

Wellbeing

Get Healthy. Stay Healthy. For Life.

Fall 2010

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Welcome to Wellbeing



We hope you will enjoy this Fall 2010 issue of "Wellbeing," a quarterly newsletter focusing on the exciting and effective services provided by the Queen of the Valley Wellness Center/Synergy, a Medical Fitness Center. This unique program recognizes and helps participants take full advantage of the direct link between lifestyle and health, regardless of their age or current state of wellness.

Whether you are ready for a rigorous workout to improve strength, flexibility and aerobic fitness, looking for expert help losing weight, or recovering from serious illness or injury...the Wellness Center works with you (and when appropriate, your physician) to create and support a fitness program that meets your very personal needs.

Please read on for personal stories featuring uniquely effective and coordinated health and fitness programs including:

- Weight loss and fitness breakthrough with "Body Bugg"
- Comprehensive "Scuba Therapy" in our heated pool
- Fun and effective conditioning programs for sports-minded kids
- Getting stroke victims back on their feet and back to work

We hope you enjoy this issue of "Wellbeing" and that you will share it with your friends and family. And be sure to visit www.wellnesscenternapa.com for additional information on the many programs and services provided by the Queen of the Valley Wellness Center/Synergy, a Medical Fitness Center.

Thanks for spending a few minutes with "Wellbeing." And have a wonderful day.

Sincerely,

Cathy

Cathy Martinod
General Manager
Synergy, a Medical Fitness Center
Queen of the Valley Medical Center



Staying Healthy Sometimes Means Staying Home

When temperatures begin to dip in the fall and winter, it isn't unusual to see people who come to the gym with the sniffles and the dreaded runny nose. Often, dedicated fitness buffs wonder whether they should continue to go to the gym while they are under the weather or take at least a few days off.

Colds and the much more serious and contagious flu are both caused by viruses. And they often share common symptoms, such as a runny nose. But cold symptoms tend to be mild and often clear up quickly, while the flu can be very contagious and is often a gateway to other, more serious health related risks such as pneumonia, if not treated properly.

Taking time off while you're sick is difficult, particularly if you are trying to meet an important, personal goal. But pushing yourself too hard and not allowing proper recovery time not only prolongs your illness and often worsens your symptoms...it also may put the folks

around you at risk.

To be on the safe side and protect your gym mates, it is always best to wait until you are feeling better to get back to the gym, particularly if you are experiencing...

- Fever or chills
- Cough
- Lethargy or aches and pains
- Swollen glands

Remember, living a healthy lifestyle is a life-long journey. Missing a few days or even weeks will not undo all your hard work. You will be back into your normal workout routine sooner rather than later, if you allow enough time for your body to heal.



For a referral to an excellent physician in your area please call **1-877-QUEEN LINE** (1-877-783-3654).



Three Levels of Synergy Youth Sports Performance Training

“Pre-Season Training” is an intensive, six-week, highly personalized training program, customized for the specific needs and goals of each participating youngster.

“In-Season Training” is designed to supplement sports-specific training to maintain fitness levels throughout the competitive season.

“Off-Season Training” keeps kids in shape between sports seasons and helps ensure long-term health.

Helping Healthy Kids Keep Their Eyes on the Ball

Most 12-year olds like playing baseball. Some of them, like Spencer Gavin, like playing baseball, basketball and other sports...very, very well. That's where the Wellness Center's Performance program comes in.

“Our goal is to help kids enjoy sports, as well as get better at them,” says Scott Blunt, Youth Fitness Program Supervisor. “Here at Synergy we offer three different types of programs to help that happen.”

According to young Spencer, Synergy has definitely reached those goals. “They make it fun, even though it's hard. And I really like doing things better. I can jump higher and I'm stronger. I will be playing baseball and basketball for the Napa traveling teams for the rest of the year.”

Spencer's father Tim Gavin sees improvement, too. “Spencer's been through two, twelve-week programs, so far. It's clearly helped a lot on the baseball field and basketball court, but he has learned more than baseball and basketball skills. He eats less sugar and asks for whole wheat bread on his sandwiches because it's 'healthier'. He even does sit ups while he's watching TV, now.”

According to Tim, Spencer can barely wait to get to the Queen's Wellness Center to participate in the sports training. “He's standing at the door telling us to hurry up,” his father says. “It's great to see how much he enjoys it, along with how much good it's doing for him. He really feels a part of what's going on.”

The student/instructor ratio in Sports Performance session is approximately 7-to-1. “That is low enough to let our instructors have a real, personal impact on the kids,” Blunt says. “They can build real relationships and kids get attention right away, as soon as they need it.”

Spencer plans to participate in the Synergy program year round. “I like the teachers and all the stuff they teach you - being strong and keeping in shape and having good balance,” he says.

According to Tim, the benefits of the sports performance program don't stop at the edge of the basketball court or the baseball field. “It also teaches kids the importance of being a good listener, trying your best and enjoying what you are doing. That helps in anything they may try to do later in life. As a family we are very impressed with the entire program.”



For more information on the medical fitness programs at Queen of the Valley Medical Fitness Center please call 707-251-1395.



Fitness Classes

Queen of the Valley Wellness Center/Synergy, a Medical Fitness Center offers a wide variety of aerobic, strength and flexibility improvement programs. Individual and group classes are available at various times throughout each week and on select days from 5:15 a.m. until 7:00 p.m. Classes currently being offered include:

- Body Sculpting & Core Conditioning (Muscle Tone/Core Conditioning)
- Cardiovascular Boot Camp (Aerobic/Muscle Conditioning)
- Dance Aerobics (Aerobic)
- Dance-A-Week (Aerobic/Strength/Stretch)
- Feldenkrais - Movement (Awareness through Movement)
- Fitness for 2 Pre/post Natal Exercise (Stretch/Strength)
- Gentle Warm Water Exercise:(Therapeutic)
- Hydro-Fitness:(Aerobic/Strength/Flexibility)
- Mat Pilates (Core Conditioning)
- Spin-ergy (Aerobic)
- Intro Spin (Aerobic)
- Step Aerobics (Aerobic)
- Tai Chi Beginning/Intermediate (Balance/Flexibility)
- Tam Tui (tom toy) (Balance/Strength/Flexibility)
- Turbo-Kick (Aerobic/Toning)
- 20-20-20 (Core/Aerobic/Muscle Conditioning)
- Power Pump (Strength/Conditioning)
- Power Yoga (Strength/Relaxation)
- Yoga Fusion (Balance/Muscle Strength/Flexibility)
- Yoga Sculpt (Strength/Flexibility)
- Restorative Yoga (Strength/Flexibility)

Indoor Pool Programs

- Sunrise Splash (6:30 a.m.)
- Open Warm Water Pool
- Hydro-Fit (Gentle & Deep water)
- Gentle Water Exercise
- Swim Lessons
- W.A.T.E.R.
- Arthritis Class
- Family Swim
- Fit Kids
- Lap pool
- Teen Swim
- Yo-Qua

Synergy August Schedule

Pool Schedule

Please visit www.wellnesscenternapa.com or call 707-251-1395 for the specific times, descriptions and instructors of all fitness classes currently being offered by Queen of the Valley Wellness Center/Synergy, a Medical Fitness Center.

Weight Loss is Easier When You're "Bugged"

Carmen Mitchell was like most of us. She needed to watch her weight from time to time. She had done a good job of it for most of her life but in the autumn of 2009, Mitchell decided that this time she needed some "professional" help.

"I'd recently retired from my job and shortly after that my mother passed away," she explains. "I was dealing with a lot of change and new stress, partly by eating, and eventually reached my all-time high weight."

Mitchell began dieting and walking and lost some of the weight. But eventually the process stalled. "That's when my physician suggested I contact the Integrative Weight Management program at the Queen of the Valley Wellness Center," Mitchell recalls. "And boy, am I glad I took their advice."

Mitchell began working one-on-one with dietitian Tawnya Shine-Dorn, RD, CDE, in December. "At Synergy, a Medical Fitness Center we focus on eating 'well' rather than just eating less," Shine-Dorn explains. "We educate and motivate our clients, but without making them feel guilty."

"Within two weeks of a combined diet and exercise at the Wellness Center," Mitchell recalls. "I was seeing noticeable results. I was losing weight but I was losing inches even faster thanks to a fitness plan designed personally for me."

Mitchell's multi-tiered program focused on exercising at home and walking every day. It also included the "bodybugg" a unique, personal nutrition management tool available through Synergy.

"I wear my 'bugg' 24 hours-a-day. It continuously tracks the calories I am burning and what I'm consuming," Mitchell says. "My priority was to burn 2300 calories a day, rather than go 'on a diet'. That positive focus helped me stick with



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it," she says. "And the software lets me check my progress and plan my eating and exercise on-line any time of day or night."

From her high point in December, Mitchell had already lost 33 pounds by April. "For a 58 year-old who's never been an athlete, that's pretty good," she says. "I've got a few pounds to go but with the help of the Wellness Center/Synergy, a Medical Fitness Center and the bodybugg I'm confident I'll be there very soon."





Underwater On Top of the World

To some people, the underwater world of scuba divers looks dangerous. But for Jim Burnett, a familiar road suddenly became a much more dangerous place. “One night seven years ago, I swerved on my motorcycle to miss a deer and went down,” Burnett recalls. “After a long battle in the hospital, I found out both my legs were paralyzed.”

Fortunately, Jim hasn't let that accident stop him from doing lots of things he's always loved...including scuba diving.” Jim had earned his “PADI” scuba certification years earlier and had regularly enjoyed diving along the northern California coast. After the accident he was anxious to quickly re-qualify and continue with his favorite sport.

“I swim well enough, but like many paraplegics I have a hard time regulating my body temperature, particularly in cold, northern waters,” Burnett explains. “Fortunately, the Synergy program at the Queen of the Valley Wellness Center offers scuba diving classes in their heated, indoor pool. With their help, I was able to regain my confidence and have enjoyed wonderful diving trips to warm water locations including Mexico, Florida and Hawaii in the past few years.”

Jackie Danielsson, a diving instructor at the Queen of the Valley Wellness Center/Synergy, a Medical Fitness Center, explains why diving can be so beneficial. “We particularly enjoy working with students like Jim Burnett, she says. “People with

handicaps tend to be sedentary on land. But water sets them free again. Once they become comfortable underwater, they often open up to other experiences, like going back to work or school.”

Danielsson is an HSA-certified handicapped scuba instructor, trained through the “Dive-heart” program. She was formerly the general manager of a local dive shop owned by co-instructor Roger Haseltine. “Roger and I had more or less retired. But we weren't ready to sit still. It's really wonderful to see people go tentatively into the water ...and then come out excited and happy. Everyone enjoys it. But for many handicapped scuba students, it's the first time in a long time they've just simply had 'fun'.”

Partly as a result of his return to diving, Burnett feels his upper body is now fully recovered. “I might be in some of the best, overall shape of my life,” he says. “I've been able to keep diving with my wife and two daughters and that definitely keeps me motivated. Most dive trip organizers can accommodate paraplegic divers. There's a wonderful world of support out there. And as long as I avoid heavy surf and have a little help getting back in the boat, I do just fine.”

Jim is now back to work, operating an architectural design business from his home. He drives his kids to school and activities every day, regularly enjoys “arm biking” and has discovered “mono-skiing” in the winter...in addition to his underwater adventures.

“No matter how bad things may look at some point, don't give up,” Burnett advises. “With the support of your family and a great program like Synergy, you can still do almost anything that's really important to you. And doing things you love motivates you to stay involved in other aspects of life. Just pick something you love, stay at it, and the rest of your life will start to come around, too.”

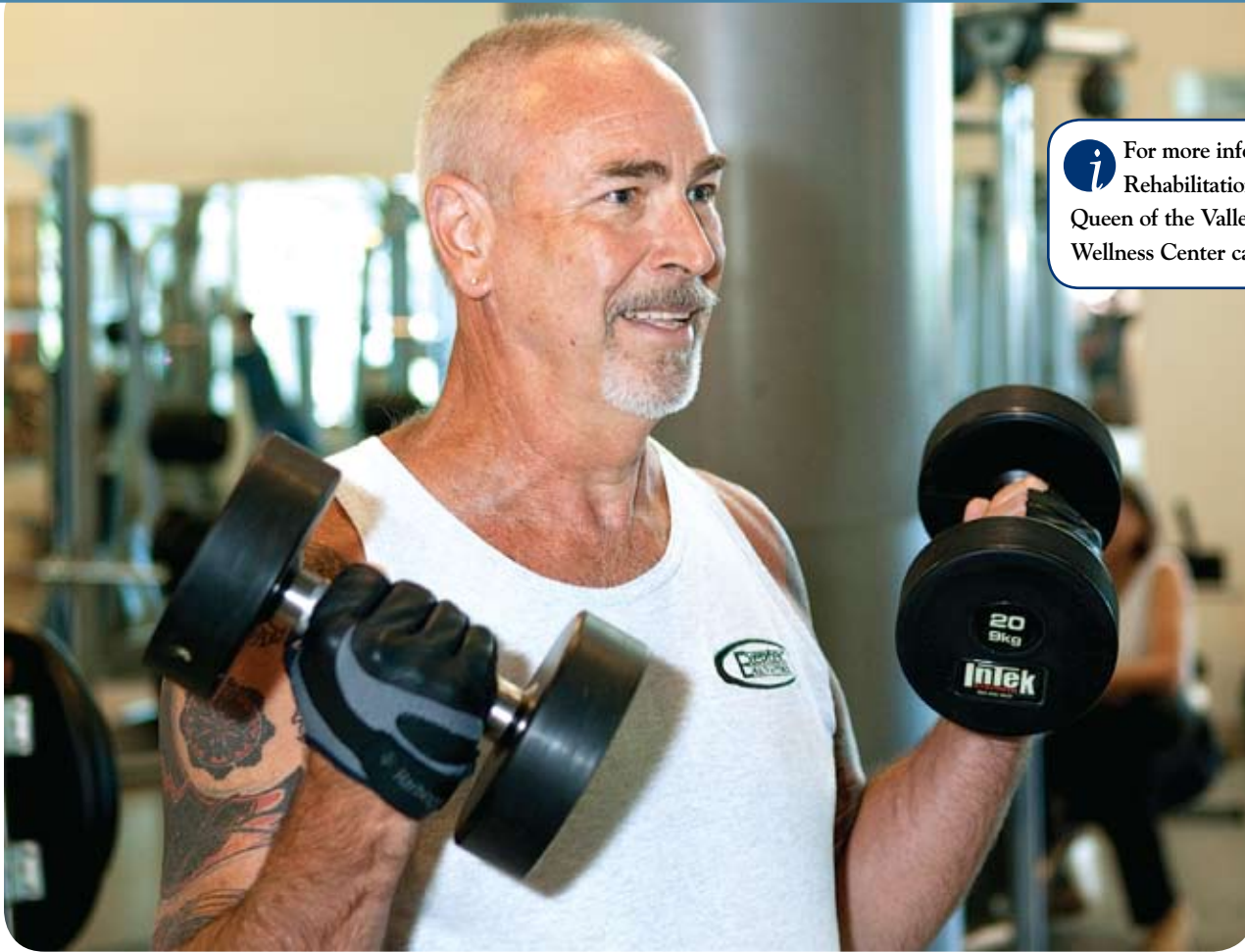
Discover Scuba


The Queen of the Valley Wellness Center/Synergy, a Medical Fitness Center offers free, introductory “Adaptive Scuba Network” classes each month for disabled students.

E-mail jackie@adaptivescuba.org or phone 707-307-2245 for more information or to register for upcoming “Adaptive Scuba Network” classes.



For more information on
Rehabilitation Services at the Queen
of the Valley Medical Center Wellness
Center call 530-257-4089.



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The Successful Road to Recovery and back to Physical Fitness

When Richard Marsh got out of bed that May morning he felt a little dizzy. But the 61 year-old, retired policeman wasn't worried. "It was kind of unusual, but I figured it would pass, like most of my aches and twinges," Marsh recalls.

After serving as a police officer in Cape Cod and Nebraska, Marsh had recently retired from

the Napa police department. "I was teaching Forensic Science part-time at Napa High School – real 'CSI' stuff," he says. "I worked out and stayed in shape. I had even been a personal trainer. So I wasn't expecting any major problems."

Richard reassured his wife Lillian, a nurse/mid-wife, that he would be fine and saw her off to work. But over the next few minutes Marsh rapidly became weaker and increasingly unsteady on his feet - and he called Lillian, immediately. As soon as she heard his voice, Lillian called 911. But by the time they arrived at the Queen's emergency department, her husband could no longer move or speak.

"I'd had a brain stem stroke, caused by a congenital defect that allowed a blood clot to form," Richard explains. "I spent the next two weeks in the intensive care unit. My family even came to say goodbye. I think that's when I decided I was absolutely going to live...and started to get better."

After time spent at a facility in another community, Marsh returned to the Queen for three weeks of acute rehabilitation. Late in September, Marsh left Queen of the Valley, walking with the help of a walker, and began outpatient rehabilitation at the Queen's

Wellness Center. "In addition to walking, talking and swallowing were a big problem for Mr. Marsh," explains Melanie Romaine-Jongewaard, Wellness Center Speech-Language Pathologist. "People don't realize how complicated and difficult the those actions are until they have to relearn them as adults."

By early April, Marsh was once again swallowing and speaking. He was also able to walk and drive and began working out at the Queen's Synergy, a Medical Fitness Center every day. "When I first got home, I couldn't take a milk carton out of the refrigerator," Marsh recalls. "Now I'm back to 95% strength. The Synergy, a Medical Fitness Center staff is knowledgeable and willing to help anyone who needs it. Workouts there are comfortable and effective. They never seem like a chore when I'm there."

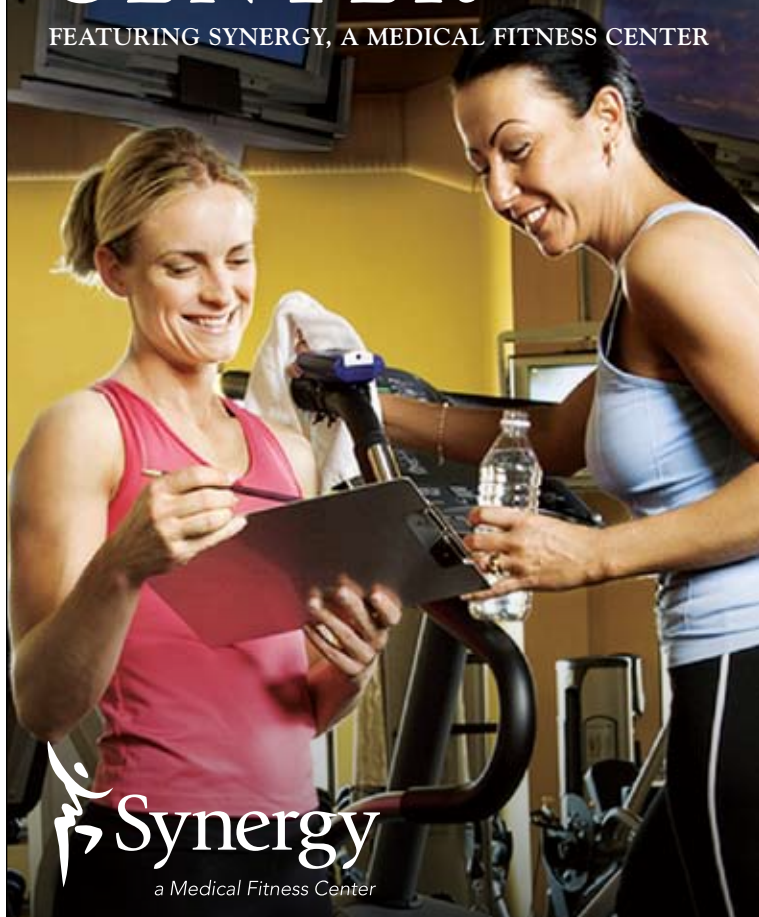
The "happy ending" to the story is that Marsh will begin teaching again in the fall.

"People say I'm a miracle case. I don't know about that," Marsh says. "But I do know that the Queen of the Valley Wellness Center was an excellent resource both in the early stages of recovery...and in eventually getting me back to the work and the life I love."

The North Bay's Most Advanced & Comprehensive Wellness & Fitness Facility

THE QUEEN'S WELLNESS CENTER

FEATURING SYNERGY, A MEDICAL FITNESS CENTER



 Synergy
a Medical Fitness Center

At the Queen's Wellness Center, you will find expert help with everything from arthritis management, to cardiac rehabilitation, to physical, occupational and speech therapy and diabetes wellness. Even, esthetician and acupuncture services are now available.


The centerpiece of this 59,000-square-foot facility is Synergy, a complete integrative medical fitness center offering aerobics, strength training, aqua programs, and stress and dietary management services - along with fitness and wellness classes for the whole family.

With state-of-the-art technology at their fingertips and a broad range of medical and fitness expertise, our staff is dedicated to helping you achieve your personal goals and maintain sustainable lifestyle changes.

The Queen's Wellness Center - where you get much more than just a workout.



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Wellness Center
Queen of the Valley
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www.thequeen.org

To learn more, call us at 707.251.1395 or
visit www.wellnesscenternapa.com.

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