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WELLNESS MATTERS

WELLNESS CENTER NEWS

Issue # 10 November/2011

IN THIS ISSUE

[Wellness Seminar](#)

[What's Happening](#)

[Success Story](#)

[Aquatic Corner](#)

[Exercise of the Month](#)

WELLNESS SEMINAR

Wednesday, November , 16th,
at 3:30pm.



Dear Reader,

I hope everyone had a safe and exciting Halloween!! We are now moving forward into November which is American Diabetes Month. Please see below for more information on



Diabetes Management Through Exercise

As November is American Diabetes Month, The Wellness Center will begin a 3 part series entitled "Living Well with Diabetes". Listed below are the three topics that will be covered during each session.

- Diabetes Management Through Exercise
- Diet and Weight Management
- Happy Feet

The first seminar will take place on November 16th at 3:30 PM. This seminar will be useful to everyone, not just individuals with diabetes.

LEARN MORE ABOUT THE WELLNESS CENTER

Meet the Wellness Coordinator



Joseph (Joe) Rouse

Meet Our Certified Group Exercise Instructors

how you can help fund research and increase awareness of the severity of diabetes. There are a few changes to the schedule this month. Therapeutic Pilates is moving to 9:30 AM Tues. and Thurs. beginning November 3rd. The rest of the schedule will remain the same for the month of November. Also, Nate and I will be giving a presentation at Plantation Village on November 1st at 10 AM. This presentation is to give an overview of what we do here at the Wellness Center as well as to introduce our new classes, "A Breath of Fresh Air" and "Joint Fitness". Breath of Fresh Air is a monitored exercise class lasting 1 hour in length and is for the participant with cardiac and/or pulmonary disorders. Before and after exercise oxygen saturation levels, blood pressure and heart rate are measured. It will take place from 3pm-4pm Mon. thru Fri. Joint Fitness is a land exercise class from the Arthritis Foundation. This class will take place Mon., Weds., and Fri. from 11am to 12pm. If you would like to learn more, feel free to come over to Plantation Village for the presentation at 10am on Tuesday November 1st. Information on this month's seminar is posted on the left side of this newsletter.

Have a healthy month!

If you have any testimonials, ideas, suggestions of what you would like to see in our newsletter, please feel free to email me at anytime at joseph.rouse@genesishcc.com.

Thank You and Stay Fit!

Joseph Rouse ACSM-GEI, NASM-CES
Wellness Coordinator

What's Happening?

American Diabetes Month

With nearly 26 million children and adults in America living with diabetes, and another 79 million at high





Catherine (Cat) Parris



Nathan (Nate) Futrell

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You can become a supporting

risk for developing type 2 diabetes, the disease is taking a devastating physical, emotional and financial toll on our country. Yet, most Americans don't consider diabetes a serious matter. They feel it is someone else's responsibility; someone else's problem.

Recent numbers by the Centers for Disease Control and Prevention paint a desperate situation of where we are at, and where we are headed:

- Every 17 seconds, someone is diagnosed with diabetes.
- Diabetes kills more people each year than breast cancer and AIDS combined.
- Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050 unless we take steps to Stop Diabetes.

Now is the time to act.

Become Involved in American Diabetes Month® 2011
November is American Diabetes Month, a time to rally individuals, communities and families to Join the Millions in the movement to Stop Diabetes®. This year, the American Diabetes Association is asking individuals to take a pledge and raise their hand to Stop Diabetes. Beginning November 1, the public can take action by taking the American Diabetes Month pledge on Facebook. Here are other ways you can become involved:

1. Attend an American Diabetes Month event in your area
2. Visit www.stopdiabetes.com
3. Call 1-800-DIABETES
4. Text JOIN to 69866 (standard data and message rates apply)

Amazing Individuals

Mary Harrington

Mary began her journey at The Wellness Center back in December of 2010. In those days she was exercising on and off and having some issues



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Contact us at
910-566-1200
for details.

with balance. Mary began with exercising in the pool followed by a progression into land exercise classes. While continuing her aquatic exercise roughly 5 days a week and participating in strength training and treadmill walking 3 days a week, Mary has made significant strides.

In the last 9 months, Mary has increased her lower body strength by roughly 33%, increased her upper body strength by nearly 100%, improved her cardiovascular system, improved her balance and increased her flexibility.

By committing to the regular exercise and attending consistently, Mary has significantly lowered her risk for several diseases and increased her sense of well being.

Awesome job Mary! Simply Awesome!

Aquatic Corner

The Principle of Levers

-

Have you ever wondered why it is easier to pick something up when you hold it closer to your body than it is when you hold the same item far away from your body? This is due to a concept known as the principle of levers. The human body operates through a system of levers. Bones are the lever arms, and joints act as the fulcrum (axis). There are 2 different forces which act on a lever, the first is resistance and the second is effort. Resistance is what makes it tough to move the lever, in some cases this can be a hand weight, gravity, or the water in a pool. Effort is the contraction performed by the muscles in order to move the lever against the resistance. The length of the resistance arm affects the level of intensity when moving that arm. The longer the arm, the more force is put on the fulcrum, therefore more force is required to move the arm. This requires more muscular effort as well as increased intensity and energy expenditure. For example, completing a straight leg raise would require more effort than a high knee jog

due to the length of the leg. Individuals with longer limbs may have more difficulty exercising as movement requires more energy than someone with shorter limbs.

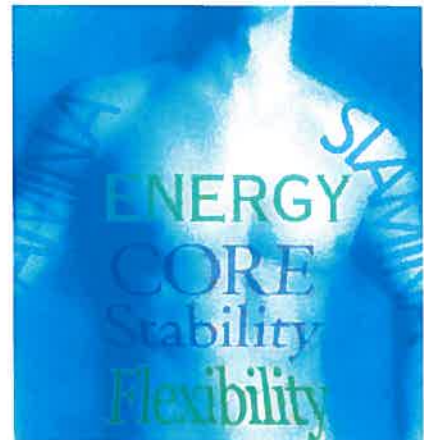
So, the next time you are exercising in the pool and looking to increase the intensity of your workout, simply lengthen your arm or leg. Straighten your fingers or point your toes. Either way you control the difficulty of the movement by manipulating the length of your limbs.

Information for this article was taken from the Aquatic Exercise Association Aquatic Fitness Professional Manual, 6th edition.

Functionally Fit

Squat to Row

The squat to row is a functional exercise which stimulates several areas of the body. This exercise can be great when used as an integrated movement for the muscles of the upper back, lower back, shoulders, and legs. When executed properly, the squat should encourage proper joint movement and increased range of motion at the knees, ankles, and hips. The row places additional stress on the core requiring the lower to mid back muscles to maintain an upright position during the squat moving into a strengthening exercise for the muscles of the upper back. The squat to row encourages proper communication between several different muscular/connective tissue systems of the body as well as proper joint movement at the ankles, hips, knees, and shoulders. It is important to consult with a physical therapist or qualified health and fitness professional to determine if this exercise is suitable for you. To begin, place the feet shoulder width apart, knees inline with the second and third toes. Arms are outstretched in front holding the handles. Maintain a neutral spine throughout with the navel drawn in. With the arms



remaining outstretched, squat as though you are sitting in a chair. Return to the standing position and pull the handles into your mid section without shrugging the shoulders. Repeat 10-15 times or an amount which is safe for you.



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