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THE METTLER

RELEASE

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CHANGE IS IN THE AIR

by Miles Mettler, PhD, General Manager

New Year's marks a great time of year. Each New Year offers a new beginning and a time to make changes. Making New Year's resolutions is a common and desirable tradition. Often the resolutions involve making changes in order to live a more healthy life. At Mettler, we're here to help you with those changes.

If you've been in to our Crossing location recently, you likely noticed some changes, primarily related to exercise equipment. Some of the changes and additions are in anticipation of what we see happening each New Year, namely, people resolving to "exercise more." As January is ushered in, so too are the exercise resolutions and increasing number of exercisers. One of the improvements you'll encounter at the Crossing is the addition of over 10 new pieces of cardiovascular exercise equipment, including elliptical machines and the popular Arc Trainer. We're anticipating the addition of these pieces will help with the January "rush" as well as provide you with additional options related to your exercise program.

Another significant change is the replacement of our single station weight machines (primarily MedX™ pieces) with the Nautilus® Nitro™ line of weight machines. The MedX™

pieces have served us well for the past 10 years, but our personal training staff has repeatedly noted how some of the pieces are difficult for members to learn and adjust. We're confident the Nautilus® line is a better fit for our clientele at the Crossing location because it is easier to use and offers some biomechanical advantages.

In order to accommodate the new equipment, we've made some location changes primarily to the strength equipment. While it will be a slight adjustment for those of you who have a set routine, we're confident that the new arrangement offers an efficient and effective option. With these changes, many of you may need assistance in learning how to use the new equipment and identifying which pieces match with your current program. Others may

decide to try some of the new equipment and perhaps add them to their existing routine.

Our team of trainers has been gearing up for these changes and is ready to help assist you in making the transition to the new equipment as smooth as possible. They will be available on the floor to help you anytime you need assistance, so just ask. Or, if you'd prefer, you may set up an appointment with any of the staff to take you through the new pieces individually.

On behalf of all of us at Mettler, I would like to thank you for being a part of our family throughout this past year and we look forward with great anticipation to what 2007 will bring. Please let us know how we can help serve you to make your New Year the best yet.



Crossing 2.0
User-friendly Nautilus®
equipment is just one of the
recent Crossing upgrades.

TERAPIA FÍSICA EN LA REPÚBLICA DOMINICANA (PART II)

by Jeff Schroder, PT, MPT, Physical Therapist

My experience with physical therapy in the Dominican Republic went beyond what I saw and did in the clinical setting. Part of my wife's research involved a close relationship and family-like experience with a small rural community near the city where we lived, called a *batey*. This community is comprised of mainly Haitian migrant workers and their families living in small quarters and functioning as a small town. As with any other communities, they were not without injuries and need of medical attention, especially physical therapy.

The health care system in the Dominican Republic often discriminates against those of Haitian descent. When they do have access to rudimentary care, it is most often not financially feasible for them to obtain the proper prescription. This also applies to physical therapy. In the entire year I was there, only one little Haitian girl received physical therapy in the hospital, and that happened because of my connections with the physical therapy team from Creighton University. She was in a bad car accident, fractured her pelvis,

and had total body soreness that required her to relearn how to first walk properly and then progress to activities normal to a young girl—jumping, running, and playing. Over a few months, she was able to resume her normal activities, but not without some retraining of her ability to walk and constant reminders to her and her family that certain activities were limited depending on healing time frames. Additionally, because of the poor system in place, she would not have received the care necessary for a proper recovery had I not set up her follow-up appointments with a doctor.

I also had the pleasure of working with the adult population in the *batey*. I treated injuries that included hand fractures, arm fractures, leg fractures, low back pain, neck pain, and generalized weakness. Many of the injuries were suffered from motorcycle accidents or work-related activities. I had to realize right away that what these people needed was not fancy equipment or elaborate exercise routines. What they needed was the basics—crutches, wheelchairs, and an endless amount of health education. Simple advice like proper

rest, proper progression of exercise, and thinking outside of the box went a long way for allowing these people to live life to the fullest and to receive what they deserved. Wheelchairs were fabricated from the bottom frame of a typical wheelchair with a plastic lawn chair as the seating device. Crutches were donated from various organizations and modified as needed with a little know-how and ingenuity. The community has no electricity, so the wonderful application of ice was out of the question. What we take for granted, they really could use but didn't have the resources.

The rewards I get from physical therapy are innumerable and motivating. It was my experience in this community that taught me to keep it simple and go back to what really is important—providing information and empowering people. To see people recover from their injuries and to have them show me how they improved was all I needed. It gave me the feeling that I truly did choose a profession that knows no boundaries of geography, language, or culture. This experience has made me a better clinician today, and a better person.



Nutrition Addition
Nutrition Specialist Desiree Lavin adds nutritional value to Mettler's Wellness staff.

WHY WEIGHT? YOUR RESOLUTION SOLUTION IS HERE

by Kristen DiFilippo MS, RD, LDN, Nutrition Specialist

Thirty-eight percent of New Year's resolutions revolve around a shrinking waistline. If you plan on losing weight in 2007, do you have a plan for reaching your weight loss goals? At Mettler we offer weight loss programs that focus on long-term success. For non-members, our programs include a free membership for the duration of the program. Try one of the following, and let us help you reach your weight loss goals.

Healthy Lifestyle Program (HLP) Whether you have 5 pounds or 100 pounds to lose, HLP can help you reach your weight loss goals through education and motivation. You will be taught behavior change strategies to make changes in your diet and exercise habits. The eight week program includes bi-weekly group meetings, personal training/lifestyle coaching, and phone calls to set you on the road to long term weight loss. (Next class begins Jan. 15th)

Jump Start If an individualized approach

to weight loss appeals to you, Jump Start provides the education and training to move you in the right direction. Weekly one-on-one meetings with a Registered Dietitian and twice weekly sessions with a certified personal trainer give you the accountability you need to jump start your health and fitness to achieve your weight loss goals.

LEARN Our most intensive weight loss program, try the LEARN program if you are ready to change your life. After 12 weeks of individual sessions with a Registered Dietitian and a certified personal trainer, you will have transformed the way you look at food and exercise. In this program you will discover how Lifestyle, Education, Attitudes, Relationships, and Nutrition work together so you can reach a new level of health and fitness.

Not sure which program is right for you? Schedule your free 30 minute consultation with one of Mettler's Registered Dietitians to discuss which program best fits your needs.

WHAT I'VE LEARNED SO FAR

by Ginger Bernard, Member and LEARN Participant

It isn't too often that you come across a person who is willing to work with you inch by inch, pound by pound, and see you through to success whatever your goal. I haven't just found one person; I have found an entire group of people at Mettler. Can I say that I absolutely love the Mettler Center?! I am not the same person I was two months ago, not because I have lost inches and a few pounds, but because my whole mentality has changed. I cannot thank the staff (Kristin, Stephanie, and even Alene) enough for all the help they have been. They have introduced me to a lifestyle that I didn't think I could live. Now, I can't imagine my life any other way!

My story isn't extraordinary, but rather ordinary. I have struggled all my life with weight issues. Ugghh! Because other people weren't comfortable with my weight, I wasn't comfortable with my weight. I had tried diet after diet. It wasn't until my latest attempt in May with yet again, another "get thin" quick diet that I knew something had to change. That change was the Mettler Center. Walking through the doors of the Mettler Center for the first time was a bit intimidating, but I knew this was the place for me. I knew that the environment was exactly what I needed to get healthy and to lose weight.

The Mettler Center not only offered me a gym with all the support I needed, but it also offered me a lifestyle change with the LEARN program. This program has revolutionized my life! It has given me understanding into my behaviors toward food, life, and myself. I didn't realize how negative and self-defeating my internal dialogue really was. Thanks to the help of the LEARN program, I have now taken control of what was controlling me and have



Learning the Ropes

Ginger trains the abs with the help of personal trainer, Stephanie Casey.

made the necessary changes, not because I had to, but because I *wanted* to. Not once have I felt like I couldn't do this. With the help and encouragement of Kristin, I have learned to make these changes permanent in my life. I've learned to take time to really listen to my body. I am healthier and happier because of it.

It is exciting when you notice the changes, but when your friends and family notice, words can't express the feeling. I tell everyone I can about the Mettler Center; I want others to be as happy as I am. I am still on my journey with losing inches and weight, but if I can help one person along the way, then I know that what I am doing is right. I am even considering going back to school to get my Masters in Nutrition. It is all because I have found a program and place that has changed my life for the better! Thank you Mettler Center.

METTLER SUCCESS STORY

GINGER BERNARD



MEMBER SINCE: 8/06

With a family history of heart disease, Ginger began LEARN with hopes of protecting her health by controlling her weight. Just seven weeks into the program she's reduced her resting heart rate by 8 bpm, lost 2½ inches from her waist, and dropped 4 dress sizes. Ginger also notices an increase in energy, strength, and balance.

NEW YEAR'S OPEN HOUSE

by Tara Young, Membership and Marketing Manager

Mettler will again be opening our doors to your friends and family during our 4th annual New Year's Open House. Join us from Wednesday, December 27th through Monday, January 1st in celebration of the New Year. Let us take your guest on a guided tour of our facility to see the full array of what Mettler has to offer. And don't miss the opportunity to participate in daily door prizes, nutritious snacks from Mettler's Healthy Cooking School, and the chance to work out or try an invigorating group exercise class. Share your passion for health this year, and make it your resolution to invite a loved one to experience whole life fitness at Mettler.

SPECIAL OFFER

Offer expires: 3/31/07

\$25 off

Save \$25 when you sign up for the LEARN Program for Obesity Management.



'ATHLETIC' UPDATE

by Joe Rodgers, MS, Sports Performance Director

February is slated to be the initial opening of Mettler Athletic. There are a lot of decisions being finalized from flooring to programming to equipment and most importantly staffing.

Programming will be finalized in January with different membership options and programs for corporations, fitness, sport performance, sport skill training, and therapy services.

We have finalized the equipment selection process by choosing Keiser® for sports performance equipment and Technogym® for fitness equipment. Keiser® equipment has stood out as a leader in the sports performance community for years and continues to stay on the cutting edge in equipment development. Technogym® is an Italian-made, state-of-

the-art line of selectorized strength and cardiovascular equipment. Each piece of cardiovascular equipment will have a personal viewing screen in which you can select any channel to watch.

We believe that staffing in all of the Mettler facilities is the key to a positive member experience. Some of the appointments include Steve Young as the Director of Therapy Services and Jim Russell as the Director of Operations. Abby Meyers will be Member Services Manager; Carol Bobber has been appointed as Fitness Coordinator; and Garrett Arndt will be Sports Performance Coordinator. Mettler Athletic will open its doors with a staff that not only has a wealth of knowledge and experience but also understands the importance of member experience.

To subscribe to Mettler Athletic email updates, visit mettlerathletic.com. For more information on a specific program, email joe.rodgers@mettlerathletic.com.

HOME SCHOOL PE PRIMER

by Beth Young, Lifestyle Specialist

Home School PE is a Mettler program offered to children between the ages of 6 - 18. It gives home schooled children the opportunity to participate in a supervised and structured physical education class in a safe environment. The program incorporates cardiovascular conditioning, balance, strength training, and flexibility into an hour of fun. Instructors also discuss anatomy and nutrition with the kids so they know why it is so important to live a healthy lifestyle. The spring session begins January 8th and ends May 25th. The cost of the program is \$114 per child per semester. Classes meet Monday through Friday. Choose from any day of the week. Advanced registration is required by January 2nd. A minimum of 6 students is required for a class to run.

For more information on Home School PE, visit mettlercenter.com. Register at member services or call 356-6543 today to secure your child's spot.

PACKING A PUNCH

Unsure of what to do with that Mettler gift card you received for Christmas? Gift cards can be used to purchase personal training, cooking classes, massages, and more. If you've considered any of these, why not pair it with a holiday gift package for extra savings?

GIVING Package

Includes 5 half hour personal training sessions and a Mettler workout bag.
~~\$145~~ \$109, SAVE \$36

WARMING Package

Includes a cooking class, Mettler cooler, and Mettler coffee mug.
~~\$44~~ \$35, SAVE \$9

SHARING Package

Includes a half hour massage and a large Mettler water bottle.
~~\$42~~ \$33, SAVE \$9

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