

Who's Who at the Fifth Street Fitness Center

Chrissy McNamara



URS Corporation

1. How long have you been a member?
Since July 2008
2. What do you like best about the FSFC?
The nice, clean locker rooms and the convenience of the short, awesome classes.
3. What does your workout consist of?
Running and swimming twice a week, spinning and kickboxing once a week and a weight class 2-3 times a week.
4. What are some of your favorite hobbies?
Running, Boating, & Traveling.
5. What are your nutritional habits?
No secrets - portion control and a healthy balance of all food groups, and yes that includes chocolate.
6. Do you have any workout tips?
Change it up and find a friend -- knowing someone else will be joining me in class makes me 98.9% more likely to go.
7. Any noticeable differences since becoming a FSFC member?
I have a better attitude at work after 1pm. Oh and can you say bootlicious?

8. What is one interesting thing about you that others may not know?
I couldn't run more than a block prior to age 22, now I can't live without it.

Drop It Like It's Hot 2010!

Looking to get fit and lose weight?

Sign up for "Drop It Like It's Hot:
An 8 week team weight loss challenge!

Form teams of 3-5 members and work together to drop it like it's hot!
Weigh in each week to track your progress as a team.
Participate in weekly exercise challenges to earn points for your team.

Receive motivational emails with weight loss tips.

****New This Year****

- The top three teams to earn the most points will win cash prizes!
- Entry into the program is \$8 per person (\$1 per week) and will go toward the grand prize.

See Any or Christine to sign up by January 8th, 2010!



Refer a friend or co-worker and receive 10% off your membership dues in February if they become a member!

No enrollment fee for new members in January!

(no limit on referral discount)

Offer Valid: January 1st—January 31st, 2010

Give Yourself the Advantage of Health



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DISCOVER

WELLNESSES

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Thyroid Imbalances Related to Weight Gain?

JANUARY IS THYROID AWARENESS MONTH, GET INFORMED!

There are more than 20 million Americans with thyroid disease. A large number of those 20 million are not even aware they have some sort of thyroid disease.

What is it?

The thyroid gland is a small, butterfly shaped gland that is found directly below the Adam's apple. The gland makes a thyroid hormone that affects the function of many of the body's organs. The thyroid plays a large part in the metabolism of essentially every organ, tissue and cell in the body, and it requires high control and constant monitoring if it is not working properly.

How does it affect the body?

If a person has a thyroid disease and it is not monitored and controlled, they could suffer from very serious health problems, such as elevated cholesterol, weight gain, heart disease, osteoporosis, infertility, and depression.

How is thyroid disease diagnosed?

The American Thyroid Association has developed guidelines for physicians to follow to help diagnose, test, and treat thyroid conditions. If you are exhibiting symptoms such as fatigue, mood swings, forgetfulness, weight gain, depression, and dry, coarse skin and hair or if you are over the age of 35, ask your doctor to conduct a Thyroid Stimulating Hormone blood test to check thyroid function.

What is hypothyroidism and hyperthyroidism, and what are differences?

Hypothyroidism affects nearly eighty percent of all thyroid patients. Hypothyroidism, meaning underactive thyroid, can develop slowly causing patients to not realize they were ill until they started treatment and began to feel better and more energetic.

A patient suffering from hypothyroidism may experience a variety of symptoms such as, drowsiness, fatigue, forgetfulness, dry and brittle hair and nails, itchy and dry skin, puffy face, constipation, sore muscles, weight gain and fluid retention, increased frequency of miscarriages, and increased sensitivity to many medications.

Hyperthyroidism is less common affecting almost one percent of all Americans, but it affects women five to ten times more often than men. Hyperthyroidism occurs when the body is receiving an excessive amount of the thyroid hormone.

A patient suffering from hyperthyroidism may experience a variety of symptoms such as, fast heart rate (often more than 100 beats per minute), feeling anxious, irritable, and argumentative, trembling hands, weight loss, intolerance of warm temperatures, loss of scalp hair, tendency of finger-

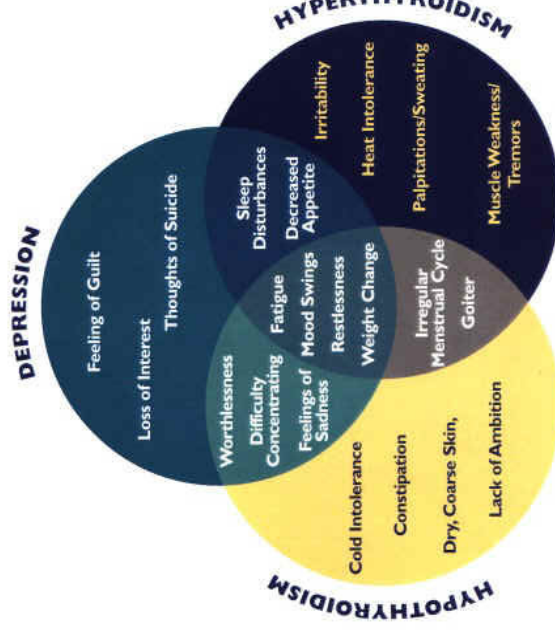
nails to separate from the nail bed, muscle weakness, loose and frequent bowel movements, increased likelihood of miscarriages, protrusion of the eyes, irregular heart rhythm, and accelerated loss of calcium from bones.

How is a thyroid disease treated?

Most thyroid patients can be treated with a single dose of levothyroxine, which is a thyroid hormone replacement. However, once diagnosed with a thyroid disease, a Thyroid Stimulating Hormone test should be administered regularly for observation of treatment and medication dosage.

Promoting awareness of thyroid health is important to thyroid specialists everyday, but especially in January. If you think you may be affected by a thyroid disease, make sure to consult your doctor at your next routine check-up!

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



What is Glaucoma and Are You At Risk?

Experts believe that nearly 4 million Americans have glaucoma but only half realize it. Glaucoma is a group of eye diseases that slowly decreases a person's vision without warning. The cause: damage to the optic nerve. The optic nerve is responsible for carrying images from the eye to the brain, when this is damaged, vision loss will be a result.

There is currently no cure for glaucoma and vision loss cannot be regained once the damage has begun. However, depending on the type of glaucoma, treatment with medication or surgery can stop or slow further vision loss.

Everyone is at risk for glaucoma. Older adults are at a higher risk, however, babies, young children, and young adults can also get glaucoma at anytime.

There are certain populations that are at a higher risk of developing glaucoma than others. The people that are at a higher risk should get complete eye exams, including eye dilation, every one to two years. The groups that are at a higher risk are the following:

- ◆ African-American
- ◆ People over the age of 60
- ◆ People with a family history of glaucoma
- ◆ Hispanics in Older Age Groups
- ◆ Asians
- ◆ Steroid Users
- ◆ People that have had an injury to the eye

A diagnosis of glaucoma should not stop you from enjoying life, but when you get the facts, make sure to take them seriously and proceed with proper action to slow the process.

Source: www.glaucoma.org

February 5th National Wear Red Day

On Friday, February 5th, 2010, men and women across the nation will show their support for women's heart disease awareness. National Wear Red Day promotes the 'Red Dress' symbol and allows everyone to come together for this life-saving awareness movement. On this day, everyone is encouraged to show their participation by wearing a favorite red dress, shirt, tie, or Red Dress Pin.

The Heart Truth created The Red Dress national symbol in 2002 to give American women an urgent wakeup call about the growing number of heart disease cases.

Heart Disease is the #1 killer of women. It is often overlooked because women believe that it can be "cured" with surgery or medication. This is not true. When dealing with heart disease, it becomes a lifelong condition, once you get it, you will always have it. In many cases, women die of complications from heart disease, or they may become permanently disabled.

Every woman needs to pay attention and understand the seriousness of heart disease. Participating on Friday, February 5th, will help support the campaign to give women a life-saving message about their risk of heart disease and how to lower it. For more information please check out www.nhlbi.nih.gov/health/hearttruth

Source: www.nhlbi.nih.gov



The Heart Truth— Lower Heart Disease Risk What Are The Risk Factors?

Heart disease is the No. 1 worldwide killer of men and women. Heart disease is a broad term used to describe diseases that affect your heart and blood vessels. There are a number of diseases that fall under the category of heart disease, such as coronary artery disease, heart rhythm problems, and heart defects.

- ◆ Having a family history or early heart disease
- ◆ Age (55 or older for women, 65 or older for men)

While certain risk factors cannot be changed, such as age and family history, it is important to recognize that many of the others can be controlled. Lowering your risk of heart disease can be as simple as adding a brisk 15-20 minute walk into your break every day, monitoring food intake of higher fat and cholesterol during meal times and snacks, or finding a support system to help maintain a healthy weight.

Heart disease, also known as cardiovascular disease, generally refers to a condition that involves a narrowing or blocking of blood vessels. This prevents oxygen and nutrients to get to the heart, which leads to a heart attack, chest pain or stroke.

Some may be at a higher risk of developing heart disease based on the following factors:

- ◆ High blood pressure
- ◆ High blood cholesterol
- ◆ Diabetes
- ◆ Smoking
- ◆ Being Overweight
- ◆ Being physically inactive

Making the changes to your life style do not need to be made all at once. Gradually adding, one at a time will make the adjustment less painful and easier to follow through.

Source: www.nhlbi.nih.gov

6 Common Problems and Solutions for Being Physically Active

Before starting an exercise program make sure to consult a physician. Your physician will help you find a well suited program to meet your needs and physical condition.

Once your physician has given you the okay to be active, use these helpful tips to get yourself back on track toward your personal goals.

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



one

Problem: Not in the habit of being physically Active.

Solution: Keep your workout clothes in your car or at your desk where you can see them to help remind you to workout.

two

Problem: Lack of time.

Solution: Break up the workout into three different shorter workouts instead of one long session.

three

Problem: Not feeling well.

Solution: As soon as you are feeling better, make a plan for the week. Start with a lighter activity so you do not get too tired.

four

Problem: Bored with exercise.

Solution: Break up the workout into different modes of exercise, such as 15 minutes on the treadmill and 15 minutes on the elliptical.

five

Problem: Pain or injury.

Solution: Switch to a different type of activity that does not affect or bother the injured area

six

Problem: On the road again....

Solution: Bring your workout clothes and shoes when you travel. Many times the hotel will have a health club inside.