

MY health & wellness

JULY/AUGUST/SEPTEMBER 2017



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NuFit: nutrition and fitness
education for a new you!

 **LIFESTYLES**
AKRON GENERAL
HEALTH & WELLNESS CENTER



Refer a family or friend during July or August and you'll be entered to win three free months of dues!*

CALLING ALL STUDENTS!

Are you home for the summer and need a place to work out? We have you covered for one, two or three months of your summer break.*

***Contact our membership department for more information.**

TIPS FOR Safe Outdoor Exercise

The change of seasons is an excellent time to revamp your exercise routine and take your workouts outdoors. While a change in scenery can reinvigorate your desire to exercise, several precautions should be taken to keep workouts safe, effective and fun.

SELECT THE RIGHT TIME OF DAY

Typically morning and evening are the best times to work out outdoors because the temperature is slightly cooler. Remember that humidity can drastically alter weather conditions. Avoid outdoor exercise if it is especially humid.

WEAR APPROPRIATE CLOTHING

Loose fitting, wicking, light-colored materials are best for allowing your body to sweat and properly cool itself.

WEAR SUNSCREEN

Exposing your skin to harmful UV rays from the sun can cause premature aging and increase risk for skin cancer. Follow directions on the bottle for proper application and re-application anytime you're outside. Don't be fooled by a cloudy day! The sun can still burn your skin through the clouds.

HYDRATE

Water is vital for hydration. Your body loses more fluids through sweat on hotter days, increasing your risk for dehydration. Make sure you are regularly replenishing fluids. Don't wait until you are thirsty. If you are exercising for longer than an hour, you may need to switch to a beverage such as a sport drink, which contains electrolytes.

SLOW DOWN AND LISTEN TO YOUR BODY

Ease back on your workout or take it indoors if it is especially hot and humid. Your body has to work harder to do the same amount of work when it is in extreme temperatures. This is not a time to push for a personal best.

AVOID DRASTIC TEMPERATURE CHANGES

Although air conditioning may seem appealing right after a strenuous workout, be sure to complete an adequate cool down to help the body return to a resting state.

Please consult a physician before beginning an exercise program and be aware of limitations. Consult a fitness professional for guidance on proper program design and technique.



Healthy Grilling

With summer quickly approaching, many people are looking forward to grilling outside. The grill is essentially an extension of the kitchen and therefore the same general safety guidelines should be followed. Some basic tips are outlined below:

- Clean the grill with hot, soapy water before each use.
- Thaw frozen food in the refrigerator or microwave, not the counter top.
- Never use the same utensils for handling raw meat and cooked meat.
- Use a meat thermometer to ensure that meat has been cooked to the appropriate temperature.



Steak: 145°



Hamburger: 160°



Chicken: 165°

- Do not leave food out for more than two hours, even if it is cooked.
- Store leftovers in shallow, airtight containers.

To protect against the cancer causing agents that are formed when grilling meats, try a healthy marinade. A marinade can decrease natural carcinogens, or heterocyclic amines (HCA), found in meat by up to 87 percent since they're a barrier against the high heat.

HUNGRY FOR MORE GRILLING TIPS?

Stop by our July NuFit session to learn 10 tips for healthy grilling. See page 6 for more information.

We're going digital!

We're in the final stages of transitioning our My Health & Wellness newsletter into an online-only format. Please 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.



MY WELLNESS



Grilled Chicken Pesto Pizza

INGREDIENTS

- 1 package prepared whole-wheat pizza crust (found in refrigerated section)
- ½ cup prepared pesto sauce
- 4 ounces soft, low-fat goat cheese, cut in small cubes
- 1 large ripe tomato, sliced thin
- ⅓ cup fresh or canned roasted red pepper, drained well and cut in thin strips
- 6 ounces precooked chicken breast, cut in small chunks

PREPARATION

1. Spray or brush grill grate with oil. Preheat grill to medium-high.
2. Brush or spray a cutting board or large pan with olive oil. Spread out pizza dough with oiled fingers into the desired crust shape.
3. Prepare vegetables, chicken and cheese in small cups or bowls. Set aside.
4. When you are ready to grill, put pizza dough on grill and cover.
5. Cook for approximately 2 to 3 minutes, or until the top begins to bubble and the bottom is lightly browned.
6. Flip over and brush with pesto sauce.
7. Working quickly, add the tomatoes, roasted red peppers and chicken. Dot with cheese.
8. Cover and cook for another 2 to 3 minutes or until the cheese is melted.

Makes 6 servings

Serving size: One slice

Calories | 428

Protein | 24 g

Total fat | 12 g

Saturated fat | 5 g

Sodium | 540 mg

Calcium | 95 mg

Fiber | 6 g

Sugar | 3 g

Potassium | 410 mg

Magnesium | 80 mg

Contributor: Cleveland Clinic Children's Health Team



Soap Box Derby Senior Day

Seniors from Northeast Ohio are invited to Derby Downs for the Soap Box Derby Senior Day, presented by Cleveland Clinic Akron General. Ticket includes a trip down Derby Downs in an adult Soap Box Derby car, access to health screenings and informational tables. Complimentary lunch will be served between 11 a.m. and 3 p.m.

When: Aug. 31

Time: 10 a.m. – 4 p.m.

Where: Soap Box Derby, 789 Derby Downs Drive, Akron

Cost: \$14. Purchase tickets at Akron General Health & Wellness Centers, Akron area AAA branch offices and the Soap Box Derby Headquarters office.

Call us: 330.733.8723, ext. 20

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

LIFESTYLES SUMMER CAMP

There's still time to join us for our 2017 LifeStyles Summer of Games Camp! Campers ages 5 to 14 will enjoy a variety of fun indoor and outdoor activities while encouraging fitness, nutrition, sportsmanship and learning all summer long.

Bath: June 5 – Aug. 18

Green: June 5 – Aug. 18

Stow: June 5 – Aug. 18

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

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: June 20 – July 27,
Tues. and Thurs., 9-10:45 a.m.

\$10/class members, \$12/class 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.

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.

Green: Aug. 5, 9 a.m. – 3 p.m.

\$55 members, \$75 guests

LIFESTYLES MEMBER ORIENTATION

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

Bath: Aug. 1, 6-7 p.m.

Green: July 11, Aug. 8, 6-7 p.m.

Free

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. *All night option. Ask for details.

Bath: Sept. 16, 6-11 p.m.

Green: Sept. 16, 6-11 p.m.

Stow: July 15*, 6 p.m. – 7 a.m.,
Sept. 16, 6-11 p.m.

\$30 first child, \$25 additional child, \$20 half-night



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. Contact the recreation department to book your party today!



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 how to achieve permanent weight loss.

Learn about boosting metabolism, taking charge of hormones, fueling your body, exercising smart, burning fat, as well as discovering the secret that leads to lasting change and understanding how to make it all happen.

For more information, please call 330.665.8140 (Bath and Stow) or 330.896.5006 (Green).

Free for members, \$49 guests

Stop injuries before they happen

Everyone, from players, to their coaches and trainers, enters the sports season with best intentions and high hopes of making it to the post-season. Unfortunately, sports injuries can sometimes place athletes on the sidelines, instead of in the game. Some injuries can happen without warning or reason; however, the Centers for Disease Control and Prevention estimates that nearly half of all sports-related injuries could have been prevented. There are some steps athletes and their coaches can take to help prevent some of the most common sports-related injuries, including:

- Warm up and cool down before and after games and practices – this can help prevent muscle strains, pulls and tears.
- Watch the weights. Weight-lifting should be supervised by an adult who understands and can teach correct lifting techniques.
- Get the right gear. Safety gear is especially important in contact sports, including football. Any safety gear, including football helmets, mouth guards, pads and bracing should fit well and be in good condition to provide the necessary protection.
- Start off on the right foot. Wearing the appropriate type of footwear can help to stabilize the muscles and tendons in the knee, calf, ankle and foot. Athletes prone to shin splints, for example, could benefit from wearing the appropriate type of shoe, one with a rigid heel and high arch. At times arch supports or orthotics may be recommended.
- Stay hydrated. Dehydration can happen even in cooler months and can cause cramping and other serious issues.

Healthy Strides

Cleveland Clinic Akron General joins Summit Metro Parks to present Healthy Strides. During the Metro Parks annual Fall Hiking Spree, we invite you to participate in a free, casual one-to-three-mile walk, preceded by a brief, informative talk by Akron General physicians and caregivers. Topics change each session based on leader's specialty. Registration not required. All hikes will be on hiking spree trails.

SAT., SEPT. 2, 10 A.M.

Firestone Metro Park, Redwing Trail
2620 Harrington Road, Akron

WED., SEPT. 13, NOON

F.A. Seiberling Nature Realm/Campfire Area
1828 Smith Road., Akron

SUN., SEPT. 17, 10 A.M.

Silver Creek Metro Park/Pheasant Run Area
5000 Hametown Road, Akron





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.

→ July

11 (B), 25 (G)

Nutrition: Ten Tips for Healthy Grilling
Fitness: Safe Outdoor Exercise

→ August

1 (S), 8 (B), 22 (G)

Nutrition: The GMO Debate
Fitness: Infomercials Uncovered

→ September

5 (S), 12 (B), 26 (G)

Nutrition: The Wonders of Nuts and Seeds
Fitness: The Wonders of Group Exercise

Cost: Free

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

Aquatics Updates

Please contact the aquatics departments for more information.

Bath: 330.665.8131 | Green: 330.896.5007 | Stow: 330.945.3131

ADULT SWIM CLINIC

Open to swimmers of all levels over the age of 18. Swimmers will improve their techniques, speed and endurance through drills and practice.

Bath: Aug. 17, 7:30-9 p.m.

Registration begins: Aug. 1

Members \$15

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

Tues. and Thurs., 6:30-7:30 p.m.

Stow

Mon. and Wed., 6:15-7:30 p.m.

Free for members, \$5 guests

SEALS (Swimming Elite At LifeStyles)

Red Cross level 5 and above swimmers will develop efficiencies in the four competitive strokes, while working on starts, turns, speed and endurance.

Red Cross level 4 swimmers (Otters) may join the Bath Swim Fit program at the same time as SEALS to improve the Red Cross basic swim skills and enjoy games and team-building activities.

Bath

June 13 – July 20

Tues. and Thurs., 9:30-11 a.m.

Green

June 20 – July 27

Tues. and Thurs., 9-10:30 a.m.

Stow

June 13 – July 20

Tues. and Thurs., 9-10:45 a.m.

Members \$70, guests \$95

JUNIOR ADVANCED WATER SAFETY (JAWS) CAMP

For those ages 10 - 14 with a level 5 swim ability or better will develop personal safety pre-lifeguarding, first aid and CPR skills and enjoy recreational activities, such as games, competitive swimming, snorkeling, SCUBA diving and canoeing. An all-day field trip to Bluebird Lake for more water fun is included.

Bath: July 24-27, 9 a.m. – 4 p.m.

Members \$150, guests \$180

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

June 17 – July 22 (Sat. only),

Sept. 11 – Oct. 21

Green

June 19 – July 29, Sept. 11 – Oct. 21

Stow

June 19 – July 29, Sept. 11 – Oct. 21

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 13-21, July 11-21, Aug. 1-11

Registration begins: June 3

Cost: Varies

Think safety first this summer

Ah, the height of summer – barbecues, swimming pools, campfires and even fireworks. Unfortunately, summer also coincides with an increased number of emergency and trauma visits. There are easy tips to keep everyone safe this year, while still enjoying the festivities.

Swimming safely

- Practice the No. 1 rule of swimming safely – never swim alone.
- Never leave children unattended near a body of water, even if they know how to swim.
- Never jump or dive into an unfamiliar body of water. The depth can be deceiving and there could be dangerous rocks, undergrowth or plants that could cause injury or drowning.

Don't get burned

- Make sure your grill is well ventilated, located in a safe area away from the house and foot traffic, as well as children. Use flameproof gloves and long cooking utensils to avoid burns. If you use propane, be sure to completely close the tank valve when you're finished and regularly check the line for any leaks.
- Campfires should be well supervised and located in a fire pit or other contained area. Keep a safe distance from the fire and set a boundary line to keep children safe. Never use gasoline, lighter fluid or other combustibles to start or fuel a campfire.
- Burns can still occur after the fire has been "extinguished." Be sure to extinguish campfires completely by stirring water into the ash until it cools.

Spark fireworks safety

- Don't strike the match until you know state and local policies on fireworks and have read all label directions and warnings carefully.
- Keep children in sight and out of harm's way.
- Light only one firework or sparkler at a time, and never relight a failed firework. Fireworks shouldn't be pointed or tossed at other people or used indoors. The person handling the fireworks should wear eye protection.
- A source of water should always be kept nearby. Drench used fireworks in water before placing in the trash.

BEING PROACTIVE AND PRACTICING PREVENTIVE SAFETY MEASURES CAN HELP KEEP YOU AND YOUR FAMILY SAFE THIS SUMMER. KNOW THE FASTEST ROUTE TO THE CLOSEST EMERGENCY FACILITY AHEAD OF TIME AND IF THE SITUATION IS LIFE-THREATENING, CALL 911 IMMEDIATELY.



Cleveland Clinic Akron General Wellness Fair

Don't miss this fun, healthy family affair!

Join us at a free, family health fair in supporting a healthier lifestyle for you, your family and community. The event will include a wide variety of health and wellness information tables, activities for children and adults, raffles and screenings for blood pressure, Body Mass Index (BMI), total cholesterol and blood glucose, vision and more. You'll also be able to meet and enjoy one-on-one time with our physicians. Bring a friend and enjoy a free guest day at LifeStyles!

When | Sat., Sept. 30

Time | 8 a.m. – noon

Where | Health & Wellness Center, Green
Visit akrongeneral.org for more information.



Cleveland Clinic

Akron General

Health & Wellness Center, Akron
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
FOR UPCOMING
Member Orientation
Dates and times!



SPECIAL HOLIDAY HOURS

	FACILITY HOURS	DEPENDENT HOURS	KIDSTYLES HOURS	BABYSITTING
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.
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

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.