

Who's Who at the Fifth Street Fitness Center

1. How long have you been a member?

Since November 2007

2. What do you like best about the FSFC? Convenience. I like the fact that I can workout during my lunch break.

3. What does your workout consist of?

I like going to the classes. I like T2, Abs n Back but my favorite class is The Mixx. On days that I am not in class I do cardio on either the bike, elliptical or the treadmill.

4. What are some of your favorite hobbies?

I love spending time with my family. I have two very fun and active little kids ages 5 and 15 months along with a wonderful husband. In the summer we spend a lot of time playing outside. I also love to bake and make dinner for my family every night. Shopping online is also a favorite activity which is how I buy groceries.

5. What are your nutritional habits?

I love fresh fruit and always try to have some in the house at all times. I also love chocolate especially dark chocolate and allow myself a little everyday to keep me happy.

6. Do you have any workout tips?

Do what you can but keep challenging yourself. If you feel it is too easy then it is time to move to the next level.

7. Any noticeable differences since becoming a FSFC member?

I have lost weight and feel happier about myself. I just need to remember that it takes time to make major changes and to continue to work at it.

8. What is one interesting thing about you that others may not know?

I went to Iowa State University in Ames, Iowa and am still an avid Cyclone fan even though our football team is less than awesome.



Wendy Carlson

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Yoga: How Can it Benefit You?

September is National Yoga Awareness Month, a good time to learn about yoga and to begin or continue your yoga practice. National Yoga Awareness Month is the perfect time to also learn about what type of yoga best fits you based on your age and lifestyle.

Yoga is growing in popularity across the united states with specialized yoga centers appearing in large cities and even small towns. These centers can offer classes ranging from one to many types of yoga. Therefore, it can be very helpful to know which type will best benefit yourself in order to give you the results you are looking for.

What is Yoga?

Yoga is a system of physical and mental Practices that originated in India over 5 thousand years ago and it has been adopted in the west over the past 30 years. Yoga includes postures or exercises that involve deep breathing, body movement, relaxation, and meditation. Yoga has been thought to connect the mind, body, and spirit by increasing awareness of the three.

Why Yoga?

In many studies, yoga has been shown to increase flexibility, reduce stress, reduce inflammation and pain associated with arthritis and other chronic conditions, and decrease hypertension. With proper instruction and posture, everyone can benefit from yoga in one or many ways.

Who Practices Yoga?

Based on a recent survey by yoga journal, over 15 million people of all ages, from all areas of the United States are practicing yoga.

Another 15-25 million have expressed an

interest in trying yoga for the first time.

Is Yoga like a Religion?

No, it is not a religion but a lifestyle or philosophy on life. Yoga can be done by anyone of any faith and does not contain a set of religious practices. However, by lowering one's stress levels and facilitating physical, mental, and emotional balance, it has been known to deepen one's faith.

What are the Types of Yoga?

These are the most common types of yoga in the US:

- Ananda**– A gentle practice that focuses on breathing, meditation, and affirmations while flowing through yoga postures.
- Anasura**– This celebrates the heart, positive and balanced energy, and the freedom to change and adapt the practice as one may need to.
- Ashtanga**– This is often called "Power Yoga" which is an intense and challenging workout. The goals are to increase stamina, strength, and flexibility. Intense sweating is also common during this practice.
- Bikram**– This is referred to as "Hot Yoga" in which a set of 26 postures are performed in a high temperature studio or room.
- Hatha**– The most popular style of yoga which focuses on physical and mental well being. This style has over 200 postures.
- Integral**– This enhances relaxation through meditation and controlled breathing.
- Iyengar**– A form of Hatha yoga that focuses on alignment and symmetry to obtain mental balance as well as physical balance.
- Kripalu**– This focuses on meditation through three strages and eventually

participants can move through the postures spontaneously.

- Kundalini**– A mix of breathing, chanting, and poses to awaken natural energy and promote self healing.

- Sivananda**– This style is a mix of 12 sun salutations, breathing, meditation, positive thinking, and a vegetarian diet.

- Tantra**– This emphasizes natural energy, focusing on chanting, postures, and thoughts to give those practicing it a sense of pleasure, joy, and completeness in their existence.

- Viniyoga**– A gentle yoga focusing on the connection between the breath and the postures.

As you can see there are many types of yoga and they also can last anywhere from 15 minutes to two hours. Now is the time to talk to an instructor or even take a class to find which type or types of yoga will fit you best.

Source: www.yogamonth.org



<http://www.wellness-springs.com/images/yoga2.jpg>

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Fruit and Veggies

Matter More

September is Fruit and Veggies More Matters Month meaning it is time to take charge of your diet and to make sure you're getting the right amounts of fruits and vegetables. The "right amount" of fruits and vegetables isn't an exact number in fact, your recommended daily intake depends on your age, sex, and physical activity level. For example, a 22 year old female that is active for 30-60 minutes a day requires about 2 cups of fruit and 3 cups of vegetables a day. While a male of the same age and activity level should have a half cup more a day of both fruits and vegetables.

Daily Recommendations: Since everyone's body has different daily needs for fruits, vegetables, and all other foods, it is important to find out what you need specifically need. Men and women already have big differences in daily intake since men's bodies typically need a higher caloric intake. A man of the same age, activity level, and weight will need to eat more than a woman in order to give his body the correct amount of nutrients. Men typically need more calories than women, yet they are also less likely to eat the recommended amounts of fruits and vegetables than women on a daily basis.

Health Benefits:

The importance of fruits and vegetables can be evident when comparing people who eat small amounts of fruits and vegetables to those who get the recommended amount or surpass it, those who ate more were less likely to develop chronic diseases such as stroke, some forms of cancer, type II diabetes, and heart disease. It is also important to note that Fruits and vegetables are key factors in weight management since they have a high nutrient level and low fat levels.

Which Fruits and Vegetables Should I eat?

These power foods come in many shapes and colors. Different colored fruits often have different nutrients or nutrient levels such as orange foods which can contain large amounts of vitamin A or dark green leafy vegetables contain iron and vitamins B and K. When deciding what fruits and vegetables to include in your diet, try to pick as many different colored foods as possible.

How Much is Enough?

When putting a meal or snack together think about this: a cup is equivalent to a medium apple, one sweet potato, or a small salad. A half a cup is equivalent to one small or half a large banana, six baby carrots, or 16 grapes.

For more information about fruits and vegetables in your diet please visit: <http://www.fruitsandveggiesmatter.gov/>

Osteoporosis

Strong bones are happy bones.

October 20th is World Osteoporosis day which is an important day to inform the general public as well as policy makers about prevention of life threatening diseases. The international Osteoporosis foundation (IOF) states how

“Osteoporosis is silent, bones are hidden—but the drastic consequence of osteoporosis is visible in the lives of millions of sufferers worldwide.”

Many people become seriously injured from something such as slipping on the ice. The most common type of bone injury due to fragility is spinal or vertebral fractures. These injuries also are largely undiagnosed and untreated. Spinal injuries can be misdiagnosed as back pain from arthritis or muscles strain.

What is Osteoporosis?

Osteoporosis is a disease in which the density and quality of a bone is greatly reduced, greatly increasing the risk of fracture. This disease affects 1 in 3 women and 1 in 5 men around the world. Also, there are often no symptoms until a fracture occurs. This disease progresses slowly and tends to occur due to Vitamin D and Calcium deficiencies.

What are other countries doing to support World Osteoporosis day?

- Austria is celebrating their one year anniversary for the launching of Action for Healthy Bones. This program invites nursing homes throughout the country to participate in measuring the height of their residents every 6 months. If the residents have lost height, they will be advised to get tested for vertebral fractures and osteoporosis.
- Germany will host their 10th Patient Congress on Osteoporosis. This will provide practical and comprehensive information on osteoporosis.
- Jordan will host a special public open information day in mid October that will be widely publicized.

Just because you feel fine, does not mean you are fine.

What can you do to support World Osteoporosis day?

- Encourage friends and family to get tested for osteoporosis at any age. Younger people may have deficiencies that make them more prone to osteoporosis.
- Remember to eat foods rich in calcium and vitamin D.
- Keep track of your height as your age, if you are losing height you may have or be at risk for osteoporosis due to weakening of your bones.

Source: <http://www.iofbonehealth.org>

one

Get tested: Contact a physician for information to get a prostate cancer screening.

two

Great Prostate Challenge: Zero partners with Dash for Dad sponsoring races across the country including the Twin Cities MN, New York City NY, and Baltimore MD.

three

Join a support group: A support group can be for someone with prostate cancer or someone that has a friend or relative with prostate cancer.

four

Volunteer: Give your time to help run advocacy programs, awareness campaigns, active events or a drive against cancer.

Celiac Disease



Have you ever noticed how many food items say “Gluten Free” on them at grocery stores and wondered what it is there for?

To answer this question, there are many people that cannot eat Gluten and need to know when it is in something they may consider eating so they can avoid it, much like people with peanut allergies. These people may have something called Celiac Disease and since it is National Celiac Disease Awareness Day on September 13 you should know a little about it.

What is celiac Disease?

Celiac Disease is an inherited disease in which an autoimmune response is set off when gluten is ingested into the body. This disease can be present at birth or it can begin with a trigger often relating to one's diet. This response then will damage the small intestine, hindering its ability to absorb nutrients and lead to malnutrition.

What is Gluten?

Gluten is a protein found in foods such as wheat, barley, rye, and to a lesser degree in oats. The term Gluten is generic to a degree as it stands for storage proteins in these foods that have different names but that contain large amounts of glutamine and proline.

What are the symptoms?

The symptoms are so diverse among those with celiac disease and there is no “typical celiac,” however there are common symptoms such as:

- Abdominal cramping or bloating
- Edema
- Fatigue or energy loss
- Digestive problems
- Dehydration
- Weight loss
- Mouth sores
- Muscle cramps
- Night blindness
- Overtly dry skin

It is important to note that this is a small list of symptoms seen in patients with the disease, also the symptoms may vary depending on the severity of damage done to the small intestine. Also, some people with celiac disease show no symptoms at all for the disease. This disease can have serious long term effects on a person which is why it is important to diagnose it early on. The best way to know whether or not you have the disease is to get tested by a physician.

Source: <http://www.csaceliacs.org/CD.php>

five

Write Congress: Tell them that you want more funding to go towards prostate cancer research.

six

Get Educated: Ask your physician or visit zerocancer.org for symptoms and risk factors of prostate cancer.

seven

Join a Program : Sign up for zero's call to action to become more active in changing policy on prostate cancer research.

eight

Donate to your favorite program: Ask your company if they will sponsor zero to fund prostate cancer advocacy and research.

Prostate Cancer: Get Involved Today!

Prostate cancer is a common but slow growing cancer when compared to other types of cancer. This type of cancer, like most cancers, can spread from its origin which is the prostate, to other parts of the body and become more serious. Prostate cancer represents 33 percent of new cases of cancer in men which is higher than any other cancer.

One project, Zero cancer, was created to fight cancer and end cancer. This project also supports men and strives to end the suffering and pain that men with prostate cancer may go through. With September being National Prostate Cancer Awareness month, there is no better time than now to find a way to get involved such as these 8 ways:



The Project to End Prostate Cancer

For more information on this topic or this project please visit :

www.zerocancer.org