

ROSEVILLE HEALTH & WELLNESS CENTER

News

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916.677.1200

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Is Stress Killing You?

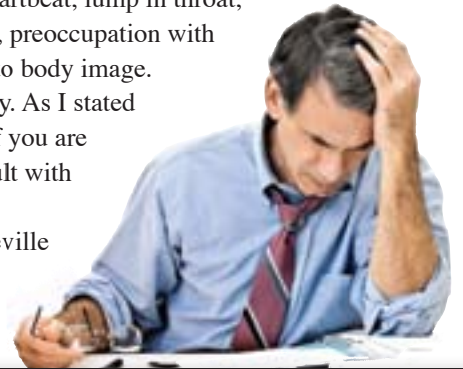
We all suffer from stress and anxiety at some point in our lives, 30 million Americans have been diagnosed with general anxiety disorders, including panic disorders, phobias and post traumatic stress disorders while another 35 million people with anxiety suffer mild to moderate symptoms.

On average 70% of all people with a general anxiety disorder will consult with more than 10 physicians before the cause of their symptoms is accurately diagnosed. A recent study at Harvard Medical School reported that patients who cope poorly with stress become ill four times more often than those with good coping skills.

If you are unsure if you suffer from a general anxiety disorder, the following is a list of the most frequent signs of anxiety. They include: trembling, rapid heartbeat, lump in throat, frozen smile, neck aches, indigestion, insomnia, overeating, preoccupation with illness, fear of embarrassment or rejection and fear related to body image.

If you are experiencing any of the symptoms do not worry. As I stated before we all go through stress at some point in our lives. If you are having these symptoms on a regular basis you should consult with your physician.

There are four simple strategies that are available at Roseville Health & Wellness Center to help you develop an inner peace and increase your coping skills!



1. MOVEMENT

Physical activity helps to reduce stress and anxiety. One laboratory experiment took ten under exercised rats, and subjected them repeatedly to a variety of stresses: shock, pain, shrill noises and flashing lights. After 1 month every one of them had died through the incessant strain. Another group of rats were given a good deal of exercise until they were in peak physical condition. They were then subjected to the same battery of stresses and strains. After a month not one had died. Proper exercise gets rid of harmful chemicals in our bodies, provides a form of abreaction (letting off steam), builds stamina, counteracts the biochemical effects of stress and improves sleep.

3. EAT RIGHT

It's important to eat a balanced diet rich in fruits, vegetables and whole grains. Balancing the diet helps to balance the levels of neurotransmitters involved in keeping stress and depression in check. If you are consulting with your physician about your stress and anxiety discuss natural methods of treatment when possible as an alternative to meds. The Wellness Center offers a registered dietitian that can prescribe healthy food alternatives and educate you on proper nutrition.

2. RELAX

The body's natural relaxation response is a powerful antidote to stress. Relaxation techniques such as deep breathing, visualization, Tai Chi, meditation, and Yoga can help you activate this relaxation response. We also offer specialized services such as warm water relaxation classes, cranial sacral therapy and various types of massage. When practiced regularly, these activities lead to a reduction in your everyday stress levels and a boost in your feelings of joy and serenity. What's more, they also serve a protective quality by teaching you how to stay calm and collected in the face of life's curve balls.

4. TAKE CHARGE

Helplessness is a huge component in depression and anxiety. It is a good idea to ask yourself, "Why am I doing this" or "Do I have to do this" or "Will the world end if I do not". Never feel uncomfortable saying "no" if you feel uncomfortable about something. We offer Life Coaching services to our members, which is an effective forum to discuss issues that cause stress and anxiety in your life. A Life Coach can help you find the confidence in yourself to tackle stress related issues in a healthy way.

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Success Stories!

"Fitness is a Journey, Not a Destination."

Paul Dugan MD is a well-respected family physician who decided it was time to start taking charge of his own health and wellness. Years of dedicating his life's work to our community included Director of Medical Education at Sutter Roseville hospital for 19 years, President- Roseville Chamber of Commerce, recognition from State Senate as a leader in the medical profession and founder of the Start a Heart-Save a Heart program to mention a few.

Years of dedicating his life work to his many patients and the Roseville community had taken its toll on Dr. Dugan physically. With the assistance of his trainer Noelle, Dr. Dugan has made impressive gains in his stamina, strength, mental acuity and posture. "I wish I had started working out at the Wellness Center years ago, I have not felt this good in a long time and I am having lots of fun". Dr. Dugan encourages people to seek out a safe environment such as RHWC to adopt a healthy and active lifestyle. "I encourage everyone, including physicians to take charge of their health and wellness. Life is precious and exercise can save precious lives"

- Paul Dugan MD



Debe Before

"My journey began in March 2008 when I found myself crawling up the front steps to my house" Debe's bodyweight was 283 pounds when she arrived at the Wellness Center, she had high blood pressure, cholesterol and painful arthritis. "I decided that this was no way to live and I knew I needed to do something about it, to quote my friend and trainer at the Wellness Center Suzanne, "Fitness is a journey, not a destination"

Thus far in Debe's journey she has lost 144 pounds, lowered her cholesterol over 120 points and feels stronger and healthier than ever before. "My heavy chains have been broken, I have found all the love and support it takes to travel this road to wellness at Roseville Health & Wellness Center"

- Debe Tucker

Debe After





Cancer Well-Fit Program!

RHWC proudly offers the SBAC Cancer Well-Fit Program. Developed in Santa Barbara in 1994, this successful program has provided thousands of cancer survivors a structured and supportive exercise program to assist them in the recovery process.

Cancer is not only a physical ordeal it is an emotional one as well affecting patients, families and friends. Our mission is to enhance the overall health and emotional state of all of our clients as well as instill a renewed sense of self and well-being. If you would like to learn more about the program please contact the club manager. Call **677-1200** or email: lisamarrero@msn.com

The Case for Wellness

Universal vs. Private healthcare coverage is a hot topic that I am often asked to share my opinion. I have watched the Feds insert their authority in the banking, finance, insurance and mortgage industries and cannot deny I worry about their involvement in the healthcare industry. Ronald Reagan once said "Government is not the solution to the problem; Government IS the problem."

The one area that we as a business can be part of the solution is prevention. The Economic Benefits of Regular Exercise is a publication that contains an extensive amount of research that shows small lifestyle changes can yield dramatic health improvements. This is one message I think we are compelled to share with policymakers, legislators, our communities and individuals.

As the debate over healthcare reform rages on, one thing is certain - exercise and wellness is indeed a powerful form of medicine, capable of preventing and treating many forms of illness that make up the majority of healthcare cost.

Opinions aside there is no debate that if every American were to become more physically active and practice healthy lifestyles our nations health would improve dramatically. As the nations lawmakers work to create an effective healthcare plan for every American I hope part of the plan addresses prevention and a focus on physical activity in various health care settings. An ounce of prevention is worth a pound of cure!



When Doctors Prescribe Exercise

It has long been known that patients make a distinction between doctors orders and doctors advice. Orders they follow "Take 1 pill daily", Advice "you should get more exercise" patients often ignore.

What happens when doctors actually write out a prescription detailing a "dosage or duration" for exercise? Several recent studies show its effectiveness. In Spain, half a group of 4000 patients were given general advice to exercise, while the other half received prescriptions to do so. Six months later, the Archives of Internal Medicine reports, those with prescriptions were more active and compliant with their doctors orders.

"That piece of paper symbolizes that physical activity is no longer a side story but is serious business in a persons life" says Dr. Pamela Peeke of the American College of Sports Medicine (ACSM).

Exercise and lifestyle is a form of treatment that improves many conditions. The Roseville Health & Wellness Center is perfectly suited to treat conditions with exercise and lifestyle programs. Considered the #1 Wellness Center in the United States by the Medical Fitness Association and ACSM the Wellness Center currently has over 300 physicians within its referral network.

The RHWC offers everything from comprehensive disease management programs to basic arthritis classes. Discuss the benefits of exercise with your physician and if appropriate request a written prescription to bring to the Wellness Center. For more information contact RHWC at 677-1200.





We have something for Everyone at Roseville Health & Wellness Center!

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
- ◆ Life Coaching
- ◆ Disease Management Program
- ◆ Healthwise Kids Program

Excellence

- ★ Roseville/Granite Bay Style Magazine "Best Fitness Center" 2005-2009
- ★ ACSM, MFA Designation as #1 Wellness Center in the US
- ★ KCRA TV voted Best Fitness Center 2007-2009
- ★ ACSM, MFA First Certified Wellness Center in US
- ★ Voted #1 Health Club by Health & Fitness Magazine 2001
- ★ Voted #1 Personal Training Staff 2005-2009 by Granite Bay/Roseville Magazine
- ★ Voted #1 Massage Therapist 2005-2009 Granite Bay/Roseville Style Magazine

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 continue to make every effort to expand and improve our services to help as many people as possible adopt healthy lifestyles and improve quality of life.

Jeff DeRaps

President, RHWC, Inc.



ROSEVILLE
HEALTH & WELLNESS
CENTER

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