

Cox Fitness Centers

January February March 2004



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www.coxhealth.com/services/FitnessCenters

Program news

Start the New Year off with one of these new programs

Partners For Pounds

Attention all Cox Fitness Center members and CoxHealth employees! This January Cox Fitness Centers will host the second annual "PARTNERS FOR POUNDS Weight Loss Game." This program has already encouraged and helped many people lose weight in a fun and safe game atmosphere. This is a team effort, so get your teams together. The kick-off will be in January with weigh-ins, and will conclude the beginning of April. For more information call 269-3282 and ask about PARTNERS FOR POUNDS.

Changing Your Weighs

Another year is beginning and with the New Year comes the possibilities and promises of a healthier life. If you are interested in a boost in energy, decrease in clothing size, and a healthier life, Cox Fitness Center is introducing a program that can make a difference. Changing Your Weighs approaches weight management with a dual front strategy. This program is a joint effort between two different professions: nutrition and exercise. Changing Your Weighs is education and action brought together to help you achieve your goals in the setting of a medical fitness center.

There are three different ways to "Change Your Weighs." For more information about Changing Your Weighs: Membership, Changing Your Weighs: Group Training or Changing Your Weighs: Personal Training call 269-3282.

Fitness Advantage

This February, Fitness Advantage will make its Cox Fitness Center debut. This senior fitness program has been developed specifically for exercise of individuals 65+. Body Watch assessments have also been tailored for the member over 65. Additionally, social and educational opportunities will be scheduled for the Fitness Advantage member. For more information please call 269-3282.

Program news

All's well that bends well

Colleen Young, Mind/Body Fitness Coordinator

January is a month for beginnings and our Mind/Body Fitness Program has something for everyone, from the beginner to the most advanced. Our newest classes out of *Mind/Body Extreme* will challenge the fittest!

Strengthen to a beat as Nancy Lillich and Sarah Moody take you through a power-packed class focusing on muscle isolation and endurance using the new **Gravity Training System** equipment. GTS Extreme will bring you to the cutting edge of fitness.

If you're not into equipment-based exercise, Beth Spindler offers an Ashtanga Yoga Intensive done in 85-degree temperatures. Beth takes you to your highest potential in strength, flexibility and balance without equipment. Inyong Choi promises a powerfully intense tae kwon do workout for children and adults.

If this year's resolution includes time for reflection, inner power, centering or recovery, Paul Duckworth's Meditation and Marilyn Houghtling's Restorative Yoga classes might be for you. Try a Tai Chi class on land or water; they are traditions that offer an amazing array of health benefits. We continue to offer our popular mind/body classics, Yoga and Pilates offered at levels I and II. Prenatal Yoga, Self-defense and GTS Small Group Training are unique in method and education to mind/body specialty selections.

Whatever you are inspired to try, all of our Mind/Body fitness classes are designed to advance human performance and expand personal potential in mind, body and spirit.

Program news

Come try out our new equipment!

Sherri Roberts, Operations Manager, Republic

We proudly introduce to you, Reebok Core Boards! The Reebok Core Boards are oblong in shape and stand six inches tall. The board can pivot from side to side, from front to back, and twist around a vertical axis, making it a three-dimensional exercise. It is phenomenal for developing core strength (abdominal and lower back) and balance. You can use the board standing up, sitting, or lying down. The board has notches on it so that you can place resistance tubing for a strength workout. You can also adjust the stability level to three different areas for high stability, medium stability and low stability, depending on your physical level.

If you haven't seen one or been on one, check out a class or have an Exercise Specialist give you an orientation to the board. The Cox Fitness Center in Republic has been implementing the Reebok Core Boards in existing classes since early November. Boards are also available at the Meyer Center facility in Springfield. Currently Republic has in place "Hard Core," a thirty-minute intense class that boosts your heart rate by using Reebok Core Boards for plyometrics, sports drills, strength conditioning and abdominal/low-back exercises in a circuit style format. Classes are held Mondays 6:30 – 7 p.m. and Tuesdays 5 – 5:30 p.m. in Republic.

Stop by and give the board a try!



Program news

Medical fitness

Chris Breite, Fitness Services Manager

Cox Fitness Center is a department of CoxHealth and because of the connection to such a health system our four-facility department has resources that many fitness centers lack. Our department has designed programs to bring fitness and wellness to those individuals who have special medical concerns.

FITNESS FOR FUN is a post cardiac rehab program that was modeled after Cox Cardiac Rehab. The program requires a referral from your physician or a cardiac rehab unit. As a *FITNESS FOR FUN* member, your blood pressure and heart rate are checked before and after exercise. Any issues or concerns are noted, and each month a report is sent to your physician.

REFIT is a post orthopedic rehab program, which is designed to transition the member into a traditional membership. The *ReFit* program does require a referral from Rehabilitation. The exercise prescription given is consistent with the exercise performed in Rehabilitation. Results of exercise are sent to the member's therapist in report form.

FITLIFE is a monitored program for those individuals interested in disease management. Much like *FITNESS FOR FUN*, vitals are checked and exercise is monitored. Exercise is prescribed based on the specific needs of the member, and monthly reports are sent to the member's physician. Physician referral is preferred.

If you are interested in membership with Cox Fitness Centers or have interest in any of the medical fitness programs that Cox Fitness Centers offer please call 269-3282 or stop by the Meyer Center for Wellness and Rehabilitation for additional information. You are welcome to come by and see if we have the right program for you.

Fitness news

Shoveling in a winter wonderland

Jack Misiorowski, MS, Exercise Specialist

With the holidays and winter season approaching, the weather is slowly changing and it will soon be snowing. It seems the transition from mowing to shoveling snow happens faster each year. So, here we are again, ready for the snowy season.

Although the snow is beautiful and fun to play in, it can also be a threat to your life. To ensure that you have a safe winter season, it is important to remember a few simple ideas while shoveling. Most people do not realize the dangers shoveling snow can present. If you already have a heart condition, shoveling snow can put you at an even higher risk of danger. Some experts agree that individuals with a heart condition should not shovel snow at all. Be sure to know your own situation and limitations.

Shoveling snow is a very physical and strenuous activity. On average, a shovel can hold four pounds of dry snow, plus the weight of the shovel. If the snow is wet, this amount can be doubled. This, combined with repetitive motion, can be too demanding on the shoulders, arms and upper body and cause the heart to overwork. Also, since the majority of the time you are in an upright position, your legs and feet can develop blood pools, which will cause your heart to work harder to maintain blood pressure.

Along with the snow comes cold temperatures, which is another factor of safety. Exposing the lungs to cold will allow blood vessels to constrict and cause coronary spasms, unusual cardiac rhythms or even heart attacks.

In North America, 1,200 people die each year from a cardiac episode at the time of a huge snowstorm. Shoveling snow is usually the cause. Again, someone who has been diagnosed with a heart condition should not, under any circumstances, shovel snow. It is also recommended that anyone over the age of 50 should not shovel snow, regardless of health.

As you enter this winter season, be aware of your physical condition and approach the snow with knowledge and common sense. Follow these simple guidelines and you should have a safe and fun winter.

Sources: Advocate Christ Medical Center; Family Health Guide; Cardio-Gram

Facility information

Kids' Club

Joann Turner, Childcare Coordinator

After weeks of waiting in eager anticipation, construction finally began on the PlaySoft Indoor Gym for our Kids' Club. The two-level play station arrived in many pieces on Monday, Oct. 27, and as with any construction, one watches with amazement as each piece leads to another and a shape begins to take form. The indoor play station consists of a four-foot hook slide, an elbow-climber, a control center, three punching bags and tri-level steps. The play station is ADA-accessible with wheelchair access and parking. These features were designed and selected to meet any and all needs of the children that are registered with Kids' Club.

Joann, Kids' Club Staff and Meyer Center Management would like to thank Eugene and Martha Charles for donating the funds for the play station and to Lisa Alexander in coordinating the funding and being one of our biggest supporters of Kids' Club.

Emergency preparedness

In an effort to prepare for events such as medical, weather and other safety and security emergencies, it is necessary for us to "test" our systems and procedures. The most common will be the fire alarm, but you may see medical emergency or other tests happening while you are visiting any of the centers. We apologize for any inconveniences this testing may cause, but it is necessary for our continued successful operation.

Twenty-four hour access

The Cox North and Republic facilities operate around the clock, every day of the year. We staff these facilities according to the majority of our daily members who use the facility, in an effort to maximize your membership dollars. Typically overnight and weekends are lower staffing situations, which periodically presents issues. With the exception of the Republic outer door, club management software and a magnet control our doors. Usually, we see individuals whose memberships have expired not getting in, but sometimes the CoxHealth computer network has created a problem, which locks up the doors and impedes everyone from gaining access. If you are at Cox North, and the doors are not working, you can call on the lobby phone to the operator for assistance. In Republic there is a number posted for you to call. If you are using the Republic facility and do not have the entry code for the exterior door, contact us at 269-3282 for assistance.

I'm an athlete, how can aquatic exercise help me?

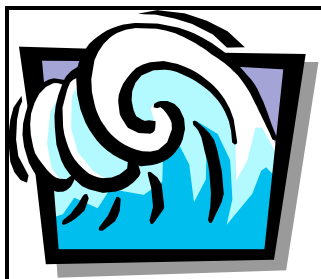
Allison Worley, Aquatics Coordinator

Even though you may be competing on land, cross training in the water may save you an injury while training. Professional and weekend athletes can use aquatic exercise to improve power, endurance, coordination, flexibility and balance while decreasing the risk of overloading muscles and tendons.

Many repetitive activities done on land such as running and jumping put undue strain on the joints leaving them more susceptible to an injury. Cross training, and even drilling in the water, allows an individual to work at various levels of intensity without compromising the health of their joints.

When submerged to waist depth, an individual's weight is reduced by approximately 60 percent, 80 percent at shoulder level! This takes almost all of the impact out of exercise. By providing this reduced impact environment, athletes are better able to perform sport-specific plyometric exercises at a reduced risk of injury. An added benefit is that the water provides a more true form of resistance and support from several different angles, which cannot be matched on land. This plays an important role to the individual who wishes to jump higher or increase speed.

The next move is finding out which exercises are right for your sport, and whether there are any classes that can help. H2O J.U.M.P. is an ideal class that involves a half-hour of plyometric training in the water. For more information on the classes available pick up an aquatics schedule at the front desk of the Meyer Center facility. If you have specific questions about aquatic exercise, classes or personal training, please contact Allison Worley, Aquatics Coordinator at 269-5384.



January 1 – New Year's Day Club Run & Potluck Brunch

Begins at 10 a.m. Contact Monty Montgomery at 883-4159 for more information.

January 5 – Paid Class Session Begins

January 5 – Partners for Pounds

Starting weigh-ins for Partners for Pounds begins

January 13 & 14 – Changing Your Weighs 12-week Program

Begins at the Meyer Center January 13. Begins at the Republic facility January 14. Call 269-3282 for more information.

January 19 – Changing Your Weighs Training Group

A group of 4 – 8 people will promote weight loss by doing a mixture of cardiovascular and weight training activities at the Meyer & Willard fitness centers. Call 269-3282 for more information.

January 26 – Changing Your Weighs Training Group

A group of 4 – 8 people will promote weight loss by doing a mixture of cardiovascular and weight training activities at the North fitness center. Call 269-3282 for more information.

January 31 – Fun Run/Walk

A hospital-to-hospital Fun Run/Walk starting at Cox Fitness Centers at Cox North, and ending at the Meyer Center. (Approximately 5.5 miles) Call 269-3282 for more information.

February 7 – Out for Blood 5K

Begins at 8 a.m. at The Community Blood Center of the Ozarks on South Glenstone. Contact Rebecca Bert at 417/227-5376 for more information.

February 20 & 21 – Women's Expo

The Women's Expo will be held at the University Plaza Trade Center.

February 21 – Polar Bear Run 10K/5K

Begins at 10 a.m. at Southwest Baptist University in Bolivar, Mo. Contact Eric at the YMCA at 417/326-3100 for more information.

March 1 – Paid Class Session Begins

March 6 – Christian Schools of Springfield 5K

Begins at 8 a.m. at CSOS, 739 W. Talmage. Contact Tom Dye at 831-1500 for more information.

March 13 – ASICS/RRS 5K & Sale

Begins at 8 a.m. at Ridge Runner Sports, 3057 S. Fremont. Contact Ridge Runner Sports at 882-5590 for more information.

March 19 – Partners for Pounds

The final weigh-in takes place for Partners for Pounds.

March 20 – Kids for Kamp 5K

Begins at 8 a.m. at Phelps Grove Park in Springfield, Mo. Contact Mark Plucinski at 873-2115 or 732-1189 for more information.

March 27 – JRA 5K

Begins at 8 a.m. Contact Trina Versteeg at 894-2008 for more information.

For information regarding Cox Fitness Centers events, call 269-3282.