

HEALTH & FITNESS FAIR

SAT - FEBRUARY 18TH 10:30 AM - 2:00 PM

- ★ Grip Strength
- ★ Trunk Flexibility
- ★ Reaction Time
- ★ Body Composition Analysis-% of Body Fat
- ★ Scoliosis Evaluation-for children
- ★ Balance Evaluation
- ★ Resting Metabolic rate

FREE
T-Shirts &
Refreshments!

While supplies last

FREE
EVALUATIONS

SEE HOW YOU COMPARE TO NATIONAL STANDARDS FOR YOUR AGE GROUP
Discount coupons will be available from local Health Facilities & Fitness Trainers!



A PAIN IN THE BACK

Back pain is a yearly occurrence but the incidence does increase in the winter. Shoveling snow is a major reason why. Even people who are normally active can injure themselves while shoveling snow. Shoveling snow should be treated like any other exercise activity. We must prepare our body to perform the tasks. Most of us will warm up prior to exercise, but we won't prior to shoveling snow. Stretching, marching or even a brisk walk or light jog will increase blood flow and flexibility to the muscles and decrease risk of injury.

Good body mechanics and proper lifting technique will also reduce the risk of injury. Lift small amounts of snow and keep the shovel close to the body rather than in front with arms extended. Try to bend the knees with the lumbar spine in a neutral position. Lift up with knees and hips. Carry the snow to pile it or throw it forward. Throwing to the side or turning can put extra pressure on the discs. Try not to bend at the waist. With a few precautions, we can save ourselves a lot of pain.

Warm winter up with a fitness program

Cold weather and winter gives us a great excuse to stop exercising, but we can also turn it into a great reason to start exercising. Most people know the connection between fitness and physical health. Study's show regular exercise cuts the chances of heart attack, stroke, diabetes and colon cancer. Numerous benefits have been documented regarding exercise and emotional health. Anxiety and depression is reduced. This is important particularly in the winter when seasonal depression is high.

There are a lot of ways to continue or start your poor weather work out. Take this opportunity to cross train your exercise routine by trying other sports and exercises.

- ☉ Sign up for an exercise class. From aerobics to kick-boxing to tai chi.

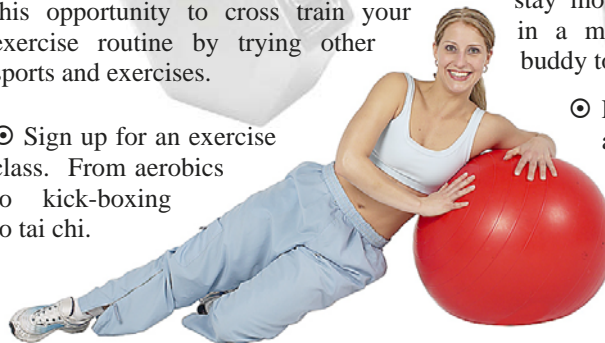
There are classes available for everyone in mind. Classes such as yoga and pilates provide stress relief as well as increased strength, flexibility and balance.

- ☉ Off-season is a great time to build and strengthen muscles. Take advantage of this indoor time to include regular weight training sessions 2-4 times a week.

- ☉ Team up for new activities such as ballroom dancing, squash, racquetball, a basketball game, or join an indoor soccer league.

- ☉ Join a health club. Find one that is convenient and comfortable for you. To stay motivated once you've invested in a membership, find an exercise buddy to work out with at the gym.

- ☉ Finally if you are having pain and unable to start or continue to exercise, call us so we can evaluate your condition and get you started on a therapeutic exercise program.



Silly Trivia

- Pound for pound, hamburgers cost more then new cars -
- Elephants can't jump, every other mammal can -
- It takes 3000 cows to supply the NFL with enough leather for a years supply of footballs -
- The average life span of a major league baseball is 5 pitches -
- When Heinz ketchup leaves the bottle, it travels at a rate of 25 miles per year -

Medina Athletic Club

3 FREE
MONTHS

*with the purchase of any 1yr Membership

Call 330-721-1800

Expires 2/14/2006