

Wellness *news*

bodyMINDSM Your Monthly Guide to Good Health

MOVE IN ON GOOD HEALTH

Regular physical activity is an essential component of good health. Unfortunately, however, fewer than 50 percent of adults in the United States participate in physical activity at levels consistent with health recommendations. Individuals who do not get an adequate amount of physical activity put themselves at risk for cardiovascular disease, stroke, obesity, diabetes, and other chronic diseases and conditions.

PHYSICAL ACTIVITY = LONGER LIFE

There are few lifestyle choices that have such a significant influence on health and well-being as physical activity. In fact, the Centers for Disease Control and Prevention (CDC) report that people who are physically active for about 7 hours a week have a 40 percent lower risk of dying early than those who are active for less than 30 minutes a week. Additionally, this reduction in risk of premature death does not have to involve vigorous-intensity or high amounts of activity. By participating in at least 150 minutes of moderate-intensity aerobic activity every week, one can lower his or her risk of dying early.

BENEFITS OF PHYSICAL ACTIVITY

In addition to increasing chances for living longer, there are numerous physical and mental benefits of physical activity. According to the CDC, regular physical activity can help:

- Control weight
- Reduce risk of cardiovascular disease
- Reduce risk of type 2 diabetes and metabolic syndrome
- Reduce risk of some cancers, including those of the colon and breast
- Strengthen bones and muscles
- Improve mental health and mood
- Improve ability to perform daily activities

HOW MUCH PHYSICAL ACTIVITY DO I NEED?

To achieve health benefits, the CDC recommends that adults need at least 2 hours and 30 minutes of moderate-intensity aerobic activity every week and muscle-strengthening activities on 2 or more days a week that work all major muscle groups. Moderate-intensity activities include walking briskly, playing doubles tennis, pushing a lawn mower, and riding a bike on level ground. Muscle-strengthening activities include lifting weights, yoga, and heavy gardening.

Consult a physician before beginning an exercise program, particularly if you lead a sedentary lifestyle, are overweight, or have a medical condition.



The Lake Health Wellness Institute is Now Offering Group Fitness Classes!

Join us for a variety of fitness classes in our NEW FITNESS STUDIO at the Physician Pavilion at TriPoint Medical Center, Suite 201.

In most classes, modifications will be available to accommodate all fitness levels. It is recommended that you wear comfortable clothing and bring a yoga mat and small pillow. It is also suggested that you do not eat a large meal for two hours prior to class.

Pricing Information: All yoga, core, pilates, Zumba and guided imagery classes that meet one time per week are \$60.00 per 6-week session for the public and \$30.00 for Lake Health Team Members.

Sculpt and Stretch, Total Body Sculpt and Cardio Kickboxing classes that meet 2 days per week are \$120.00 for the public and \$60.00 for Lake Health Team Members.

Prenatal Yoga, Therapeutic Yoga for Heart Disease and Yoga for Breast Cancer Survivors are \$72.00 per 6-week session for the public and \$36.00 for Lake Health Team Members.

To register for classes, call the Best of Health Line at 440-953-6000 or 1-800-454-9800. All fitness class sizes are limited to 10-12 people so register early!

CLASSES SUITED FOR ALL LEVELS!



SESSION I JANUARY 4 - FEBRUARY 12

»» MONDAY

12:15 -1 pm
Sculpt and Stretch
2:30 - 3:30 pm
Gentle Stretch Yoga
3:30 - 4:30 pm
Guided Relaxation
4:30 - 5:30 pm
Prenatal Yoga
5:45-6:45 pm
Gentle Yoga

»» TUESDAY

6 - 7 am
Sculpt and Stretch
7 - 8 am
Cardio Kickboxing
10:45 -11:45 am
Yoga for Breast Cancer Survivors
12 -12:45 pm
Lunch Time
Open Level Yoga
4:30 - 5:30 pm
Total Body Sculpt (Abs/Back)
6:45 - 7:45 pm
Therapeutic Yoga for Heart Disease

»» WEDNESDAY

10:45 -11:45 am
Open Level Yoga
12 -12:45 pm
Lunch Time
Open Level Yoga

»» THURSDAY

6 - 7 am
Sculpt and Stretch
7 - 8 am
Cardio Kickboxing
12:15 -1 pm
Sculpt and Stretch
4:30 - 5:30 pm
Total Body Sculpt (Upper/Lower body)

Lake Health Calendar of Events January

Get Healthy Lake County Lecture/ Activity Series

Are you looking for information on how to eat better or become fit? If so, attend the Get Healthy Lake County Lecture/Activity Series. It's designed to provide you with the health and lifestyle information you need to stay healthy. We meet monthly, except December. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

Chapin Forest Pine Lodge, 10381 Hobart Rd, Kirtland – January 7, 4 – 5 pm, 6 - 7 pm, or 7 – 8 pm (Snowshoeing 101)

Free Blood Pressure Screenings

We offer free screenings to check your blood pressure between visits to your physician. Stop by our urgent care centers during regular hours (call for hours: Mentor - 255-6400; Willowick - 585-3322; Madison - 639-0726; and Chardon – 286-8908). Or come on the following dates:

**TriPoint Medical Center –
January 2, 9 am - 12 noon**

**West Medical Center –
January 16, 9 am - 12 noon**

Label Reading Tours

Discover the tricks to interpreting food labels at a FREE label-reading tour. Space is limited. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

**Giant Eagle, 1201 Mentor Ave., Painesville –
January 5, 6:30 pm**

Wear Red Breakfast for Women

Do you love your heart? Join us for a special breakfast and fashion show in support of women and the fight against heart disease. Meet a woman survivor whose life has been affected by heart disease – and take her lifesaving message to heart. The cost is \$20; \$17 for LifeCycles and PWI members. A table for eight is \$125. To reserve your table or tickets, call the Women's Center at Lakeland Community College at (440) 525-7322.

Normandy Banquet Center, 30310 Palisades Parkway, Wickliffe – February 5, 7:30 – 9 am

Lake Health offers a wide variety of programs for men, women, seniors and families. Please log onto www.lakehealth.org or call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.

