



# Wellness Central Fitness

## Fall Into Fitness

Fall into Fitness with Wellness Central Fitness and receive our lowest rates of the year! Our sale will run September 15th through the 30th.

**Regular:** \$38...\$57 dual

**Corporate:** \$35...\$52 dual

**Senior/Student:** \$30...\$45 dual

**Family:** \$65 (includes two adults and all children ages 12-21 at the same address)

Plus- buy 11 months and get the 12th month free!

Trim up, slim down, get fit before winter hits!

\*Special rates through other programs are not further discounted\*

*NOW IS THE TIME TO RENEW!  
DON'T MISS OUT!!*



*Fall back into Fitness!*

### Televisions



Many of you may have noticed some of our TV's being removed. We have had a few stop working and new TV's have been ordered. They are

being installed as we speak. These new TV's are located in the Cardiac Rehab area, and the corner by the evaluation room. There are different remote

controls for these TV's and are labeled. Please keep the remotes with their respected TV's.

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#### Special points of interest:

- *September Special 9/15-9/30*
- *Global Mala- 9/24 9:30am-11am @ WCF*
- *Zumbathon- 9/24 4-6pm @ Morey Courts*
- *Fall Boot Camp 10/4-10/24*

## Fall Boot Camp 2K11

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Get schooled in fitness with Kristy, Chad, and Brenden every Tuesday and Thursday from **October 4th through October 27th!**

Camp will be held early morning, **5:30am-6:30am**. Cost is \$50 for members and \$60 for non-members and includes:

- Weekly weigh-ins
- Weekly food logs
- Pre- and Post- endurance tests

Last day to sign up is Monday, October 3rd.

Get fit, have fun, and push yourself. It's your life, make it all it can be!

Visit Wellness Central Fitness on Facebook for updates on Fall Boot Camp 2K11 and to see pictures from Summer Boot Camp 2K11!



## Zumbathon

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**Come Party in Pink!** Saturday, **September 24th from 4-6pm** a Zumbathon will be held at Morey Courts Sportsplex to raise money for Susan G. Komen for the Cure®. Admission is by donation (suggested \$5). Bring water and wear comfortable workout clothing and sneakers. Party with Kristen Bennett, Jayme Green, Nicki Schlicht,

**Judi Swartz,** and Heather Trommer-Beardslee as you help this worthy cause and make every move count!

Even better, Judi has told us that anyone who attends the Global Mala event at WCF will get to participate in the Party in Pink for free!

**4:00—4:20pm** Registration

**4:20—5:40pm** Zumba Class (rotating instructors)

**5:40pm** Final Prizes and Closing

*“Attend Global Mala and get into Party in Pink for FREE!”*

## September is Yoga Month

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September is **National Yoga Month!** Let's celebrate....

Wellness Central Fitness will be offering free yoga classes to the public:

**Sunday, 9/11 from 10:30am-Noon**

**Sunday, 9/18 from 10:30am-Noon**

Bring a mat, bring a friend and experience this ancient and awesome practice with us! Space is limited to the first 22 participants.



*Center yourself with clarity and peace.*

## Global Mala...Sun Salutations for Peace

Come help us celebrate National Yoga Month by attempting 100 Sun Salutations in one hour. Our event will be held outdoors, weather permitting, on Saturday, **September 24th from 9:30am-11:00am.**

A \$10 per person donation is suggested. All proceeds will be given to the Susan G. Komen for the Cure®.

Door prizes, water, and snacks are provided. Please bring your own Yoga mat, as limited

equipment is available.

To register for this event, call Wellness Central Fitness or stop at the front desk by Friday, September 23rd. Space is filled on a first come, first serve basis.

Austen will be leading our event and will be “training” in her Tuesday and Thursday



*How many sun salutations can you do?*

4:15pm classes if you would like to prepare.

**9:00 am:** Registration (\$10 donation suggested)

**9:30am—10am:** Demonstration and Practice

**10:00am-11:00am:** Sun Salutations for Peace

Visit Wellness Central Fitness on Facebook for more information and updates!

## Gym Etiquette: Using Exercise Machines

In any public gym, we must remember that we are sharing a space with others. With that in mind, please remember to:

- **Take turns-** if you are resting between sets, please get up off a machine to let another member use it. This also means that there is no “saving” machines, by leaving a towel or water bottle on a machine.
- Although **interval training** is great, be aware that others may want to use the machines you are utilizing, and may be too polite to interrupt you. Do not monopolize machines.
- **Wipe down equipment-** when you are done, please wipe touch points with sanitizing spray and rags.

Handles and seats can take direct spraying. Please wipe displays with a damp rag *only*. This is very important during flu season (October-March).

- **Improper use-** please *do not* use machines beyond their capabilities. Excessive noise from a machine indicates that the level is “too easy” for you and for best results you should increase the resistance and/or incline. Continued harsh use may permanently damage the machine, leaving our gym and other patrons without it.
- **O v e r - t i g h t e n i n g adjustment knobs.** When adjusting the cybex machines, a gentle turn to secure the position is all that

is needed. Tightening a knob as hard as you can prevents other members and *staff* from being able to adjust the machine later and could strip the knob completely.

We work very hard cleaning the machines daily and doing preventative maintenance. But, we need you to help us by following the rules the staff sets to keep the machines in top working order. Thank you for your help!





## Staff Spotlight...

## Crystal Parsons

Crystal Parsons has worked as our Member Services Coordinator at Wellness Central Fitness since 2006. She is also the SilverSneakers® Program Advisor, the administrative liaison between Wellness Central Fitness' SilverSneakers members and Healthways. Crystal earned her B.S. in Biology from Central Michigan University.

For those new members who may not have seen Crystal, she just recently returned from maternity leave. Crystal and her husband, Brad's new addition is Tyrus Lambert, a bouncy 16 lb. 4 oz. three month old baby boy.

Sisters, Angela (10) and Gillian (3) adore their baby brother.



Ty monkeying around at the zoo.

In her spare time, Crystal is involved in many community activities including sitting on a committee at CMCH, teaching

Junior Achievement curriculum at area schools, and is a member of the Central Michigan Junior Achievement board. She is also a member of the Lewis Cass Michigan Masonic Charitable Foundation.

Crystal loves the outdoors, biking and gardening with her family. She is a fitness advocate and feels that fitness really works. Exercise *does* help you to lose weight and bring down those dreaded numbers (like sugar and cholesterol). "It's not about being thin, it's about being healthy for my kids."

## Membership Expiration Date...Grace Period

We will no longer be offering the "grace period" option upon membership expiration. Unfortunately, this service has been misused. Your membership will now expire on the exact day your membership ends. This means your scan card

will not scan in after that day.

When you scan in, your member expiration date is posted at the top of the screen. You may check this date when you scan in or ask a

*"Paying promptly helps to keep your costs low."*

staff member for assistance. Please renew when your membership expires. Paying promptly helps to keep your costs low. Thank you for your cooperation.

## Fitness Clue

Get ready for a **Spooktacular** October with *Fitness Clue!*

Do some exercise, roll the dice. Make your way into each room of Wellness Central. Then use your noodle to figure out which staff person did the deed!

The game is free, just sign up with a staff member. The first, second, and third members to figure out the who, where, and what will win membership time! Rules and a sign up sheet will be available soon....



Murder, mystery, and mayhem!

# The Flu!

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As the influenza season approaches once again, we would like to remind everyone of these important “stay healthy” tips.

- **Get a Flu Shot.** A good defense is your best offense.
- **Avoid contact with sick people.** If you get sick, it is recommended that you stay home from work or school and limit contact with others to keep from infecting them. This includes the gym! Remember, we will put your membership on hold if you become ill, just bring in a doctor’s note and we will extend your time.

People infected with flu shed the virus and may be able to infect others from one day before getting sick to 5 to 7 days after. This can be longer in some people; especially children, people with weakened immune systems, and in people infected with H1N1 virus.

- **Wash your hands.** Washing your hands often with soap and water will help to physically remove germs. Also, remember to use the provided disinfecting sprays and rags to wipe down exercise machines, reducing transmission of illness at the gym.

- **Signs and symptoms:**

- High fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue

Some people have reported diarrhea and vomiting with H1N1 (swine flu)  
Worsening of underlying chronic medical conditions.



*Don't let the flu bug get you!*

If you have any of these symptoms, call your health care provider.

- **Warning signs in Adults that need URGENT medical attention:**

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

- **Warning signs in Children that need URGENT medical attention:**

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve, but then return with fever and worse cough

Fever with a rash

- **Anti-viral drugs.** Antiviral drugs are prescription medicines (pills, liquid, or an inhaler) that fight against the flu by keeping the flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better, faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick— within 2 days of the start of symptoms. Antiviral treatment is only recommended for hospitalized patients with confirmed, probable or suspected cases or patients who are at higher risk for seasonal influenza complications.

Remember, good hygiene habits will do wonders to keep you healthy. Other illnesses besides influenza (like Nora virus) are also prevalent during the fall and winter months. Covering your cough and sneeze (not with your hands); disposing of tissues properly; and washing your hands is your best defense!



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A McLAREN HEALTH SERVICE

**We're on the web**  
**[www.wcfitness.org](http://www.wcfitness.org)**

## Cardio Fuse

**Formerly called:** "Step 50/50" and "CardioKick 50/50"

This new class fuses together cardio and sculpting. The first half of class is cardio...just enough to get the heart pumping. The second half is body sculpting using various strength materials. It is designed for all levels.

For the cardio portion of class, the Monday and Friday classes rotate each week between step and cardio kickboxing. This means when Monday's class theme is step, Friday's class will be cardio kickboxing. Wednesday's class is *always step*. Check the white board in the group exercise room to determine if it is a step or kickboxing class. An (S) stands for step, and a (C) stands for cardio kick.

*Did you know that with your membership you can receive an evaluation and individualized exercise program from one of our exercise physiologists? You may choose from two of the three following options after you join:*

***Fitness Consultation*** - A fitness consultation appointment is meant to allow members the opportunity to meet with a fitness professional to clarify specific questions they may have. Typical topics include, but are not limited to:

*Health concerns/limitations*  
*Reviewing/creation of exercise routine*  
*Alternative exercise ideas*

***Fitness Evaluation*** - The fitness evaluation appointment lasts about 60 minutes and includes a variety of test protocols designed to assess specific areas of fitness. The physiologist will also discuss health history, fitness history, and goals with you.

*Measurements may include:*

*Resting heart rate*  
*Resting blood pressure*  
*Height and weight*  
*Body circumference measurements*  
*Body composition and/or a body mass index*  
*Max upper/lower body strength using Cybex chest/leg presses*  
*Abdominal muscular endurance using the YMCA curl-up test*  
*Flexibility using a modified sit and reach*  
*Cardiovascular fitness using the YMCA protocol bicycle test*

***Exercise One*** - The exercise one appointment lasts about 60 minutes. You will be given a personalized exercise program based on the results of your Fitness Assessment/Consult and goals. During this appointment you will be walked through your exercise routine step by step with the physiologist. You will be oriented to the equipment and the physiologist will make sure you understand the proper techniques needed to perform your program.

*\*We allow members to have two evaluations/new programs the first year. If new programs/testing is desired, personal training may be right for you.\**

A variety of equipment is used during the sculpting half of class, including Swiss balls, body bars, dumbbells, and resistance bands. The instructor will determine

what exercises they will do during each class.

As always, classes are free for members and are \$7 per class for non-members.