

WALK 10k

Health Care not "Health Club"

Ask any employee at LIFT Wellness Center if LIFT is a "gym"... hopefully, their response will be "No, we are a wellness and fitness center". You might even hear "We are a medical fitness center". "Gym", "Fitness", "Wellness"... It's all the same, right?

Well, the acronym "LIFT" gives a little more insight into the semantics of what it means to be a part of a medical fitness center. "Living in a Fit Tennessee" is an initiative that was born out of the need to improve the health and wellness of our community. Being that only about 20% of the population is a member of a traditional "gym", we knew that there was that 80% of the population who needed the services that a medical fitness center could provide.

Any "gym" can provide treadmills, steppers, machines, free weights, and even personal training. For 20% of the population, the gym will meet their needs. For the rest of the population, medical fitness centers provide a safe and comfortable environment for exercise which is important for those individuals that the medical fitness center is targeting. The average age member of the medical fitness center is 48 years (our average age at LIFT is 47). The medical fitness difference is the integration of medical services along with medical oversight and degreed and certified staff who specialize in exercise prescription, not only for the healthy population, but for special populations as well.

As a medical fitness center, LIFT Wellness Center is a department of Jackson-Madison County Hospital and is guided by oversight from a medical advisory board which is comprised of physicians of many different specialties. With safety being our highest priority, the board approves changes to programs and policies. All LIFT staff is required to be CPR and AED trained. Staff is also trained in shallow water rescue. LIFT staff has regular practice drills that involve everyone from fitness, therapy, nursing and medical staff to ensure that our processes for handling emergency medical situations are effective and efficient.

As part of membership, all new LIFT members are provided the opportunity to have a health risk assessment, fitness assessment, exercise prescription, and nutrition consultation. These services are provided by degreed and certified exercise specialists, athletic trainers, nurses, and dietitians.

For special populations such as individuals who have or at risk for heart disease, diabetes, cancer, hypertension, arthritis, osteoporosis, or other medical conditions, LIFT offers the Exercise is Medicine program. This program does not require membership, but does require a referral from the medical provider. The clinical integration coordinator meets with the individual, provides a fitness assessment and along with input from the physician or referring physical therapist, assists the client in setting health and fitness goals. Participants in the Exercise is Medicine program can then perform their workouts at LIFT under the direct supervision of an exercise specialist.

LIFT also offers disease management programs that include free diabetes and congestive heart failure clinics. These programs provide comprehensive lifestyle education to help the individual manage his or her disease. LIFT will soon offer disease management services for Chronic Obstructive Pulmonary Disease and Asthma.

LIFT Wellness Center is here to help the community stay healthy and out of the hospital, but when injuries and illness arise, we are here to provide comprehensive medical care and therapy services. LIFT Health Clinic offers primary and urgent care services. LIFT Therapy can provide physical, occupational, and speech therapy services along with specialty services such as vestibular rehab, lymphedema therapy, and women's health services.

With all that your medical fitness center has to offer, let's celebrate Medical Fitness Week April 20-26. We have a full week of activities lined up, so take part and get LIFTed!



In Good Health,
Miki Martin, PT, MBA, COMT
Director LIFT Wellness Center

Upcoming Events

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|--|---|---|--|---|---|
| 5 Easter Sunday Facility Closed | 6 Kid Fit Class @ 5:15pm Open Climb 5-7pm | 7 Open Climb 5-7pm | 8 Open Climb 5-7pm | 9 Open Climb 5-7pm Demo Day 4-6:30pm | 10 Family Gym/Swim 4:30-7:30pm | 11 Open Climb 9-11am Demo Day 8:30-10:30am |
| 12 Family Gym/Swim 1-4pm | 13 Kid Fit Class @ 5:15pm Open Climb 5-7pm Beach Body Bingo Begins | 14 Open Climb 5-7pm | 15 Open Climb 5-7pm Public CPR 10am-2pm \$55 | 16 Glow Run 6pm Open Climb 5-7pm | 17 Kids Klimb 4-6pm Family Gym/Swim 4:30-7:30pm Final Day of Registration for 10K Challenge | 18 Open Climb 9-11am |
| 19 Family Gym/Swim 1-4pm | 20 Kid Fit Class @ 5:15pm Open Climb 5-7pm Breakaway Running Talk 6pm | 21 Open Climb 5-7pm OT Screening 9-11am Osteoporosis Talk 6pm | 22 Open Climb 5-7pm | 23 Cooking Demo @ 5:30pm Open Climb 5-7pm | 24 Community Walk 11:45am Family Gym/Swim 4:30-7:30pm | 25 Downtown Earth Day 8am Yoga at the AMP 9am |
| 26 Family Gym/Swim 1-4pm | 2 Kid Fit Class @ 5:15pm Open Climb 5-7pm Occupational Therapy Talk 6pm | 28 Open Climb 5-7pm | 29 Last Day to Turn in 10K Walk Log Sheet | 30 | M E D I C A L F I T N E S S W E E K | |

Medical Fitness Week Events

Monday: April 20th Breakaway Running presents "If the Shoe Fits" @ 6pm- Learn what shoe you need to perform your best

Tuesday: April 21st Occupational Therapy Screening-Grip Strength @ 9am-11am/ Osteoporosis Talk with Hilary Keen @6pm

Thursday: April 23rd Cooking Demo with Rock N' Dough @ 5:30pm

Friday: April 24th Downtown Community Walk: "Last Chance for 3000 steps" @ 11:45am

Saturday: April 25th Downtown Earth Day @ 8am, Yog at the AMP @ 9am.

Thursday: April 30th All log sheets turned into LIFT Wellness Center/ Last day for \$0 enrollment

Nutrition: Build a Better Salad!

Salad bars full of fresh vegetables seem like an obvious choice when looking for a delicious and healthy meal, and they often are. Depending on the mix of options you choose however, your salad could weigh in with more calories than a plate of fried food. To build a better salad, follow these tips:

Lead with Leafy Greens & Colorful Vegetables

To keep your salad high in nutrients and lower in calories, start with at least one cup of dark green leafy vegetables. Leafy greens offer fiber along with a variety of vitamins, minerals and phytochemicals. Colorful vegetables not only brighten the look of your salad, but add key nutrients like beta carotene from carrots and lycopene in tomatoes.

Pick up Some Protein

Beans, eggs, lean meats and poultry give your salad a boost of protein and turn it from a side dish into a meal. When adding protein, think of the 1/4 plate (or bowl) rule from MyPlate to guide your portion. About a 1/4 of your salad should be from the protein group. If you like your salad to have some crunch, a

Member of the Month: Bob Sharp

Congratulations to Bob Sharp! He has made remarkable changes to his health over the course of his membership at LIFT. He came to us after losing a bet with his wife and it was the 2nd best loss he's had! The first of course is losing weight, dropping his cholesterol, and lowering his blood pressure. After training in the Circuit Squad small group classes for four months, Bob got into the routine and started to see changes in himself. His doctor even stated that he's healthier at 60yrs old than he was at 50yrs. Bob continues to push himself and has found the love for exercise and fitness. He and his wife use the time that they are at LIFT as bonding and togetherness. We are so proud of the accomplishments Bob has made and continues to make day in and day out. "Eat. Sleep. LIFT. Repeat." are the words he lives by! Congrats again Bob!



Employee of the Month: Dylan Koester

Dylan has been with LIFT for a year. He is a part of the Member Services' Team, but helps in every area that he can. Dylan's happy-go-lucky personality makes him loved by the members and always has his co-workers laughing. Dylan consistently goes above and beyond to help someone, whether he is on or off the clock. Dylan is a great person to have on the LIFT team!



sprinkle of nuts or seeds will do the trick and bring some additional protein and other nutrients.



Drizzle with Dressing

A drizzle of dressing can add flavor and some important healthy fats. Just be careful not to drown your salad. Calories from dressing can add up quickly and throw off the balance of your salad. If creamy dressings are your preference, start with a small amount and toss your salad well to spread the flavor around. You can also create your own dressing flavors by mixing vinegars, lemon juice, fresh herbs and a touch of olive oil.

—Nicole Hancock, LIFT Dietitian

We're Celebrating OT Month!

Some of the issues the Occupational Therapists at LIFT Therapy treat are:

- Fractures**
- Amputations**
- Arthritis and rheumatic diseases**
- Crush injuries or trauma**
- Cumulative trauma**
- Dislocations and subluxations**
- Ligament injury and instability**
- Muscle strains, tears, and avulsions**
- Tendon injuries and conditions**
(e.g., lacerations, tendonitis, ruptures)
- Nerve injuries and conditions**
(e.g., neuropathies, palsies, nerve repair)
- Pain**
(e.g., complex regional pain syndrome, fibromyalgia)
- Wounds and scars**
- Thermal and electrical injuries**
- Neuromuscular pathologies**

Group Exercise Instructor of the Month: Kathy Guthrie

Kathy has been such an awesome team player! She has only been teaching at the Lift for a few months, and her classes continue to grow. Kathy is always upbeat, very dependable, prepared for her classes, and has a smile on her face. She is always helping out the group fitness program by subbing for other instructor's classes when they need help. Management consistently receives positive feedback from the members on how friendly, energetic, consistent, and helpful Kathy Guthrie is. Kathy's passion for teaching water classes and making a positive impact in our member's lives is obvious to all!

Bingo/Beach Body Bingo: April 13th-May 25th

Pick up your bingo card and sweat your way through to beach season. Complete as many of the group fitness classes as possible, have the instructor sign off on each class you attend, and turn your card in by May 25th to be eligible for some cool summer prizes.

Single Line Bingo: LIFT socks, 30 minute PT session, and shirt

Full Card Bingo: LIFT socks, t-shirt, 30 min PT session, 30 minute massage

Double Card Bingo: LIFT Beach Towel, 1hr massage, 1hr PT session, LIFT socks, LIFT t-shirt, 30 min Nutrition Consultation, ½ off on 1 month of small group training

See any LIFT staff for questions!

Tendinitis: It Can Happen

Tendinitis is the inflammation or irritation of a tendon-any one of the thick fibrous cords that attach muscle to bone. Tendinitis can occur in any of the body's tendons but most commonly occurs around your shoulders, elbows, wrists, knees and heels. Some common names for upper extremity tendinitis problems are: Tennis elbow-lateral epicondylitis, Golfer's elbow-medial epicondylitis, Pitchers or swimmers shoulder- tendinitis of rotator cuff complex.

One of the symptoms of tendinitis is pain at the point where the tendon attaches to the bone. The pain, described as a dull ache, occurs especially with movement of the affected arm or joint. Other than pain, there can also be tenderness to touch and mild swelling.

Although tendinitis can be caused by a sudden injury, most times people develop tendinitis because of repetitive motions either during their hobby or job activities. Proper technique is especially important when performing repetitive movements.

Some suggestions to reduce your chances of developing tendinitis are:

- Avoid activities that place excessive stress on your tendons.
- If a certain exercise causes pain, try a different exercise.

There are many ways to strengthen a certain muscle group.

- Use lower impact exercises such as biking or swimming to cross train with higher impact activities like running.
- Be sure to use the proper technique. If an exercise you are performing is causing pain, be sure to ask one of the LIFT exercise specialists for suggestions.
- In order for the muscles to better withstand the stress or load, strengthen the muscles used in your particular sport or activity.
- Be sure to stretch in order to maximize the range of motion of your joints. Stretching can minimize repetitive trauma on tight tissues.

If you are having any of these symptoms, please call one of the LIFT Occupational Therapists at 421-6950 to see how we can help with your pain

—Lisa Skelly, OTR

SAVE the DATE: May 8th

Girls Night Out Pre-amp Party with Kimberlie Helton \$10 to attend- limit to 100 ladies. Call 427.7048 or stop into LIFT to reserve your night of fun!

Girls Night Out
PRE-AMP PARTY