



March 2009

The Meyer Center
269-3282

North
269-8882

Republic
269-2428

Willard
269-2385

CoxHealth Fitness Centers

In-the-Know UPDATES

By: Amanda Hilton, Member Services Specialist—Meyer

March is Nutrition Month! Make healthy lifestyle choices! CoxHealth Fitness Centers offer many ways to help you take the first step in improving your nutrition and maintaining healthy habits. Now is the time to take advantage of some of the services we offer.

Nutrition Consultation! Call today to schedule an appointment with our dietitian and let us help you improve your nutrition. Evaluation, analysis and education materials provided. Follow-up sessions are also available.

Get a Metacheck! How many calories do you burn a day? Learn what your suggested calorie intake should be and receive a personalized diet plan.

FitLife - Join this 3-month plan, plus membership. FitLife provides nutrition and fitness education, individualized plans and weekly follow-ups. This 3-month plan is a great resource and will help you transition into general membership.

LightHearted - Starts April 9th, Thursdays, 1-2:30 p.m. Are you at risk for diabetes, high blood pressure or cardiovascular disease? Need to lose at least 100 lbs.? Join this 12-week program that will help you with your nutrition, exercise and behavior modifications.

Cooking Demo, Wed. March 11th 9am at the Meyer Center. Come try a sample, talk with the dietician and take home the simply nutritious recipe!



American Dietetic Association

National Nutrition Month
March 2009

Fitness Tip of the Month!

Coming up...

In April:

Senior Fest

World Tai Chi Day

National Volunteer
Week

Multi-Sports
Training

More details to
come!

Small Changes Add Up! By: Wendy Wolber, RD, LD

Have you decided to start living a healthier lifestyle? Many people try to change every bad habit about themselves overnight and most of the time we are able to for the first 2 weeks, and then we start slipping back into our old habits. Why not try and take it one step at a time. Challenge yourself this month by thinking of one habit you can change and start working on it. Once you have that down start working on another habit you can change. For example, limit snacking at night, cutting down on food portions, eating more balanced meals, working out 3 times a week for 30 min. By working in small steps, you can make changes you can live with. Think of your calories like money. I am sure you don't go around throwing money away on everything you see!

Bits N' Pieces this March

New class session will start March 9th!

Parent's Night Out! - March 20th at Meyer. 6 p.m. to 9 p.m.

\$5 for members and \$7 for non-members, ages 5-11. We watch the kids and you get the night off! Games, movie and snack provided.



Jennifer, February 2009

Jennifer Forrest was our KGBX Lifestyle Makeover winner! Over the past year Jennifer has lost 80 lbs! She has worked very hard to change her life, with much help and motivation from her husband. Together, both have made an important step towards the rest of their lives. Jennifer has worked with Amasa Jay, trainer at Meyer, our Dietitian David Dade through our FitLife program and many others through classes and encouragement. Log on to www.kgbx.com to view Jennifer's story. To the left is a picture of the now new and improved Jennifer Forrest, a year later! Congratulations for all of your hard work!

Reminder!

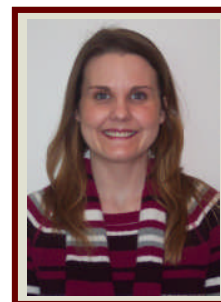
Please remember to keep the exercise equipment clean. Wipe equipment down after use.

★ Don't forget about those member achievement nominations. Small or big, let's hear it! See the front desk for nomination forms.

Who-to-Know this Month

Wendy Wolber, RD, LD

Wendy has been a licensed Dietitian since 2004 and is now working part time for CoxHealth Fitness Centers at the Meyer Center and at the Republic fitness center location. She also teaches the Changing Your Weighs class in Republic. Wendy is currently a full time dietitian with the Veterans Medical Outpatient clinic in Mount Vernon Missouri, and the coordinator of the MOVE program (a weight loss program for veterans). Wendy is from Fayetteville, AR, where she attended the University of Arkansas for her undergraduate degree and later pursued an internship in Flint, Michigan. She then moved to the Springfield area in December 2007 and instantly fell in love with the community. Wendy enjoys hiking, dancing, event planning, and spending time with her husband and two dogs. Schedule a Nutrition Consultation with Wendy today and let her help you make those important lifestyle changes!

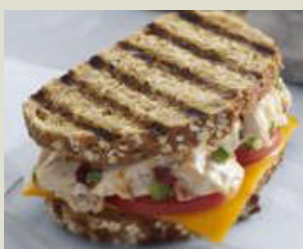


Yum-Yum! Recipe of the Month

Provided by: David Dade—Nutritionist

Chicken Salad Panini

Prep Time: 10 min.
Total Time: 16 min.
Makes: 4 servings



Ingredients:

2 1/2 cups chopped cooked chicken breast
1/4 cup KRAFT Light Mayo Reduced Fat Mayonnaise
2 Tbsp. OSCAR MAYER Real Bacon Bits
1 green onion, thinly sliced
2 Tbsp. KRAFT Light Ranch Dressing
8 slices multi-grain bread
1 tomato, cut into 8 thin slices
4 KRAFT Deli Fresh 2% Milk Cheddar Cheese Slices

Directions:

MIX chicken, mayo, bacon, onions and dressing; spread onto 4 bread slices. Top with tomatoes, cheese and remaining bread. COOK in preheated grill pan or skillet sprayed with cooking spray on medium heat 3 min. on each side or until golden brown on both sides.

Nutritional Information:

Calories 420 Total fat 16g Saturated fat 5g
Cholesterol 100mg Sodium 800 mg
Carbohydrate 28g Protein 40g Sugars 4g

Visit us on the web:

www.coxhealth.com/services/FitnessCenters

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coxfitnesscenters@coxhealth.com