

# UNC Wellness Member Minutes

QUARTERLY

Member Newsletter

Winter 2010



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## Maintaining Motivation in 2010

The excitement of starting a new diet and/or exercise program can quickly fade due to burn out, illness, or overbooked schedules with little free time. Finding the motivation to adhere to a regular exercise schedule is not easy. Using the SMART Principle to set goals can help you stay on track!

The SMART Principle is a commonsense approach that will motivate you to reach your

health and wellness goals. Goal-setting based on the SMART approach is easy and provides structure for your exercise and nutrition programs. These simple guidelines have been used successfully by athletes and coaches to attain their short and long-term training goals.

### S.M.A.R.T

1. **SPECIFIC**- Be specific about what you want to change or improve. Research shows that specific goals are the most productive. For example, over the next 3 months, you might want to reduce you 5K time by 30 seconds or lose 2% body fat.
2. **MEASURABLE**- Change has to be measurable. Simply saying that you want to get faster is not enough detail. Document your progress toward your goal by charting your performance at set intervals.
3. **ADJUSTABLE**- Goals need to be flexible enough to accommodate unexpected challenges. An illness or injury doesn't mean that your goals must be abandoned; only modified. On the other hand, you may find that you are progressing quickly and need to raise your goals accordingly.
4. **REALISTIC**- For healthy, realistic progress in your wellness plan, start where you are and increase your goals over time. You must consider that as you become fit and get closer to your full athletic or weight loss potential, room for improvement decreases. Also, if your goals are set too low, you may not be satisfied or motivated enough to reach your full potential. Stay realistic, but push yourself hard enough to continually improve.
5. **TIME**- Without a time-based goal, there is the tendency to procrastinate or become bored. Look at your goals over time and set goals with shorter timelines. For instance, set weekly goals to help you reach your 3 or 6 month goals. Reevaluate your goals on a regular basis to keep your motivation high.



## Group Fitness

Beginning a new year is all about making resolutions, reflecting on the past, projecting the future and taking inventory. You go through this process every year, and so should we. Our programs are a good place to start. We often focus on offering programs that will attract new participants into the studios. We also consider why we offer these programs and if they make a real difference.

New Year's Day has come and gone and you have spoken, so in the spring look for us to add new programs that we hope will bring you into the group fitness studios. Here are some of the things to look for:

- More express classes offering the same amount of benefits in a shorter amount of time. This should help you eliminate the “no time” for exercise excuse.
- Balance classes: One of the most challenging issues that affect adults is instability and loss of balance. Improving balance is vital for improving the quality of this population's workouts.

## Swimming Lessons



Building skills and fostering safety.

The Wellness Center offers a wide array of swimming lessons for all ages. One is never too young or too old to benefit from instruction geared toward enhancing swimming skills and safety. We offer infant/toddler classes that are designed to acclimate little ones to water and make the aquatic experience an enjoyable part of life. We also offer adult swim lessons for those who wish to make swimming part of their exercise regimen. There are few activities that provide better overall conditioning, low impact on joints and that can be easily continued later in life.

Lessons are offered year round with the exception of late November and December, which we take off for the holidays. Children's lessons are held in the afternoons, Monday through Thursday, from 3:00-6:00 PM. Each group lesson meets twice a week, either Monday/Wednesday or Tuesday/Thursday, for four weeks. Registration is held during the off week at the end of each session. Registration is always held on the off week Wednesday from 11:00 AM –1:00 PM. Because of heavy demand, we give numbers out beginning at 10:45 AM on registration day. These numbers reserve your spot in line for the 11:00 registration. Members receive priority over non-members when registering. Participants in the current session have the right to “roll-over” into the next session. They must do so after the last class each session.

We are rolling out new informational brochures on the various aquatic programs that are offered. These brochures will provide more information than those currently available. They will reflect registration dates, course descriptions, costs, and more. Please consider incorporating water skills into your family fitness plan. It is a lifelong investment in enhanced health and safety.

## Finding Time to Exercise During This Busy Time of Year

With holidays, family commitments and extra expenses during the winter months, many people feel overwhelmed with their schedules and cannot seem to find time to exercise. However, exercise might be just what you need to stay on task! Regular exercise has been associated with more health benefits than anything else known to man. Among other things, studies show that exercise reduces the risk of colds and the flu, improves your concentration, reduces anxiety, enhances mood, lowers blood pressure, and improves sleep quality. In short, exercise makes you look and feel better, but can also help you stay focused and composed during this hectic time of year!



## Utilization Patterns

It is that time of year again and utilization will usually increase 20% or more during the winter months. Freezing temperatures, shorter days, holiday weight gain and New Year's resolutions will all contribute to this increase. If you do have some flexibility in your schedule, we hope the information below will help you plan your workouts around some of our non-peak hours and days.

- Many members prefer to work out early in the week, especially on Mondays, but the facility is utilized less as the week progresses
- The facility is most heavily utilized during mid-morning (8-11am) and after-work (4-7pm) periods on weekdays
- Non-peak days (later in the week, weekends) and hours (early mornings, midday, after 7pm) are ideal if you would like to avoid the peak hours
- Group Fitness classes account for many of our peak-time visitors, especially during morning classes
- On weekends, the Saturday morning (8am -11am) period is the busiest on the weekend

In addition to the general facility utilization highlights above, you'll find more specific information for the pool and fitness floor posted in those areas.



UNC WELLNESS CENTERS MEADOWMONT

## Front Desk & Stay-n-Play

### Stay-n-Play

The flu season is in full force and I think we all have a heightened sense of awareness when it comes to the spreading of germs. With that being said please do not bring your child into the Stay-n-Play if he or she has had a fever within the last 24 hours or had a runny nose or cough. Also, if you do have a sick child please call to cancel you appointment. We have limited space and over the past few months we have had an average of 6 "no shows" a day. On a more fun note, we recently purchased some additional toys to keep everyone stimulated and we will continue to restock the area and hopefully address the needs of the various age groups. We have a comment box outside of the Stay-n-Play so please give us suggestions and feedback!

### Front Desk

This is the busiest time of year at the front desk: we fold more towels...more than our usual 1350 in one day, receive more phone calls, and of course welcome more people in the facility! With that in mind we would like to remind you that bringing your card to check in really helps facilitate this process and allows us to attend to other duties more proficiently. Also, though we have many informational brochures at the desk and are always happy to answer questions, you may want to "preemptively" check out our website before arriving to the facility. You can find the class calendar, descriptions of classes and who teaches the class and much, much more! Please remember too that guests are always welcome but to ensure safety and security we do require all non-member guests to present a photo I.D. to access the facility. Thanks!

VIEW OUR NEWSLETTER ON THE WEB AT [WWW.UNCWELLNESS.COM](http://WWW.UNCWELLNESS.COM)

## Get Reacquainted with the Fitness Floor

If you are interested in learning more about the various strength and cardiovascular equipment on the Fitness Floor, we encourage you to sign up for an equipment orientation. The orientation is free and it will last approximately one hour. In addition to learning how to use the cardio and strength equipment safely, we'll also introduce to the areas and equipment available for stretching. If you are interested, we will also introduce you to FitLinxx, our computer database tracking system for your workouts. Please see the Front Desk and they will assist you in signing up for an orientation.



## Nutrition Services

The UNC Wellness Center has expanded its Nutrition Services. In addition to our current dietitian, Liz Watt; Judy Hinderliter, MPH, RD, LDN, has joined the staff. Judy was covering for Liz while she was out on maternity leave this past winter. Judy has her Master's in Public Health from the University of Michigan and she has been practicing dietetics for over 30 years. Judy and Liz specialize in weight management, high cholesterol, hypertension, diabetes, and sports nutrition.

The Nutrition Services department offers many services to get you started on your road to healthy eating, such as one-on-one counseling, resting metabolic rate testing, Web Wellness packages, and a variety of nutrition education classes. We are here to help making diet changes easier and even fun! To learn more about these services, please contact the Nutrition office at (919) 843-2186.

## Web Wellness



No time to see the dietitian on a regular basis? How about seeing the program “virtually”? UNC Wellness Center’s Web Wellness program allows you to communicate with a dietitian on a weekly basis via email. You can choose between 2 different options and meet with your dietitian to discuss your nutritional goals.

Option 1: 1 hour consult and 10 weeks of email follow-up sessions to be sure you are on track to achieve your goals. You will also fill out daily food journals to keep track of what foods you are eating. \$200 for members and \$300 for non-members.

Option 2: RMR (Resting Metabolic Rate) testing, computer software to log your food intake and exercise each day, and 10 weeks of follow-up sessions to be sure you are on track to achieve your goals. \$300 for members and \$450 for non-members.

For more information and to schedule an appointment, please contact one of our registered dietitians:

## UNC Wellness Center partners with Rex Wellness Centers

Effective February 1st, members of UNC Wellness Center can enjoy guest privileges at any of the four Rex Wellness locations. Members may request up to three guest passes per month to be used at a Rex Wellness Center location. This program will be available to all active adult “permanent” (excludes children, students and temporary members) members of UNC Wellness Center. This agreement will extend through June and will be evaluated at the end of this trial period.

Rex Wellness has four locations in the Triangle area: Cary, Garner, Raleigh and Wakefield. Visit [www.rexhealth.com](http://www.rexhealth.com) for more information on these facilities. If you are interested in visiting a Rex Wellness Center location, please contact our Membership Services representative for more information about the program and to request your guest passes.





## Personal Training

The holiday season brings along plenty of joy, busy schedules, and stress. Maintaining a regular exercise routine not only relieves stress and gives you a break, but can help keep those holiday pounds at bay.

Here is a quick circuit workout you can do regardless if you have access to a gym. Perform each of the exercises listed below for thirty seconds to a minute and repeat two to three times, three days a week. Even if you have to break up your workout into multiple ten or fifteen minute bouts throughout the day, you can still achieve success. Complement these exercises with some form of cardiovascular work (walking, jogging, etc.) and you are on your way. Be sure to focus on form and push yourself at a pace you can handle. Alternate exercises can be substituted if you are unable to perform the ones listed.

- Body weight squats
- Push-ups
- Lunges
- Bicycle crunches
- Bridges (or single leg bridges)
- Jumping jacks
- Shadow boxing
- Plank
- Stairs or high knees
- Wall sit



## Don't Go it Alone

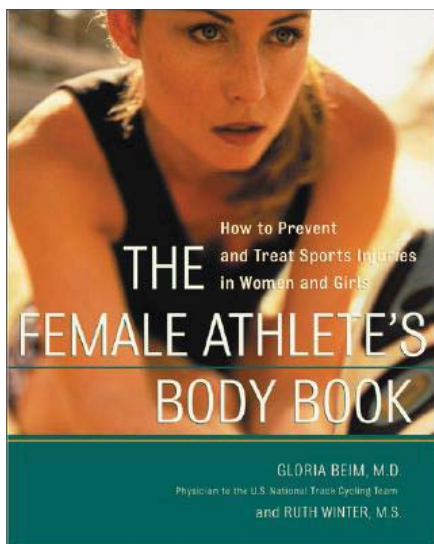
If you're competing in individual sports you are already going it alone so why not join a club or team? There are many reasons to join your local sport team whether it is in multisports like triathlon and duathlon or even one sport teams such as masters swimming or a running club. Some of the benefits you gain by becoming a member include:

1. Team camaraderie – spend more time with friends who also train and meet new ones
2. Motivation – during the winter months, knowing others are meeting at 6 a.m. in the dark and cold will help you get out the door
3. Gain more knowledge – learn from the local experts, your peers, and experienced athletes
4. Sponsor support – deals, discounts, and racing for charities cut costs and help you to give back to the community
5. Support at the races – travel together, cheer on your fellow competitors in matching uniforms and then celebrate your successes!

Team UNC Wellness is currently accepting new members for the 2010 season. We would love to have you join us. More information is available at the Front Desk. However, there are several single sport clubs in our area as well. Join one today!

## Book Review

By: Andrew Hooge, CSCS



The Female Athlete's Body Book  
Gloria Beim, MD

*The Female Athlete's Body Book* was written as a compendium of sports medicine for female athletes of all ages and ability levels. It is a quick read that is encouraging to women who are interested in starting a new sport, as well as those who are already actively participating. The book covers a wide range of topics including minimizing injuries while enhancing sports performance, nutrition and training for top performance, the specific needs of younger, pregnant, and mature athletes, as well as what to do when an injury occurs. The chapter "Athletics for Life" does a great job of breaking down the problems and needs of females of all ages who are at different stages in their lives. If you are a female athlete looking for a book to address your specific performance needs or a parent searching for a helpful guide for your kids' athletic endeavors, this book is a good place to start.



## Creamy Sweet Potato Soup

Yields: 4 servings

### INGREDIENTS:

2 cups (1/4 inch) cubed peeled sweet potato  
 1 1/2 cups thinly sliced leek (about 1 medium)  
 1 1/4 cups fat-free chicken broth, divided  
 2/3 cups evaporated skim milk  
 1 1/2 tsp Dijon mustard  
 1/2 tsp salt  
 Dash of white pepper  
 Dash of ground nutmeg



### DIRECTIONS:

1. Combine sweet potato, sliced leek, and 1/4 cup broth in a 1 1/2-quart casserole; stir well. Cover, and microwave at HIGH 10 minutes, stirring after 5 minutes
2. Place sweet potato mixture in a blender or food processor; process until smooth.
3. Add remaining ingredients except chopped leek; process 30 seconds or until blended. Garnish with chopped leek, if desired. Serve warm.

### NUTRITION FACTS (PER SERVING)

Calories: 136	Sodium: 416mg	Cholesterol: 2mg
Total Fat: 0.5g	Carbs: 27g	
Protein: 5g	Fiber: 2.5g	

## Employee of the Quarter

Two Wellness Center employees were recognized in the Fall of 2009. Greg Garus is a member of our outstanding personal training team. His skills in biomechanics, functional training and developing challenging workouts along with his willingness to help out members and his fellow workers have earned him the distinction of Employee of the Quarter. Angela Dickerson was recognized for her willingness to cover numerous shifts in both the Stay-N-Play and Front Desk when the need arose. Angela's excellent customer service and positive attitude make her a wonderful asset to our members and co-workers.

Thank you to both Angela and Greg for their outstanding service and dedication!

We appreciate and applaud the excellent customer service delivered by our staff members. Remember to "Catch a Star" and let us know about it by completing a star card!



## Ask MO!



It's that time of year again when the weather outside is frightful. Feeling Jack Frost's cold breath while staring at the foliage deficient trees makes me yearn for comfort food. "Sooo," asks my employee Leslie Romeyn, "what are your favorite comfort foods... and are there any healthy ones you can recommend?" Funny you should ask because I was just thinking about this when I was home for the holidays. One of my favorite dishes is my dad's sausage gravy over homemade biscuits. Now that has 47% of our saturated fat for the day so I save that for special occasions...like the situation when the parents and I were looking through the ole' family photo album and I stumbled upon my third grade picture. To the untrained eye this would seem like an innocuous event

but it evoked memories of that elementary school picture day when I was wearing what my mom told me was a shirt for "left handed" people because the buttons were on the left side. You can imagine my horror when all my classmates, and my teacher, pointed out that I was wearing a girl's shirt! My old man's gravy elixir was no help and Kraft doesn't make a big enough box of mac and cheese to drown my sorrows. Sorry, I went on a tangent. To answer your question, go with the failsafe grilled cheese sandwich and tomato soup...only about 320 calories. That comfort meal got me through my "kilt" wearing photo debacle, but that's another story. Enjoy!



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