

~ The Fitness Forum ~

September 2010



News & Upcoming Events at the Fitness Source:

- **KID POWER:** While your children workout; parents work out for free at the same time! Wednesdays-3:30 p.m.
- **ADVENTURE CLUB...**Join us in St. Louis when we tour Forest Park on segways on Saturday, September 25th! Look for more information on the HADH website.
- **New Fall Hours:** Please see our revised class and gym schedule at www.hadh.org
- **Fall Special: We're challenging our gym members!** Bring in new gym members now through September 25, 2010, and get 1 point for each member who sticks with it for 2 months. The member who refers the most new members will get a two month free unlimited gym membership for December, 2010 and January, 2011.
- **Pedaling for Pooches:** Your \$5.00 donation benefits the animals at Massas Creek Animal Shelter. Ride the Katy Trail with us on Sunday, September 12th. For more info, check www.hadh.org or ask at the desk.

A Health Tip for You! September is National Cholesterol Awareness Month. What can you do to fight high cholesterol? Exercise, of course! Even 30 minutes of physical activity five days a week can help lower LDL cholesterol and raise HDL cholesterol. It also helps you maintain an ideal weight; reducing your chance of developing clogged arteries. You don't have to exercise 30 minutes straight, you can break it up into 10 minutes increments throughout your day.

Eating cholesterol free foods is not as hard to do as you might think! They are foods that come from plants: fruits, vegetables, whole grains, and legumes (beans!).

Here is a cholesterol free recipe to try. **GUILTLESS FRENCH TOAST**

- | | |
|---------------------------------|---------------------------------|
| *8 egg whites or egg substitute | Non-stick spray |
| *1 t. cinnamon | 4 whole grain bread slices |
| *¼ C orange juice | ¼ C maple syrup |
| *1 T. vanilla extract | Fresh fruit – blueberries, etc. |

*Whisk together first four ingredients in a shallow dish. Dip bread slices in mixture, coating both sides of bread. Spray large, non-stick skillet with spray and over medium heat, place bread slices in hot skillet. You can pour remaining egg mixture over slices. Cook 3-4 minutes on each side or until bread slices are golden. Drizzle with syrup and top with fresh fruit.

Come to the HADH Laboratory from September 20 through September 25 and receive a Lipid Profile Test for only \$20! You must fast for 12 hours before you are tested. The lab hours for testing are Monday through Friday from 8 a.m. to 8 p.m. and on Saturdays, from 8 a.m. to 5 p.m.

Exercise of the Month ~ DumbBell Shoulder Shrugs (targets upper back)

BEGINNER: Stand with feet hip-width apart, arms at sides with your knees slightly bent.

- Hold a 5# dumbbell in each hand with palms facing in.
- Keeping abs tight, slowly shrug your shoulders up towards your ears, keeping elbows straight. Hold for 3 counts and lower
- Repeat for 8-10 reps.

INTERMEDIATE: Stand with feet shoulder-width apart, holding 5 pound dumbbell in each hand, palms facing in.

- Bending from the hips, lean forward, keeping your low back flat, then raise right leg off floor with left leg slightly bent.
- Extend arms out to sides to about shoulder height, elbows straight.
- Lower arms to center. Do 8-10 reps.
- Switch legs and repeat.

DID YOU KNOW

If you need Physical or Occupational Therapy and go to the **HADH** Therapy department for treatment, you can work out for free at the gym?

Hermann Fitness Source—a division of **Hermann Area District Hospital** ~ 124 E. 4th Street, Hermann, MO 65041 ~ 573-486-2251

Hours: Mon-Thurs: 5am-12pm & 3pm-7pm ~ Fri: 5am-12pm only ~ Sat: 6am-10:30am ~ Sun: closed

To unsubscribe, go to slenger@hadh.org and type in **unsubscribe along with your email address.**

MEMBERSHIPS	Unlimited Gym & Classes	Gym Only	1 Day Gym	SAVE MONEY! 5 Class Punch Card \$20	SAVE MONEY! 5 Class Punch Card Arthritis* \$15
General	\$35	\$25	\$8	10 Class Punch Card \$35	10 Class Punch Card Arthritis* \$25
Over 55	\$30	\$20			
\$30 (includes cardiac rehab classes & gym)					

Try the 1st class FREE!

5a-12p & 3p-7p MONDAY	5a-12p & 3p-7p TUESDAY	5a-13p & 3p-7p WEDNESDAY	5a-12p & 3p-7p THURSDAY	5a-12p FRIDAY	6a-10:30a SATURDAY
Boot Camp 5-6a				Boot Camp 5-6a	
	Cardio Kickboxing 6-7a		Spinning 6-7a		LOOK for ADVENTURE CLUB EVENTS!
Silver Sneakers® 8:30-9:15a	Boxing Circuit 8:30-9:15	Staying Strong 8:30-9:15	Silver Sneakers® 8:30-9:15a	Staying Strong 8:30-9:15	Free for everyone!
Arthritis Exercise ⁽¹⁾ 9:30-10:30a	Arthritis Exercise ⁽²⁾ 9:30-10:30a	Tai Chi (includes Arthritis) 9:30-10:30a			Check it out at www.hadh.org
ANYTIME CARDIO! A free monthly workout to complete your total fitness program!	ANYTIME CARDIO! A free monthly workout to complete your total fitness program!	ANYTIME CARDIO! A free monthly workout to complete your total fitness program!	ANYTIME CARDIO! A free monthly workout to complete your total fitness program!	ANYTIME CARDIO! A free monthly workout to complete your total fitness program!	ANYTIME CARDIO! A free monthly workout to complete your total fitness program!
CLOSED 12p-3p	CLOSED 12p-3p	CLOSED 12p-3p	CLOSED 12p-3p		
Core & More 4:15-5p	Core & More 4:15-5p	4:15-4:45p TOTAL TONING (at HADH)	3:30-4:10 KID Powered! Ages 6-12 Parents workout for free!		
Walk N Tone 5:15-6p	Step Aerobics 5:15-6p	Yoga 4:30-6p	Core & More 4:15-5p		
Spinning 5:15-6p		Walk N' Tone 5:15-6p	ZUMBA! 5:15-6p		

Class sizes are limited. We encourage you to come to class 15 minutes early to change shoes and enroll.

*Single class price \$5.00 ~ Arthritis single class price \$4.00

Hermann Fitness Source Class Descriptions – Try the 1st class FREE!

Anytime Cardio – Our anytime circuit program with a mix of cardio and toning to keep your body guessing! FREE to all gym members. Just look at the info board for each month's new program.

Arthritis Foundation Exercise – An exercise program not only for those with arthritis but anyone wanting to begin exercising to increase joint flexibility, range of motion, balance; maintain strength; and increase endurance. Three levels of classes: basic, intermediate, and advanced. INSTRUCTORS: Adelyn, Casey, Manda, Susan

Boot Camp – A 6-week higher intensity class using body weight, speed, and endurance drills inspired by sports teams and the military. This class may be held at various locations such as the Hermann Hospital fitness trail, high school track, or city park. Call ahead to find out where the class is meeting. INSTRUCTORS: Phil, Katie

Boxing Circuit – Improve your balance, core strength, flexibility, and cardiovascular fitness in a class with an emphasis on boxing moves. INSTRUCTOR: Manda

Cardiac Rehab: Phase 3 – for graduates of HADH Phase 2 Rehab program or those with increased risk for cardiac events with a physician referral. Wednesdays and Fridays.

Core & More – Using key Yoga and Pilate's concepts, this class focuses on core strength, muscle endurance, range of motion/flexibility, balance, coordination, and more by using your own body weight, exercise balls, and resistance bands to tone, strengthen, and lengthen your entire body. INSTRUCTORS: Manda, Adelyn

FITNESS EVAL – These sessions are by appointment only and can consist of fitness testing, fitness consultations, nutritional consultations, and cardiac rehab orientations. Please see separate handout for pricing and descriptions.

KID POWER! – This fun, energetic class gets kids moving through activities based on balance, coordination, and basic movement. Ages 6-12. Parents get to work out in the gym for free while their child is in this class. INSTRUCTOR: Manda

Silver Sneakers® - If you're a member of a sponsoring health insurance plan, your classes are free! Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing, and a ball are offered for resistance. INSTRUCTORS: Susan, Manda

Spinning – A 45 minute multi-level, cardiovascular indoor cycling class (includes stretching). All fitness levels welcome. INSTRUCTORS: Jose, Katie

STAYING STRONG – See improvements in your cardiovascular fitness, strength, flexibility, balance, and posture. It focuses on maintaining and improving life skills such as walking up stairs, fall prevention, and getting up and down off the floor. INSTRUCTOR: Manda

Tai Chi – Improves flexibility, muscle strength, and balance; integrates the mind and body. Based on Arthritis Foundation Tai Chi, Qi Gong, and Sun 73 Style Tai Chi. All ages and levels are welcome. INSTRUCTOR: Susan

Walk & Tone – A walking class sprinkled with toning exercises between walking segments. This class is great for intermediate and beginning workouts. We can modify it to meet your needs. Call ahead to find out where the class is meeting. INSTRUCTOR: Susan

Yoga – Be guided through stretching, strengthening, and balance with a gentle approach. All ages and levels of yoga experience welcome. INSTRUCTOR: Nobby, Adelyn

Zumba – Fast & slow Latin rhythms and resistance training are combined to burn fat, tone & sculpt your body. INSTRUCTOR: Adelyn