

You deserve the *Best in Life!*



ROSEVILLE
HEALTH & WELLNESS
CENTER

1650 Lead Hill Boulevard, Roseville • 916-677-1200 • www.rosevillehwc.com

In This Issue:

Page 1

- Exercise is Medicine

Page 2

- Moderate Aerobic Exercise Lowers Diabetics Liver Fat
- OTC Medical Group
- Exercise Can Lower Your Blood Pressure

Pages 3 & 4

- RH&WC Success Stories

Page 5

- Exercise Reduces the Risk of New Types of Cancer
- Teezed Hair Studio

Page 6

- Warren Chiropractic
- Ten Years in Roseville... My Reflection

Exercise is Medicine

The next time you see your doctor to discuss diabetes, obesity, heart disease, high blood pressure, cholesterol or stress don't be surprised if you receive a prescription for exercise.

Buoyed by evidence of tsunamic proportions there now exists a general consensus among physicians that evidence-based exercise benefits both physical and psychological health.

Although the benefits of exercise are hard to ignore, translating knowledge to action has been difficult for professionals and patients alike. For instance, although an increasing proportion of providers say they regularly advise patient exercise many still feel ill prepared to thoroughly assess patient exercise readiness and continuously supervise individualized activity programs tailored to a diversity of special needs.

More patients may be hearing and perhaps contemplating the exercise message, but the majority continue to lead sedentary lifestyles. Two obstacles present themselves: Physicians prescribing a generic activity without risk and patients not having access to a facility that promotes preventative care via evidence based exercise protocols.

As one of only a handful of facilities in the nation to be recognized for its safety procedures and evidence based programming the Roseville Health & Wellness Center has captured the attention of over three hundred physicians in the greater Sacramento area. For the physicians and patients who equate the term exercise with gym based activities they find comfort in knowing the wellness center has the ability to gradually introduce low intensity movements that fit comfortably into each patients lifestyle. Warm water aquatics, Tai Chi, yoga, supervised exercise instruction, physical therapy, nutritional counseling are just some of the options available to new referrals.

With the overwhelming evidence of the importance of exercise in the treatment of disease our goal is that every physician incorporate the Roseville Health & Wellness Center in their network of referral options. Referral forms are available for both physicians and patients, call 677-1200 for more information. ■



Membership at RH&WC

Make the first step to a healthier you with a membership at RH&WC. Memberships include an assessment, private exercise instruction and unlimited access to the wellness center, aquatic center and exercise classes. For a small monthly fee you can make significant improvements in your health.

"If exercise could be purchased in a pill, it would be the single most widely prescribed and beneficial medicine in the nation." –Robert Butler

**"If you could get up the courage to begin,
you have the courage to succeed." –David Viscott**

Moderate Aerobic Exercise Lowers **Diabetics Liver Fat**

According to Johns Hopkins researchers, regular aerobic exercise and resistance training may reduce levels of fat in the liver by as much as 40 percent. High liver fat levels are common in type 2 diabetes patients and contribute to heart disease risk. "The benefits in improved fitness and fatness are clear, and physicians should really have all people with type 2 diabetes actively engaged in an exercise program" Kerry Stewart, a professor of medicine and director of clinical and research at Johns Hopkins School of Medicine said in a Hopkins news release." ■

Exercise Can Lower **Your Blood Pressure**

How are blood pressure and exercise connected?
Regular physical activity makes your heart stronger. A stronger heart can pump more blood with less effort. If your heart can work less to pump blood, the force on your arteries decreases, lowering your blood pressure. ■

Diabetes & Exercise Program

This program is for diabetics and pre-diabetics who want to learn how to control their blood sugar with diet and exercise. Christy Woodward, Registered Dietician and Personal Trainer, covers topics such as; understanding the disease of diabetes, how to count carbs, and tips on dining out. The program consist of four 45-minute lectures followed by 45 minutes of private exercise instruction. Cost of the program is \$140 (members) and \$160 (non-members).

Resolve to BE thinner, BY New Year's (instead of postponing promises...again)

December 31, 2008: you're wearing the kind of cocktail dress you dream about fitting into. The march to midnight, and a new year, begins.

10-9-8-7. You catch a glimpse of yourself in a mirror across the crowded room. You haven't been this happy, or healthy...or thin, in ages.

6-5-4: The "old you," 20 pounds ago, seems like a lifetime, but it was only 5-6 weeks. And as the countdown gives way to *crescendo*, as the Times Square ball drops—amidst the shouts of **THREE-TWO-ONE**—you smile in content, and listen sympathetically as the other revelers mumble their "next year maybes," green with envy, hoping to make the kind of changes you've already made.

And your resolution? Simple. Keep the positive momentum going. Keep rediscovering your future exactly like you just rediscovered the real joys of New Year's Eve.

Now isn't that a New Year's Eve worth planning for? We think so. OTC Medical Group has been helping people in Sacramento hit their weight loss goals, and rediscover their futures, for over 25 years. We have a published success rate of over 85%. And right now we'll give you a **MONTH FREE** if you're willing to start working towards that New Year's success now.

Our Rediscovery weight loss program is a simple, easy to follow plan that takes all the guesswork out of the equation. And we're so confident we can make it work for you, we'll give you one month free, if you get started before the end of November – in time to be at least 15-20 pounds thinner before Christmas. And we think you should buy yourself a new (year's) party dress to celebrate.

Call us today to learn about our pre-holiday special at 916-978-0300 or visit us online at www.keepitoff.com. Lose the weight—and keep it off—with Sacramento's homegrown, time-tested weight loss solution. Rediscover your future with OTC Medical Group.

OTC | **MEDICAL
GROUP**

916-978-0300
www.keepitoff.com



Success Stories!

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.” –Plato

Ready to Make Some **Positive Changes**

Pat is no stranger to the healthcare system, as CEO of Sutter Roseville Medical Center he was well-resourced to attend to his own health concerns. “I would grade my health as poor. I was 30-40 pounds overweight, could not do intense cardio exercise for more than 5-10 minutes and I was ready to make some positive changes.”

Pat opted for the 12 week Corporate Wellness Program a comprehensive program that addresses all aspects of health utilizing a dietitian, private trainer, wellness coach and relaxation therapies.

“The 12-week program has been designed as an excellent web of services with experts in a variety of disciplines with everyone working cohesively to help me be successful in achieving my goals. After just 12 weeks I lost 23 pounds, over 3 inches in my waistline, decreased a medication, lowered my cholesterol and significantly increased stamina and muscle sustainability during exercise. My ability to process and think is much clearer and I find that I am calmer during stressful situations.”

Pat is an inspiration to us all and proof that a comprehensive approach to a healthier lifestyle yields positive results.

Pat Brady

**“After just 12 weeks
I lost 23 pounds,
over 3 inches from
waistline and
decreased my
medication!”**





My Journey to a Healthier Lifestyle

My journey to a healthier lifestyle began around March of 2008 when I found myself almost crawling up the front steps of my house because of my weight (283) and arthritic knees that were very painful. My blood pressure was out of control as well as my diabetes with an A1C reading of 8 and cholesterol above 240.

I finally decided that this was no way to live and I knew I needed to do something to change the direction I was headed in. To quote my friend and trainer at the Roseville Health and Wellness Center Suzanne Moen, "Fitness is a journey not a destination." That is now my mantra for a better life. I have found all the love and support it takes to travel this road to fitness at RH&WC.

**"Fitness is a journey,
not a destination."**

Thus far in my journey I have been able to lose 87 pounds which has improved my blood pressure, lowered my total cholesterol to 126, and a new diabetic A1C reading 5.6! My energy level is now amazing and I'm stronger than ever before. I feel like many heavy chains have been broken and I'm becoming the me God intended me to be!

I would like to thank the Roseville Health and Wellness Center and if I can help anyone else start their own personal journey, or if you're already on your own path but need a traveling companion for a time, I am open and ready to walk beside you and be your friend!

Sincerely,

Debe Tucker



"The only thing that stands between a man and what he wants from life is often merely the will to try it and the faith to believe it is possible!" –David Viscott

Exercise Reduces the Risk of **New Types of Cancer**

According to the American Cancer Society, cancer is the second leading cause of death in the US. Much research points to the fact that over two thirds of cancers could be preventable by lifestyle changes such as smoking cessation, increased physical activity and proper nutrition.

Although much research indicates that exercise reduces and delays colon, breast and endometrial cancers, a study just published in the American Journal of Epidemiology indicates that physical activity also decreases the risk for liver, pancreatic and stomach cancers. For the study researchers monitored 79,771 men and women aged 45-74 for nine years. ■

Cancer Well-Fit

This program is for those who are going through chemotherapy or radiation or who have recently completed treatment. Cancer Well-Fit is a structured and supportive program where the participants meet two times per week for the following: nutrition counseling (Registered Dietitian), private exercise instruction, mind/body conditioning, aquatic exercise and movement therapies (Yoga & Tai Chi). If needed physical therapy and cranial sacral massage are also available.



Teezed Hair Studio is one of Roseville's newest premier salons. We offer experienced hairstylists who specialize in dynamic haircutting and multidimensional coloring. With over 35+ years collective salon experience the owners of Teezed Hair Studio are confident they have designed an atmosphere that is both comfortable and fun for all.



1611 Lead Hill Blvd #140 • Roseville, CA (Corner of Lead Hill Blvd & Eureka Rd)

916-782-2212 • www.Teezedinc.com

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



WARREN CHIROPRACTIC INC

Dr. Scott Warren

Doctor of Chiropractic
Qualified Medical Evaluator



COVERAGE OPTIONS:

- Auto Insurance Medical Payments
- Workers' Compensation
- Medicare
- Most Health Insurances, including:
 - Kaiser
 - Blue Cross
 - Blue Shield
 - United HealthCare

Please feel free to contact our office, and we will verify your coverage. Wellness plans are available at affordable rates.

At Warren Chiropractic we provide quality, hands-on physical care and health management to achieve optimal health performance. Most health insurances are accepted and affordable cash plans are available.

- Neck/Back Pain
- Arthritic Pain
- Whiplash
- Headaches
- Sciatic Pain
- Wellness Care

Call today to get your health back on track!

916-784-2454

Located in Roseville Health & Wellness Center
1650 Lead Hill Blvd, Suite 600 • Roseville

10 Years in Roseville... my reflection.

At this time 10 years ago I was spending my days at the construction site of the Roseville Health & Wellness Center swelled with a myriad of emotions as I walked the framed hallways and offices imagining a facility full of employees, physicians, members and guest all working toward our mission of making Roseville the healthiest city in America.

In our first year we faced many challenges mostly related to our identity and role in the community. In subsequent years the community and local residents embraced us and we started to see our mission come to fruition. Money magazine listed Roseville as one of the healthiest cities in America and the Wellness Center was recognized as the best in

the country by the Medical Fitness Association and became the first certified Wellness Center in the country by the American College of Sports Medicine. By far our greatest accomplishment to date is the thousands of amazing individuals who have utilized the wellness center to attain a healthier lifestyle.

I can only hope that in the next ten years I will be able to reflect back in a humble spirit and see the path to wellness well traveled and a community that places their health and well-being at the forefront of their lives. ■

Membership at RH&WC

Make the first step to a healthier you with a membership at RH&WC. Memberships include an assessment, private exercise instruction and unlimited access to the wellness center, aquatic center and exercise classes. For a small monthly fee you can make big changes in your health.

Jeff DeRaps
President, RH&WC, Inc.



Fitness Programs

- ◆ Yoga
- ◆ Pilates Reformer
- ◆ Tai Chi / Qi-Gong
- ◆ Body Conditioning Class
- ◆ Spin Class
- ◆ Mat Pilates
- ◆ Core Strengthening
- ◆ Group Exercise Training
- ◆ Fitness Consultation

Aquatic Center

- ◆ Aqua Aerobics
- ◆ Arthritis Class
- ◆ Fibromyalgia Class
- ◆ Aqua Physical Therapy (SS&PT)
- ◆ Senior Aquatics
- ◆ Pre/Post Natal Exercise
- ◆ Water Relaxation

Physical Therapy (SS&PT)

Wellness Programs

- ◆ Personal Training
- ◆ 12-Week Weight Loss Program
- ◆ Massage Therapy
- ◆ Employee Wellness Program
- ◆ Registered Dietitian
- ◆ Prenatal Programs
- ◆ Senior Strength & Stability
- ◆ Cancer Well Fit
- ◆ Obesity Treatment Center
- ◆ Diabetes & Exercise Program
- ◆ Spa Services

What's New...

We are investing \$350,000 on a complete line of cardiovascular and strength training equipment. The equipment, which is being made in Italy, is considered the premier brand in our industry. We will also be implementing a state-of-the-art product called Wellness System, which will provide a kiosk for the trainers and members to track all aspects of their fitness programs.

Our center was the first in the country to become a "Certified Wellness Center" through the Medical Fitness Association and American College of Sports Medicine.

The Cancer Well-Fit, Diabetes and weight loss programs continue to produce amazing results and are some the most meaningful and important offerings at the Wellness Center. If you know anyone who has cancer, diabetes or struggles with obesity please bring them in to learn more about these programs.

We made the cover of our first international magazine; Club Business International (Nov 2008). RH&WC will be seen and admired in 74 countries.

Excellence

- ★ KCRA TV voted Best Fitness Center 2007 & 2008
- ★ ACSM, MFA First Certified Wellness Center in US
- ★ Roseville/Granite Bay Style Magazine "Best Fitness Center" 2005-2008
- ★ Voted #1 Health Club by Health & Fitness Magazine 2001
- ★ Voted #1 Personal Training Staff 2005 and 2006 by Granite Bay, Roseville Magazine
- ★ Voted #1 Massage Therapist 2005 Roseville and Granite Bay Style Magazine
- ★ ACSM, MFA Designation as #1 Wellness Center in the US



ROSEVILLE HEALTH & WELLNESS CENTER

1650 Lead Hill Boulevard, Roseville • www.rosevillehwc.com

Call now! 916-677-1200

fax: 916-677-1204

"You don't stop playing because you grow old, you grow old because you stop playing." –Ben Franklin