The cold is one of the most common illnesses, and symptoms last from several days to several weeks. 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.

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.

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.

If you can, call for an appointment with your primary care physician. He or she knows you best. However, if your schedule won't allow it, visit one of our Express Care Clinics or Urgent Care Centers. See a full list of locations at [akrongeneral.org/access](http://akrongeneral.org/access).

SYMPTOM	COLD	FLU
Fever	Rare	High (100 - 102 degrees), may last 3-4 days
Headache	Rare	Usually
Body aches, pains	Slight	Severe
Fatigue	Mild	Severe, may last 2-3 weeks
Weakness	Not common	Yes
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Cough	Mild to moderate	Common, can be severe
Chills and sweats	Not common	Sometimes
Vomiting	Not common	Sometimes
Diarrhea	Not common	Sometimes
Complications	Sinus congestion Earache	Bronchitis Pneumonia Can be life threatening

## MY WELLNESS



## Roasted Red Pepper Dip & Vegetables

(makes 8 servings)

### INGREDIENTS:

Dip Ingredients:

- 1 8-ounce package non-fat cream cheese
- 3 roasted red peppers OR 1 7.25-ounce jar
- 1 cup packed fresh basil leaves OR 1-3 tablespoons dried basil leaves
- ¼ teaspoon salt
- ½ cup chopped green onion

Vegetables:

- 1 cucumber
- 2 green bell peppers
- 1 pound small cherry tomatoes
- 2 red bell peppers

### DIRECTIONS:

- Slice vegetables and arrange on a tray.
- Combine cheese, pepper, basil and salt in food processor or blender; puree until basil and pepper are in tiny pieces.
- Remove from processor to a bowl. Stir in green onions.

### NUTRITIONAL ANALYSIS (per serving):

Calories | 71  
 Fat | 0.5 g  
 Saturated Fat | 0.1 g  
 Protein | 5.9 g  
 Carbohydrates | 11.8 g  
 Fiber | 2.8 g  
 Sodium | 311 mg

Source: Kristine Napier, MPH, RD, LD



## NuFit Nutrition & 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.



### January

3 (S), 10 (B), 24 (G)  
Nutrition: Top 10 Supplements  
Fitness: Biggest Trends in Fitness



### February

7 (S), 14 (B), 28 (G)  
Nutrition: Busting the Top 10 Carb Myths  
Fitness: Fit or Fiction



### March

7 (S), 14 (B), 28 (G)  
Nutrition: Coconut Water: Is It All It's Cracked Up to Be?  
Fitness: Fat Loss vs. Weight Loss

Cost: Free

Reservations are encouraged:

Bath: 330.665.8100  
Green: 330.896.5000  
Stow: 330.945.3100

## RECREATION & 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

### PARENTS' NIGHT OUT (Bath, Green & Stow)

Enjoy a Saturday night out while we entertain your children! Participants can enjoy swimming, climbing the rock wall, open gym and much 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.

Time: 6-11 p.m.  
When: Jan. 14 (Bath, Green, Stow)  
Feb. 11\* (Bath, Green, Stow)  
March 11 (Bath & Stow)  
March 18 (Green)

\*All night option available for Bath & Stow.  
Ask for details.

Cost: \$25 members, \$30 guests

### LIFESTYLES YOUTH DAYS & SPRING BREAK CAMP

(Bath, Green & Stow)  
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 for the best spring break. Before and after care is available for an additional fee. Please stop by the front desk to register or call for more information.

Bath  
Time: 9 a.m.-4 p.m.  
When: Jan. 16, Feb. 20, March 27-April 7

Green  
Time: 9 a.m.-4 p.m.  
When: March 27-31

Stow  
Time: 9 a.m.-4 p.m.  
When: Jan. 16, Feb. 17, Feb. 20,  
March 27-31

### RED CROSS BABYSITTING COURSE

(Bath, Green & Stow)  
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. Registration begins Jan. 12 (Bath & Green) and Feb. 6 (Stow).

Time: 9 a.m.-3 p.m. (Green & Stow)  
1-5 p.m. (Bath)  
When: Feb. 20

Cost: \$55 members, \$75 guests

### DANCE FIT (Green)

This is a 50-minute, high-energy class that uses the hottest sounds in hip-hop and pop music together with elements of freestyle movement to give kids, ages 7 to 12, the opportunity to develop their own sense of style. A creative way to keep kids active, while having fun and letting their inner dancer shine through – even if they have never danced before. They will learn a variety of dance moves choreographed to all the latest hits on the radio. Get ready to dance like nobody is watching!

Time: 5:30-6:15 p.m.  
When: Feb. 27-April 8

Cost: \$45/month members, \$75/month guests

### 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! For more information or to schedule a nutrition session, call 330.665.8022.

### 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. For more information, call 330.665.8022.

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. Call 330.665.8140 for more information.

### BIRTHDAY PARTIES

Does someone you know have an important birthday coming up? There isn't a better place in town than LifeStyles to host a birthday party! 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 us for more information.



## FREE GOLF CLINIC

Cleveland Clinic Akron General Challenge Golf invites you to a free golf clinic hosted by PGA Professional Ron Tristano, manager of Challenge Golf, and Personal Trainer Ross Court, BS, CPT, CGEI. This free clinic will include:

- Complete evaluation of your golf swing, including stance, ball position, grip, ball contact and follow-through
- Information on exercises, stretching and balance work that will help you take your golf game to the next level

Whether you are working through injuries, disabilities or just looking to improve your golf game, this clinic is open to everyone. Learn what golf can do for you!

When: March 4

Time: 10:30 a.m. – 12:30 p.m.

Where: Health & Wellness Center, Green, 1940 Town Park Blvd., Uniontown

Cost: Free

RSVP: Please register for this free program by calling 330.896.5000.

## Heart Month:

# Do You Know Your Numbers?

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. You'll have the opportunity to learn more about heart health and prevention, while speaking with some of our expert providers during an open-panel discussion and Q&A session.

When: Feb. 7

Time: 5:30-7 p.m.

Where: Health & Wellness Center, Bath

Cost: Free



To register, please call 330.344.2462 or visit [akrongeneral.org/heartmonth](http://akrongeneral.org/heartmonth).

# Aquatics Updates

Please contact the aquatics departments for more information.

Bath: 330.665.8131 | Green: 330.896.5007 | Stow: 330.945.3131

## STOP HEARTBURN FOR GOOD

Are acid reflux and heartburn changing your lifestyle – from the way you sleep to the foods you can enjoy? Are you tired of all the added medications you take daily just to eliminate the discomfort – not to mention the worry of long-term side effects? Join us for a lecture and discussion led by our team of experts: Jeffrey Neher, MD; William Papouras, MD; Charudutt Paranjape, MD; and Richard Salvino, MD. The physicians will present information about GERD (heartburn), acid reflux and Barrett's esophagus, as well as available treatment options, including incisionless and minimally invasive surgery.

Time: 6 p.m.

When: Jan. 11

Where: Health & Wellness Center, Green

When: Feb. 15

Where: Health & Wellness Center, Bath

When: March 8

Where: Health & Wellness Center, Green

Cost: Free

Call us: 330.344.BURN (2876)

### RED CROSS LIFEGUARD TRAINING COURSE

(Bath, Green & Stow)

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.

Stow

When: Feb. 26-March 16

Time: Monday, Wednesday and Thursday, 5:30-9 p.m.; Saturday, March 4 & 11, 10 a.m.-1 p.m.; Pre-test Feb. 23 at 5:30 p.m.

When: Sundays only, March 19-April 16

Time: 12:30-6 p.m.; Pre-test March 17

Green

When: March 9-12

Time: Thursday and Friday, 3:30-6 p.m.; Saturday, 11 a.m.-5 p.m.; Sunday, 1-5:30 p.m.

Bath

When: March 9-13

Time: Friday and Monday, 3:30-6 p.m.; Saturday, 1-6 p.m.; Sunday 11 a.m.-4:30 p.m.,

Cost: \$175 members, \$215 guests

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

(Bath & Green)

A non-competitive swim program for youth members eight years and older with Red Cross Level 5 ability or greater. Call for full details. Registration begins Feb. 11.

When: Feb. 27-April 8

### RED CROSS EXPRESS SWIM LESSONS (Stow)

Express swim lessons will now be offered year-round at the Stow location. Dates for the winter session are below. See fliers or call 330.945.3131 for more information.

When: Feb. 13-23

### RED CROSS SWIM LESSONS (Bath & Green)

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. Call for full details. Registration begins Feb. 11.

When: Feb. 27-April 8

### RED CROSS LIFEGUARD REVIEW (Bath & Stow)

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. Registration begins Feb. 4.

Bath

When: March 6 and 10

Time: 3:30-6:30 p.m.

Stow

When: March 24-25

Time: Fridays, 4-7 p.m.; Saturdays, 1-5 p.m.

Cost: \$102 members, \$122 guests

### MASTERS SWIMMING (Green & Stow)

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

When: Tuesday and Thursday

Time: 6:30-7:30 p.m.

Stow

When: Monday and Wednesday

Time: 6:15-7:30 p.m.

Morning practice: 6-7:15 a.m.  
(through March 31)

# EAT YOUR WAY TO A HEALTHY NEW YEAR

Each year people make New Year's resolutions, a lot of which focus on improving their health. Here are five easy-to-follow tips that can help keep you eating healthy throughout 2017.

## 1. EAT MORE FRUITS AND VEGETABLES.

Aim for seven or more servings of fruits and vegetables each day. They'll satisfy your stomach without adding empty calories and the fiber will help you feel full.

## 2. DRINK MORE WATER.

Dehydration can cause a variety of health ailments, including headaches, muscle cramping and digestive issues. Most people need between five and eight glasses of water daily; however, each person is different and should be aware of their hydration level.

## 3. LEARN HOW TO SNACK SMART.

Choose meals and snacks that combine protein and carbohydrates for lasting energy. The balance can keep you full longer, help reduce cravings, increase energy and help keep you from overeating at your next meal. Avoid going longer than four hours without eating.

## 4. SAY NO POLITELY.

You're not obliged to eat high-calorie foods (even when they're homemade and someone is encouraging you). Learn to say no politely.

## 5. CONTROL THE RISK FOR TEMPTATION.

Clear your office and home of tempting goodies. This will reduce the possibility of indulging when you're craving that something you're trying to avoid.



## MY WELLNESS



## Watch your step

January and February are typically our coldest and snowiest months in Northeast Ohio. Because of this, winter falls are one of the most common causes of visits to emergency departments during this time. In fact, about one-third of adults over the age of 65 will experience a winter fall this year and 20-30 percent of those falls will cause moderate to severe injuries. While accidents happen, there are some steps you can take to prevent winter falls, including:

- Wear shoes or boots with rubber soles for more solid footing
- Always use hand rails when going up or down steps
- Keep your porch, deck, walkways and driveway clear of snow and ice
- Slow down and take shorter steps to maintain your center of balance and keep your hands free
- Be careful when getting in or out of the car
- Whenever possible, aim to walk on carpeted surfaces



# 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
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. 16	REGULAR	9 a.m. - 10 p.m.	9 a.m. - noon (Bath) 3:30 - 8:30 p.m.	REGULAR
PRESIDENTS' DAY, FEB. 20	REGULAR	9 a.m. - 10 p.m.	9 a.m. - noon (Bath) 3:30 - 8:30 p.m.	REGULAR
GOOD FRIDAY, APRIL 14	REGULAR	9 a.m. - 10 p.m.	9 a.m. - noon (Bath) 3:30 - 8:30 p.m.	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.

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).