

MOUNTAIN FITNESS

THE WELLNESS CENTER – 633 Lassen Lane, MS – 926.6010 – M-F 5am-9pm, Sat/Sun 6am-6pm
SOUTH MT. SHASTA – 1630 S. Mt Shasta Blvd., MS – 926.3589 – M-F 5am-11pm, Sat/Sun 6am-9pm
SCHOOL HILL WELLNESS – 778 S. Davis St., Weed – 938.4105 – M-F 7am-8pm, Sat/Sun 8am-4pm
LAKE SHASTINA – 20508 Big Springs Rd., Weed – 938.4439 – Open 24 hours – Card Lock

January 2012 Newsletter

PERSONAL HEALTH: You Name It, and Exercise Helps It

"The single thing that comes close to a magic bullet, in terms of its strong and universal benefits, is exercise," Frank Hu, epidemiologist at the Harvard School of Public Health, said in the *Harvard Magazine*. I have written often about the protective roles of exercise. It can lower the risk of heart attack, stroke, hypertension, diabetes, obesity, depression, dementia, osteoporosis, gallstones, diverticulitis, falls, erectile dysfunction, peripheral vascular disease and 12 kinds of cancer.

But what if you already have one of these conditions? Or an ailment like rheumatoid arthritis, multiple sclerosis, Parkinson's disease, congestive heart failure or osteoarthritis? How can you exercise if you're always tired or in pain or have trouble breathing? Can exercise really help? You bet it can. Marilyn Moffat, a professor of physical therapy at New York University and co-author with Carole B. Lewis of *"Age-Defying Fitness"* (Peachtree, 2006), conducts workshops for physical therapists around the country and abroad, demonstrating how people with chronic health problems can improve their health and quality of life by learning how to exercise safely.

Up and Moving . . .

"The data show that regular moderate exercise increases your ability to battle the effects of disease," Dr. Moffat said in an interview. "It has a positive effect on both physical and mental well-being. The goal is to do as much physical activity as your body lets you do, and rest when you need to rest."

In years past, doctors were afraid to let heart patients exercise. Now, heart attack patients are in bed barely half a day before they are up and moving, Dr. Moffat said.

The core of cardiac rehab is a progressive exercise program to increase the ability of the heart to pump oxygen- and nutrient-rich blood more effectively throughout the body. The outcome is better endurance, greater ability to enjoy life and decreased mortality. The same goes for patients with congestive heart failure. "Heart failure patients as old as 91 can increase their oxygen consumption significantly," Dr. Moffat said. Aerobic exercise lowers blood pressure in people with hypertension, and it improves peripheral circulation in people who develop cramping leg pains when they walk.

In people who have had transient ischemic attacks, or ministrokes, "gradually increasing exercise improves blood flow to the brain and may diminish the risk of a full-blown stroke," Dr. Moffat said. As Randi knows, moderate exercise cuts the risk of developing diabetes. And for those with diabetes, exercise improves glucose tolerance -- less medication is needed to control blood sugar -- and reduces the risk of life-threatening complications.

Perhaps the most immediate benefits are reaped by people with joint and neuromuscular disorders. Without exercise, those at risk of osteoarthritis become crippled by stiff, deteriorated joints. But exercise that increases strength and aerobic capacity can reduce pain, depression and anxiety and improve function, balance and quality of life. Likewise for people with rheumatoid arthritis. "The less they do, the worse things get," Dr. Moffat said. "The more their joints move, the better."

Tips To Get YOURSELF Moving

- Create an extensive list of the personal reasons for exercising. Take a couple days and list everything you can think of.
- Establish a routine time each day. Many people find that if they exercise first thing in the morning or right after work it is easier to prioritize exercise over other distractions.
- Set personal goals for how many times per week and how long you plan to exercise.
- Exercise with a friend. It helps make exercise more fun, motivating and consistent to have an exercise partner.
- Keep a written log of when and how much you exercise.
- Wear quality supportive shoes and replace them regularly.
- Have an exercise outfit that you enjoy wearing. Listen to music or books on tape with a cassette or CD player if that increases your enjoyment or helps pass the time while exercising.
- Wear quality supportive shoes and replace them regularly.
- Train for an upcoming vacation event, or race that will test your physical stamina. Keeping a goal in mind helps keep your exercise efforts more consistent.
- Reward yourself. Give yourself an "atta boy" or a pat on the back for success with your program. You can get more creative with a massage, a trip to the mall, or a concert.

Exercise that builds gradually and protects inflamed joints can diminish pain, fatigue, morning stiffness, depression and anxiety, she said, and improve strength, walking speed and activity. Exercise is crucial to improving function of total hip or knee replacements. But "most patients with knee replacements don't get intensive enough activity," Dr. Moffat said.

Water exercises are particularly helpful for people with multiple sclerosis, who must avoid overheating. And for those with Parkinson's, resistance training and aerobic exercise can increase their ability to function independently and improve their balance, stride length, walking speed and mood.

Resistance training, along with aerobic exercise, is especially helpful for people with chronic obstructive pulmonary disease; it helps counter the loss of muscle mass and strength from lack of oxygen.

In the February/March issue of *ACE Certified News*, Natalie Digate Muth, a registered dietitian and personal trainer, emphasized the value of a good workout for people suffering from depression. Mastering a new skill increases their sense of worth, social contact, improves mood, and the endorphins released during exercise improve well-being.

"Exercise is an important adjunct to pharmacological therapy, and it does not matter how severe the depression - exercise works equally well for people with moderate or severe depression," wrote Ms. Muth, who is pursuing a medical degree at the University of North Carolina, Chapel Hill.

"Even if exercise is tough to schedule," Dr. Moffat said, "you feel so much better, it's crazy not to do it."

By JANE E. BRODY

Published: April 29, 2008

OUR NAME CHANGE

In order to clearly identify our fitness centers, we have made a decision to brand all of our fitness centers with one name: **MOUNTAIN FITNESS**.

You will see our name change on our buildings in Shastina (formerly Resolutions Gym) and South Mt. Shasta Blvd. (formerly Mt. Shasta Fitness).

The Wellness Center houses Mt. Shasta Physical Therapy, Massage Therapists, an acupuncturist, a chiropractor, and **MOUNTAIN FITNESS**.

School Hill Wellness houses Mt. Shasta Physical Therapy and **MOUNTAIN FITNESS**.

We hope you like our new name and are happy to be a member of **MOUNTAIN FITNESS!**



JOIN THE FUN in ONE OF OUR PERSONALIZED CLASSES . . .

SCHOOL HILL WELLNESS CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
6:00AM – 7:00AM	SPIN CLASS	JOCETTE	CLASSROOM	•		•		•		
8:00 AM – 9:00 AM	YOGA	BILL RUST	CLASSROOM	•		•		•		
9:30 AM – 10:30 AM	WATER AEROBICS	ALICE	POOL		•		•			
9:30 AM – 10:30 AM	WATER AEROBICS	MEL	POOL	•		•		•		
3:00 PM – 4:00 PM	QUIET WATER TIME		POOL	☯	☯	☯	☯	☯	☯	
4:00 PM – 5:00 PM	LINE DANCING	SIGI	CLASSROOM	•						
5:30 PM – 6:00 PM	INTRO TO SPIN	JILL	CLASSROOM		🚲					
5:30 PM - 6:30 PM	CARDIO CIRCUIT	LINDA V	GYM	•		•				
5:30 PM – 6:30 PM	SPIN CLASS	JILL	CLASSROOM	🚲		🚲				
5:30 PM - 6:30 PM	HEART THROB	AUDRA	POOL		•		•			
6:45 PM – 7:45 PM	BALLROOM DANCING	RICK AND PEGGY	CLASSROOM			•				

MT. SHASTA SOUTH CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
6:00 AM-6:45 AM	FIT-U	LINDA V	GYM	•		•		•		
6:00 AM - 7:00 AM	SPIN CLASS	VICTORIA	SPINROOM	🚲		🚲		🚲		
7:15 AM – 8:15 AM	SPIN CLASS	VICTORIA	SPINROOM	🚲		🚲		🚲		
8:45 AM - 9:45 AM	SPIN CLASS	JOCETTE	SPINROOM	🚲		🚲		🚲	8:30AM	
5:30 PM – 6:30 PM	SPIN CLASS	VICTORIA	SPINROOM	🚲		🚲				
6:00 PM – 7:00 PM	SPIN ZONE	ASHLEY	SPINROOM		🚲		🚲			

THE WELLNESS CENTER WATER CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
10:45 AM-12:00 PM	COS ADAPTIVE PE	ANGELA	POOL		•		•			
11:00 AM – 12:00 PM	LOW INTENSITY AQUA	LINDA V.	POOL	•		•		•		
NOON – 2:00 PM	FAMILY SWIM		POOL							•
12:30 PM - 1:30 PM	CUSTOM H2O CONDITIONING CLASS	JULIE ANGELA	POOL			•		•		
2:00 PM – 3:00 PM	QUIET WATER TIME		POOL	✎	✎	✎	✎	✎	✎	
5:30 PM – 6:30 PM	LIQUID ENDURANCE	JULIE	POOL	•		•		•		

THE WELLNESS CENTER CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
6:15 AM – 7:15 AM	BOOT CAMP	VICTORIA	CLASSROOM		•		•			
7:30 AM – 9:00 AM	YOGA	DEBBIE/LYNN	CLASSROOM	•		•		•		
7:30 AM – 8:15 AM	FLEXIBILITY TRAINING	VICTORIA	CLASSROOM		•		•			
8:30 AM - 9:45 AM	BODY SCULPT	ANGIE	CLASSROOM		•		•			
8:30 AM – 9:30 AM	KICK-BOX & SCULPT	LESA	CLASSROOM						•	
10:00 AM - 11:00 AM	PILATES 1	KAREE SANDRA LINDA V	CLASSROOM	•		•		•		
10:00 AM - 11:00 AM	VINYASA YOGA	DEBBIE	CLASSROOM		•		•			
11:00 AM – NOON	TAI-CHI	KEITH	CLASSROOM	•		•		•		
11:00 AM – NOON	PILATES 2	SANDRA	CLASSROOM		•		•			
1:00 PM – 2:00 PM	PILATES 2	SANDRA	CLASSROOM	•		•				
2:00 PM – 3:15 PM	YOGA	SAHADEV	CLASSROOM		•		•			
4:00 PM – 5:00 PM	YOGA	JAN	CLASSROOM	•		•				
5:30 PM – 7:00 PM	CARDIO CIRCUIT	ANGELA	GYM		•		•			
5:30 PM – 6:30 PM	KICKBOXING/ SCULPTING	LESA	CLASSROOM	•						
5:30 PM - 6:30 PM	KICKBOXING	ERICA/DEE	CLASSROOM		•		•			
6:30 PM – 7:30 PM	ZUMBA	WISPER	CLASSROOM	•		•				
6:45 PM - 7:45 PM	BALLROOM DANCING	RICK/PEGGY	CLASSROOM				•			
6:45 PM - 7:45 PM	BEGINNING BALLROOM	RICK/PEGGY	CLASSROOM		•					