



R O S E V I L L E
H E A L T H & W E L L N E S S
C E N T E R



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News

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Better Living

Commitment—

What is the most common excuse for neglecting your health? “I don’t have time.” What is the most common thing people say who become disabled as a result of poor health? “I wish I would have made time.” It is the goal of the Wellness Center to teach you how to find time for yourself. Thirty to sixty minutes, three times per week, seems inconsequential compared to the consequences of neglecting your health. If finances are preventing you from becoming proactive, investing in your health will save you tens of thousands of dollars in medical and prescription costs. Your health is much more important than the mortgage, your automobile and those weekly trips to Starbucks so make yourself a priority and take charge of your health. How can you afford not to?

Enter a new world of better living at the Roseville Health & Wellness Center offering the most comprehensive approach to fitness and wellness available. Although the question is rarely asked, after serving Placer County for seven years, I still chuckle when someone asks if we are different than the fitness centers located throughout town. Every year we add new fitness centers, yet every year the general public becomes increasingly “unhealthy”. The U.S. Center for Disease Control states that lack of exercise is the second leading cause of death. Why is this if every one has easy access to a wide array of fitness centers? Fitness centers have failed because they only offer one thing: access to equipment and activities and not a comprehensive facility addressing all aspects of health. The Roseville Health & Wellness Center offers the only one-stop shop for better living.

Fitness—

We understand that most people approach a fitness facility and program with the same trepidation that they might feel when approaching a wild animal. Fear and confusion can be easily managed with the proper introduction and a facility that is comfortable, caring and professional. It doesn’t matter what age, shape or size you are, if you are interested in improving your health, the Wellness Center is the right place for you.

Professional Services—

Is a medical-related issue preventing you from achieving the lifestyle you want? At the Wellness Center we offer many services and programs that will allow a seamless transition from physician to fitness. In addition to the many medical services we offer within the center, we have recently added a Cancer Well-Fit program, expanded our arthritis programs and welcomed Dr. Henried with the Obesity Treatment Center.

Pamper Yourself—

After a workout in the pool or a session with your trainer, enjoy a relaxing massage in either of the two massage therapy suites located within the Wellness Center. Sports massages, Hot Stone Therapy, Swedish massage, and Cranial Sacral therapy are just a few of the massage services offered. If you would like to look your very best, visit Laser Esthetica located at the Wellness Center. Owner, Dr. Prasad, offers a wide array of spa services, including physician level skin care.

Excellence

-  Voted #1 Health & Fitness Facility 2005 and 2006 by Granite Bay and Roseville Style Magazine
-  Voted #1 Health Club by Health & Fitness Magazine 2001
-  Voted #1 Personal Training Staff 2005 and 2006 by Granite Bay, Roseville, Folsom & El Dorado Hills Magazine
-  Voted #1 Massage Therapist 2005 Roseville and Granite Bay Style Magazine
-  Awarded the Healthy City Coalition Award - Roseville, CA

Being recognized as the leader in health and fitness in the communities that we serve makes us realize we are making a difference in peoples lives. Give us a call at 677-1210 to discuss how we can improve your health! ■



Mother Nature

The famous researcher, Edward O. Wilson, informs us that today we are killing more living species of all types than ever in history. The escalating rate of disease among plants, animals and human beings was forecasted in the pioneering works of great scientists and naturalists throughout history. While these researchers studied plants, animals and man, and how to keep them healthy, they warned of the impending dangers we faced through chemical and industrialized management of plants and animals. We have come a long way down the road they tried desperately to steer humanity away from many years ago.

We must understand the link between a healthy earth and our own personal health. We know 80% of our body is comprised of water, then why do we drink more coffee, soda, alcohol and sugar drinks than water? Americans today drink on average 600 cans of soda per year and teenage boys drink up to 5 cans per day. Those of us who do drink water should pay close attention to what we put in our oceans, lakes, rivers and streams.

You are what you eat!

To eat right we must pay closer attention to what is being done to our food and the land it is grown upon. In the US alone we spray two billion pounds of pesticides per year on crops and the average American eats his/her body weight


(about 150 lbs) in food additives each year. Your body manufactures 2,000,000 red blood cells every second; just look at what you ate and drank in the past 24 hours to see what your new red blood cells are made of. Do you think people would be in such a rush to buy the cheapest food available or the most convenient if they realized whatever they put in their mouth is replacing cells in their body? It's true – you literally are what you eat!

I was fortunate to grow up on a small farm where we grew our own produce and raised a limited number of livestock. In addition, my family were hunters and would gather a variety of wild game throughout the year. Restaurants were out of the question probably due to finances more than strict eating habits. We knew exactly where our food came from and today I miss that. I rarely see the farms that my produce comes from and I have eliminated most meat from my families' diet as a result of the growth hormones, antibiotics and fillers given to animals, not to mention the inhumane treatment they receive.

A Balanced Life...

At the Roseville Health & Wellness Center we want every member to live a healthy, balanced life that consists of more than just exercise. We currently have an arrangement with Forever Healthy Organics where members can order organic produce and have it delivered to the Wellness Center for weekly pick-up. If you are a local Granite Bay resident check out the newly-opened Regionale Market on Douglas Boulevard. The entire store is dedicated to local and organic produce and the staff is very helpful. In 2007 we will expand the "healthy options" choices to the members.

We failed to listen to some of the experts in the fields of agriculture, nutrition and science and our society is the sickest it has ever been. We all should do our part to restore Mother Nature's basic principles. ■



"Rowing harder doesn't help if the boat is headed in the wrong direction."

–Kenichi Ohmae



THE “WEIGHT” IS OVER!

RHWC Welcomes Medical Weight Loss Specialists From The OTC Medical Group

Dr. John Hernried’s OTC Medical Group offers a results-driven, medically-supervised approach to weight loss. They’ve been helping patients reach their target weight – and stay there – for over twenty years.

“We’re really, really happy to be opening our newest office inside the Roseville Health and Wellness Center,” said Dr. Hernried, an internist and bariatric specialist, who also operates clinics in Sacramento and Davis. “It feels like a really good fit.”

When it comes to weight loss – whether the patient has to lose 20 pounds or 200...or more – the simple truth is that *we’re all driven by results*. When we feel like we’re making progress with a program, we’re more likely to stick with it. And once those fitness goals are achieved, it’s a lot easier to find the motivation to stay there.

That’s what OTC Medical Group is all about.

By following a nutritionally complete, beverage-based diet, losing weight is predictable and surprisingly stress-free. You’ll see the results each week and you’ll lose the weight fast. Then, through ongoing skills training, you’ll have the motivation to keep your new, slim shape.

Get the Fresh Start You’re Looking For

There are two crucial factors that help the OTC diet succeed where so many others fail:

- 1:** It is a very low calorie, fat burning diet that is medically supervised.
- 2:** Ongoing behavioral training where you’ll learn the skills to maintain your target weight.

The very low calorie aspect of this diet means your body will burn the extra calories from some other source than food. The problem with most very low calorie (aka “crash”) diets is that they can shock your body. As such, they leave you feeling so hungry that you’re almost destined to fail. The OTC program does not do that.

Because the OTC Medical Group’s beverage formula provides the necessary protein and nutrients, the diet actually puts your body into a ketogenic state. In other words, *the diet ensures that your body will burn those extra calories from your fat stores and not from muscle*. And by offering medically supervised weight loss, the program is safe and effective – unlike most high-protein fad diets. This is a highly specialized diet that is only available through select physicians and hospitals.

In a word: **Results**. Over 85% of OTC clients attain their targeted weight goals in the predicted timeframe (at a rate of two to four pounds per week). No other meal replacement diet can claim that .

The Secret to OTC’s Success...

Patients at OTC Medical Group enjoy an 85% success rate in their nutritionally complete, beverage-based weight-loss program. Meal replacements offer a real-world approach to weight management.

Our fast-paced life surrounded by high calorie foods makes weight maintenance a challenge. Meal replacements offer help in the following ways:

- **Allows for better control over calories due to fixed calorie intake.**
- **Facilitates “behavioral reshaping” by helping to define portion size (and simplifying recordkeeping).**
- **Controls your environment – you have an alternative easy-to-grab product rather than fast food. You can simply make better decisions about what you eat.**
- **Promotes fullness because most products have a substantive amount of protein of a type that is easily digested.**
- **Reduces food intake for many days after. This is new research but it certainly helps explain why clients who continue using meal replacements have the best performance for long-term weight maintenance.**

No fewer than four recent studies have found that patients who used meal replacements lost more weight and maintained more of their weight loss than control groups placed on similar diets (without meal replacements). Hop over to www.keepitoff.com and download our OTC Health Update to read about each study.

A Good Fit?

The weight loss program from OTC Medical Group may supplement your overall wellness approach, especially if...

- You are receiving physical therapy for your knees or back and are also carrying extra weight that is keeping you from healing as quickly as you'd like.
- You have tried many diets before, but have not been able to lose the weight, or regain it after you have done all that hard work.
- You are working out and want to slim down even faster without losing any muscle mass.
- You need to lose weight prior to surgery.
- You are considering bariatric surgery and want to lose the required weight prior to reducing your surgical risk.

- You've taken a break from working out and need to lose a quick twenty pounds for an upcoming event.
- Or, you continually struggle with weight despite working out and eating a good diet.

"We're happy to talk about our program and would love to help however we can," said Henried. "Whether you have a hundred pounds to lose or just a 'quick twenty,' we've got a program that'll work perfectly for you."

Orientation sessions are held every Thursday night at 6:30 inside RHWC. Get more information by calling 916-978-0300, and online at www.keepitoff.com. ■



Back pain? Headaches? Neck pain? Sports Injury? Auto Accident?



WARREN

Dr. Scott Warren

Doctor of Chiropractic
Qualified Medical Evaluator



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- Sciatic Pain
- Wellness Care

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– Roseville Health & Wellness Center – SUCCESS STORIES




Marilyn Feller

The saying that “without your health nothing else matters” took on an entirely new meaning for Marilyn Feller when she was diagnosed with two primary cancers; ovarian and uterine in September 2005. The following year involved surgery followed by 6 months of chemo therapy and 2 months of radiation.

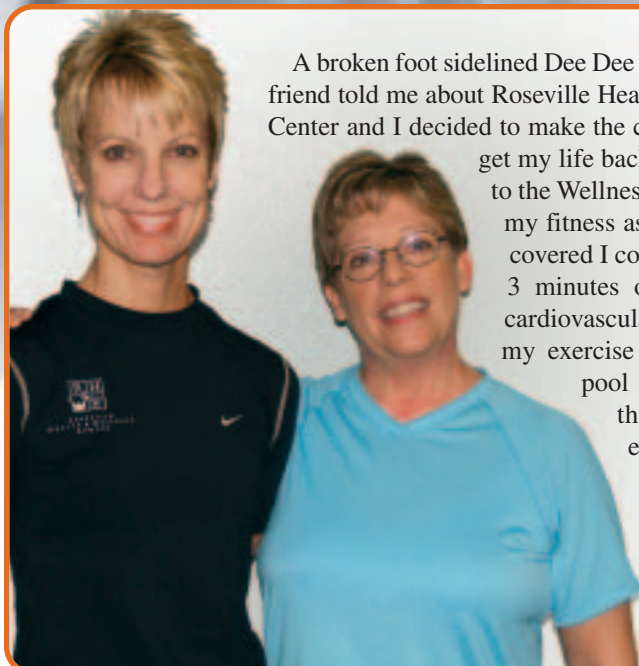
At my final appointment on May 30th, 2006 I asked the doctor “what advice can you give me now?” The answer was simple, yet timeless: exercise, eat right, limit your stress and enjoy your life everyday.

“The Roseville Health & Wellness Center has been a key ingredient for my recovery, not only because of the variety of exercise options available with the classes and personal trainers, but equally as important, the fellowship and caring demonstrated every day by the members and staff.”

The wellness center was part of Marilyn’s life prior to the diagnosis of cancer, but now has taken on a much larger focus and importance as a principal ingredient for daily living. “exercise has been fabulous on all levels: peace of mind, sleep enabler, camaraderie, posture, and it has restored my energy level. I am doing something that will hopefully prevent cancer from recurring, being active, not reactive.” ■



“The Roseville Health & Wellness Center has been a key ingredient for my recovery...”



A broken foot sidelined Dee Dee for 8 months. “A friend told me about Roseville Health and Wellness Center and I decided to make the commitment and get my life back.” My first visit to the Wellness Center was for my fitness assessment; I discovered I could only tolerate 3 minutes of the 6-minute cardiovascular test. I started my exercise program in the pool taking Aqua Fit then sought the expertise of a trainer.”

Dee Dee has come a long way since her initial visit to the Wellness Center. “I work with my trainer Suzanne two times per week and take Aqua and Pilates classes as well.” Dee Dee can now perform 60 minutes of cardiovascular exercise in addition to a well-rounded strength and flexibility program. “The Wellness Center has given me the tools I needed to improve the quality of my life. I am in better shape today than I have been in the past 10 years.” ■



Dee Dee Arruti

“The Wellness Center has given me the tools I needed to improve the quality of my life...”



Dennis Martinez

Dennis Martinez had his share of medical issues upon joining the Wellness Center. His bodyweight was over 240 pounds, he had double bypass surgery and two spine surgeries. He was a diabetic – requiring four insulin shots per day, had high blood pressure and elevated cholesterol.

He was prescribed 13 daily medications to deal with the multitude of health issues.

“Within months I felt like a new person and my doctors were shocked that I eliminated all my medications, required no insulin, lost over 40 pounds and my blood pressure and cholesterol were within normal limits.”

Dennis’ waist measurement went from a 45 to a 35 and he can spend the \$200 per month he used to spend on co-pays for medications on something a little more fun. The best news is that Dennis recently celebrated his 54th birthday and is happy to report that he feels healthier today than he ever recalls feeling. We are proud of Dennis and glad we could play a role in his amazing lifestyle change. ■



“...my doctors were shocked that I eliminated all my medications, required no insulin, lost over 40 pounds and my blood pressure and cholesterol were within normal limits.”

VISIT THE MEDI-SPA AT THE WELLNESS CENTER



Look as young as you feel!

“Self-confidence begins with self-image.”

Call today and schedule your private consultation!
Learn how to achieve more self-confidence and a more youthful appearance.

Roseville Health & Wellness Members: Mention this ad and receive a FREE GIFT at your consultation!

Services include:
 Laser Hair & Tattoo Removal
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There's something for everyone at Roseville Health & Wellness Center!

The Roseville Health & Wellness Center is more than a first class fitness and wellness facility. It's a friendly, member-oriented community with experienced professionals who extend a warm welcome to see that you are fully supported to succeed in your goals. *Come and see why we were voted #1 health club in the Sacramento area by Health and Fitness magazine and by the Roseville/ Granite Bay Style magazine.*

At the Roseville Health & Wellness Center, you'll find the best of everything: facilities, equipment and fitness professionals dedicated to helping you get the most out of your workout. Plus, you'll find convenient personal services that make it easier to fit your sport or exercise routine into your busy life. No other fitness center in the area offers you so much.

- ◆ Cybex Strength Equipment
- ◆ Star Trac Treadmills
- ◆ Star Trac Bikes
- ◆ Elliptical Cross Trainers & Stair Steppers
- ◆ Body Management Programs
- ◆ Women On Weights
- ◆ Warm Water Aquatic Center
- ◆ Strength Training Classes
- ◆ Fitness Assessments
- ◆ Lifestyle Modification Center
- ◆ Physical Therapy & Rehabilitation
- ◆ Medical Tenants
- ◆ Medically-Supervised Weight Loss Plan
- ◆ Massage Therapy
- ◆ Full-Service Medi-Spa
- ◆ Yoga & Pilates
- ◆ Senior Strength Programs
- ◆ Arthritis Classes
- ◆ Corporate Wellness Programs
- ◆ Tai Chi & Qi-Gong
- ◆ Running Club
- ◆ Abs Express Classes
- ◆ Travel Program
- ◆ Organic Farmer's Market
- ◆ Spin Classes

What's new...

- ◆ Biggest Loser/ Winner Program
- ◆ Fitness 101
- ◆ Balance 101
- ◆ Bootcamp Classes
- ◆ Sport-Specific Training
- ◆ Get Up & Dance Class
- ◆ Wellness Health Education Network
- ◆ Cancer Well-Fit Program

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SPECIAL Thanks!

I want to take this opportunity to thank our members, corporate partners and the medical community for supporting us in our goal of making Roseville the healthiest community in America. We will make every effort to improve each year and help as many people as possible improve their health and quality of life.

Jeff DeRaps

President, RHWC, Inc.



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