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THE METTLER

RELEASE

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FREE

YOUR NUTRITION SOURCE

By Karen Kelly, MPH, RD, eNutritionist

You can do so much with a couple clicks on the Internet these days. This twentieth-century development has brought about endless possibilities. You can buy a car, sell your old vinyl records, lose your identity, or gain a friend. No matter which facets of this limitless resource you currently use, there is a new one that should be added to your list.

The Mettler Center's website is your one-stop free shop for professional, timely nutrition information. With the expertise of a Registered Dietitian, you can do anything from asking that burning nutrition question (Are sugar substitutes *really* bad for you?) to finding out the nutrition information of your favorite recipe (Just how unhealthy *is* that chocolate fudge caramel pie?) Visit the Nutrition and eNutrition segments of our website for the following features:

Tip of the Week We never stop learning, so having a fresh nutrition tidbit every week can only help. Every week, a little known fact or helpful hint is posted, keeping you on your nutrition toes.



Sample a Taste?
This tangy pasta dish was featured as Recipe of the Week on 3/6/06.

Recipe of the Week If you find yourself preparing the same meals over and over again, here is your simple solution. Each week we recommend a different healthy recipe complete with a nutrient analysis all on a printer-friendly page. Add the ingredients to your grocery list and you'll be spicing up your repertoire in no time!

Brand Nu-Review You see the commercials and walk by them at the supermarket: new products. But are they a good buy? Do they offer good nutrition? Brand Nu-Review is a monthly review of a new product that has hit the shelves. The food is described and ranked according to parameters such as nutrient density, convenience, and cost.

To The Point If you're baffled by nutrition information that you read or hear, you're not alone. This monthly feature gives a quick look

at a recent study regarding nutrition. It cuts through the "fat," skips the hype, and gives you the information you need to know.

Book Review There are whole sections of bookstores stacked with diet advice and cookbooks-o-plenty. This monthly review offers a Registered Dietitian's opinion of titles you'll see in the nutrition genre and lets you know if they are worth the read.

Analyze This Maybe you've invented a new tasty dish or have an old family fave. Either way, you may want to know just how healthy (or not-so) the dish is. Simply submit your recipe online, and receive a nutrient analysis straight to your desktop. If it's a good one, it may be chosen for our Recipe of the Month!

Have you been utilizing the Internet for your Whole Life Fitness? Visit mettlercenter.com today!

Tequila Chicken Fettuccine (serves 6)

An impressive chicken entrée using the citrus flavor of lime and tang of Tequila atop spinach fettuccine

Ingredients

| | | | |
|---------|---|---------------|------------------------|
| ¼ cup | Tequila or chicken broth | 1 ½ cups | sliced mushrooms |
| ¼ cup | frozen (thawed) limeade | 1 clove | garlic, finely chopped |
| 1 Tbsp | grated lime peel | 1 pkg (16 oz) | spinach fettuccine |
| 1 ½ lbs | boneless chicken breast halves, cut to strips | ½ cup | grated Parmesan cheese |
| 1 sm | orange or yellow bell pepper, cut to strips | | |

Directions

Mix tequila, limeade, and lime peel in medium glass or plastic bowl. Stir in chicken. Cover and refrigerate for 30 minutes. Place chicken and marinade in 12-inch skillet. Stir in pepper, mushrooms, and garlic. Cook over med-high heat 10-12 minutes, stirring occasionally, until chicken is no longer pink in center. Cook and drain fettuccine as directed on package. Divide fettuccine among six plates. Spoon chicken mixture over pasta. Sprinkle with cheese.

Per serving 375 calories, 7g fat, 115 mg cholesterol, 180 mg sodium, 52g carbohydrate, 4g fiber, 30g protein

LOCAL HELP AT HAND

By Sheila King, Occupational Therapist

Hand therapy is relatively a new expertise in the professions of physical or occupational therapy (PT or OT). Historically, hand surgery was established in 1941 during the war due to extensive injuries to hands. Hand rehabilitation became a partner with hand surgery only after the Vietnam War in the 60s to hasten injured war victims to return a productive life with functional use of their hands. Today, hand therapy has become a highly specialized field with certification available to therapists who meet the high standards of the Hand Therapy Certification Commission (HTCC). In the United States, there are only 4487 certified hand therapists, with just 164 in the state of Illinois.

The Mettler Center offers hand therapy by a certified hand therapist (CHT). Seeing a CHT ensures you the best quality of care for upper extremity problems. CHT's will give you accurate assessments, effective treatments, faster recovery returning you to your desired activity, a quicker return to work and productive lifestyle, and education and instruction for prevention or recurrence of overuse or repetitive injuries.

Although our hands are used in every day activities, their value usually goes unnoticed until an injury, disease, or impairment causes a loss of function. This becomes devastating and threatens the very things that "occupy" our time—our functional activities. Anyone with an injury wants only the very best of care to assure optimum recovery. A hand therapist offers this assurance by providing the highest level of competency in the profession and working with patients to restore the abilities needed to function again in a purposeful life. At Mettler, many patients have flourished after seeing a certified hand therapist.

Ms. V is one such patient. Succeeding in her life and at her job was very important to Ms. V. She drove many miles to receive hand therapy from a certified hand therapist, prescribed by her surgeon, after her wrist surgery to regain the motion, strength, and skills she needed to return to her previous employment. It was a long haul for Ms. V, but in six weeks she was back working full-time and, more importantly, able to interact with her grandchildren and even care for them!

Mr. P is a self-employed businessman, and success in his business and service to others



is important to him. He installs glass, and one unfortunate day, he sustained a cut from glass deep enough to sever a tendon. After surgery, which had taken place out of town, he needed a local hand therapist. Mettler Center provided him this expertise here in the town where he lives and works! Tendon repair rehabilitation follows a very strict timeline to allow full healing and controlled movement of the tendon. Mr. P was worried that he would not be able to continue his business one-handed and also concerned about his hand function after his hand rehabilitation. After nine weeks of intense hand therapy, he was back to full functional strength for his work tasks and many other important activities.

Hand Therapy Awareness Week is June 12-16, 2006. If you've experienced loss of function in your hand, wrist, arm, or shoulder, call us to schedule a free consultation.

STAYING INJURY FREE WITH PROPER FORM

by Shannon Olison, Group Exercise Manager

While some of the best exercises and workout programs have stood the test of time, the fitness world does change as new and better exercises are discovered. With this in mind, the Mettler Center offers initial sessions with a trainer, as well as program reviews for the simple purpose of keeping you safe, effective, and up-to-date with the latest information. One of our goals is to relay information to you on correct form and technique in aerobic training, strength training, and stretching. Because almost every exercise can be done incorrectly—leading to injury—we cannot possibly list everything here. That's why it is important you meet with a trainer to ensure your exercise program is safe and effective.

Here are a few tips and helpful hints to keep you safe while you are exercising.

- Posture is of extreme importance. Try to stand tall, keeping your shoulder blades down, back flat, and your chest lifted.

- Keep your core tight. Pull your belly button in to your spine in a scooping fashion.
- Specifically with regard to strength training, slow and controlled movements promote proper form and will make each exercise more difficult.
- Keep in mind that the start and finish of the exercise is just as important as the exercise itself. For example, slinging weights up to begin an exercise or dropping them upon completion can cause injury.
- Both squats and lunges are notorious for improper form and technique. Following the same posture and core tips above, keep your knees behind the toes and your weight in your heels.
- Lastly, if form is difficult to maintain through the duration of the exercise, then reduce the intensity or weight.

Most importantly, we are here to help. If you have any questions, feel free to ask a member of our FitForce team or your personal trainer.



Toes Forward, Head Up
Trainer Nikki Johnson demonstrates the proper form of a dumbbell squat.

SHOULDERING A COMEBACK

By Susan Schnuer, Member and Therapy Patient

I was a competitive swimmer in high school and college. As other swimmers know, swimming can bring about shoulder problems, which I was lucky enough to avoid in my youth. To this day swimming has remained a part of my physical exercise program, but in recent years I began to experience pain in my right shoulder. Given that my family motto is "Tough it out and see what happens," I pretty much tried putting it in the back of my mind, hoping the pain would disappear on its own. The pain didn't go away, and I was forced to decrease some weight in my strength training. Eventually, it took a turn for the worse this past fall as I began to experience daily pain.

By November I was having trouble sleeping and started to develop wrist problems that were affecting my daily work, so I decided it was time to take some action. I turned to the Mettler Center for therapy and began working with Occupational Therapist, Sheila King. I met with Sheila twice a week, and my wrist problems cleared up quickly after some exercises and ergonomic changes at work. My shoulder took longer to diagnose. Sheila patiently provided therapy and educated me on the group of muscles around the shoulder. She also sent me from each session with one or two exercises to do between appointments. My shoulder was improving, but I still had some pain and lack of flexibility, which was frustrating. However, I was becoming much better educated about my shoulder and able to identify the exercises that seemed to improve my condition.

Finally, one day in Lori Ozment's Strength Coach class, I noticed that when lying flat on my back, with my hands behind my head, my right shoulder didn't touch the floor in



Road to Recovery

Susan works with Lori Ozment in a strength training session.

the same way as my left. I shared this with Sheila, who worked that day exclusively on one spot on my shoulder and sent me home with yet another exercise. With the help of therapy and exercise, I immediately began to gain flexibility in my shoulder and experience less pain. Heartened by the improvement, I signed up for personal training sessions with Lori. I knew the key to continued healing and avoiding future injuries depended on my ability to strengthen my shoulder muscles.

Lori knew I wanted to be challenged in my strength training sessions. But she was also aware of the problems I had been having with my shoulder. Lori deliberately picked weights she thought I could manage, weights I would not have tried on my own. I worked with her through these exercises and was elated at

METTLER SUCCESS STORY

SUSAN SCHNUER



MEMBER SINCE: 9/01

From a sprained wrist and rotator cuff to now symptom-free, Susan has come a long way in just five months. Through workstation ergonomics, a daily home program, and education of the muscles and proper technique, Susan is well on her way to making a full recovery.

my lifting capabilities. Best of all, I wasn't experiencing a lot of pain after the session!

After my second time with Lori, I could hardly wait to show my personal chart of exercises to Sheila. Together, we marveled at the level of exercise I was able to handle. We also decided to stop the therapy and focus on my work with Lori, building my shoulder muscles.

I am, of course, delighted that my shoulder pain is almost gone and that I've regained a lot of flexibility in my shoulder. Even more important, I am much better educated and therefore able to take charge of staying healthy and avoiding future injuries. Many thanks to Sheila King and Lori Ozment, two very talented members of the Mettler Organization!

SPECIAL OFFER

Offer expires: 7/31/06

\$15 off

Save \$15 when you sign up for any Personal Training package.

BENEFITS OF EXERCISE

By Tara Young, Membership and Marketing Manager

You already know exercise is good and can help you live a longer, better life, but do you know just *how* good it is? Continuous research pinpoints the ongoing and growing list of benefits of physical activity:

- Reduces the risk of heart disease
- Helps purge the brain of toxic molecules linked to Alzheimer's disease because it doubles the level of the toxin-flushing protein megalin
- Reduces the risk of developing ovarian, breast, and colon cancer
- Enhances mental and physical health, and reduces depression and anxiety due to increased energy and reduced tension
- Helps reduce cellular aging to the brain that is associated with Alzheimer's and Parkinson's disease
- Reduces the risk of a stroke
- Eases the effects of asthma
- Helps to avoid osteoporosis
- Increases libido
- Prevents diabetes and reduces symptoms
- Reduces high blood pressure
- Reduces or maintain body weight/fat
- Helps to build and maintain healthy bones, muscles, and joints
- Lowers cholesterol

No matter your personal reason for regular exercise, we're glad to see you're committed to your health!



WORKPLACE WELLNESS

By Dree Atwood, Outreach Coordinator

The Mettler Center has an exciting new plan to offer employee health promotion programs to companies in the surrounding area. Worksite3D has been implemented in other businesses in the Champaign-Urbana area and has achieved very positive results. This program has the potential to benefit organizations, as well as their employees.

Research has shown that promoting health and fitness in the workplace can lessen absenteeism, lower healthcare costs, improve morale, and enhance recruitment and retention—increasing overall productivity. Statistics clearly indicate that management of employee health and wellness makes good business sense.

Worksite3D is a program which encourages employees to set personal goals and adopt healthy lifestyles. Along with its focus on physical activity and healthy diet, the injury prevention aspect addresses workstations and work risk, increasing performance through improved work environment for employees. Worksite3D is customized to meet the goals of each company by combining individual and group strategies to help people change behaviors, strengthening the workforce, and actualizing the organization's full potential.

Mettler's Worksite3D is facilitated by Dree Atwood, Worksite 3D/Outreach Coordinator. Dree, who recently relocated to the Champaign-Urbana area, has a degree in Exercise Science from the University of Iowa. To take the first step toward actualizing your company's full potential, contact Dree at 217-356-6543 or email her at dree.atwood@mettlercenter.com.

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**LOOK FOR
NEW GROUP EXERCISE
OPPORTUNITIES THIS SUMMER!**
(More information coming soon.)