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THE METTLER

# RELEASE

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## THE SKINNY ON HOLIDAY WEIGHT GAIN

by Kristen DiFilippo MS, RD, LDN, Nutrition Specialist and Stephanie Casey, Lifestyle Services Coordinator

On average, Americans gain 1–2 pounds during the holidays. That's not so bad. But the extra pounds don't easily come off, and they don't account for the loss of muscle mass and increase in body fat that occurs when we slack off from our workouts. According to a study published in *Nutrition Reviews*, weight gain during the holidays accounts for 51% of the annual weight gain in America.

So how do we beat this trend and keep our weight healthy? It may not be as hard as you think. Use the following tips for healthy holiday eating to avoid unwanted holiday weight gain:

**Plan Ahead** The first step is to plan. Create a healthy menu for each week, make a grocery list for it, and only buy the ingredients on your list so candies and cookies don't end up in your cart.

Schedule workouts with your trainer now so you can't blow them off when you get busier. This will also help keep weight off and decrease stress. In making time for exercise during the holidays, try activities the whole family can enjoy such as ice skating, walking, bowling, skiing, or hiking.

**Start Small** Start off your holiday with a small meal including whole grains, fruit, dairy, and protein. By filling up on nutritious snacks throughout the day, you'll have already packed yourself with nutrients and high fiber content to keep you feeling satisfied longer, so stuffing yourself later with high-fat, high sugar foods won't be an issue. Additionally, by filling up on healthy foods such as fruits and vegetables, you will have saved some calories for the main meal.

**Enjoy Your Choices** Don't starve yourself in anticipation of the big meal. You are more likely to overeat if you do. Select foods carefully. Only eat what you really want, take smaller portions, and skip foods that aren't your favorites.

Bring a nutritious dish to share. A fruit or veggie platter is always a hit and assures you of at least one healthy choice. Or try the Cranberry Quick Bread with Raisins and Hazelnuts recipe below to add whole grains to the meal. Most of all, have fun. Guilt about holiday eating is self-defeating.

Use these strategies to combat the dreaded holiday weight gain and start off the new year in great shape!

**For more healthy recipes, visit [mettlercenter.com](http://mettlercenter.com). To discuss your individual nutrition needs, schedule a consultation with Registered Dietitian, Kristen DiFilippo.**

## Cranberry Quick Bread with Raisins and Hazelnuts (serves 16)

### Ingredients

1½ cup	all-purpose flour	3 Tbsp	canola oil	<b>Per serving</b> (1 slice) Cal 162, Fat 4.2 g, Protein 2.6 g, Carb 29.6 g, Fiber 1.6 g, Chol 13 mg, Iron 1 mg, Sodium 112 mg, Calc 27 mg
¾ cup	whole wheat flour	1 tsp	grated orange rind	
1 cup	sugar	1 large	egg, lightly beaten	
1 tsp	baking powder	1½ cup	chopped fresh cranberries	
½ tsp	baking soda	½ cup	golden raisins	
¼ tsp	salt	¼ cup	chopped hazelnuts	
¾ cup	apple juice		Cooking Spray	

### Directions

Preheat oven to 350°. Lightly spoon flour into dry measuring cups, level with a knife. Combine flours and next 4 ingredients in a large bowl; make a well in center of mixture. Combine juice, oil, rind, and egg; add to flour mixture, stirring just until moist. Fold in cranberries, raisins, and hazelnuts. Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray. Bake at 350° for 50 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on wire rack; remove from pan. Cool completely on wire rack.



## TERAPIA FÍSICA EN LA REPÚBLICA DOMINICANA (PART I)

by Jeff Schroder, Physical Therapist

Physical therapy has become a steadfast treatment approach and first line of recovery for many surgeries, accidents, and injuries. In the US, we have the luxury of getting a referral for physical therapy from our doctor. Often times, the doctor will not hesitate and may even have some rehabilitation ideas of his/her own. This “luxury” does not exist in the Dominican Republic and many other Caribbean/Latin American countries.

Last year while accompanying my wife who was conducting her dissertation research, I had the unique opportunity to be a clinical instructor in Santiago, Dominican Republic for physical therapy doctoral students visiting from Creighton University. This arrangement allowed me to direct patient-centered care and also help instruct the doctoral students on their clinical skills. The experience took place in a semi-private outpatient clinic in the heart of downtown.

The focus of the clinical time for the students was not only to hone their outpatient and hands-on skills. More importantly, it was an opportunity for them to communicate in a

different language and to learn about health care through the eyes of a different culture. The students soon realized that we rely heavily on our ability to verbally communicate to instruct our desires for home exercises, to help educate the staff, and to ensure treatment effectiveness. They soon recognized that communication via non-verbal means and their limited Spanish was the only way to accomplish the treatment goals both short and long-term. We all learned that the Dominican society was different both in how the local clinicians practiced and in how the local population is served and treated via the health care model. Below are some differences between the United States and the Dominican model of physical therapy.

United States	Dominican Republic
Hundreds/hr. for treatment	\$3 per treatment session
Notes on each client/day	No written notes on clients
Clients often arrive alone	Family comes to each appt.
Easy access to supplies	Donated supplies/equipment
Most clients speak English	Clients speak Spanish
Limited direct access	Exact orders from doctors

This list highlights just a few of the differences we observed and often take for granted unless we are put into different circumstances. The profession of physical therapy in the Dominican Republic is at a certificate level—equivalent to what the profession experienced here in the US some 20 years ago. Greater than 80% of the population is unfamiliar with physical therapy and have no understanding of the value this profession offers. The desire to broaden the profession is present, and local clinicians and patients just want opportunities to improve their lives.

Case studies related to what we saw and treated is too long for this forum. However, I also had opportunities to treat various people in impoverished communities that presented other obstacles of discrimination, lack of resources, lack of transportation, and most importantly, lack of information. As I alluded to above, families and community are a large part of the local culture. I was privileged enough to help many people who otherwise would be left to recover with rudimentary means or none at all. I will cover this topic in the next issue of the Mettler Release with case examples and the lessons learned from my experiences.



**Pilates Paybacks**  
Mettler's popular mat class strengthens muscles and improves posture.

## PILATES...IMPROVING YOUR LIFE, FOR LIFE

by Karen Hubbs, Pilates Coordinator

***“Daily, from sunrise to sunset, the radio, newspapers, and magazines broadcast to the world how to maintain health, how to regain health—what to eat, what to drink...This conflicting information...has proved to be nothing less than confusion...”***

It may surprise you that these words were published in 1934. That's correct, in 1934, in the book, *Your Health*, by Joseph H. Pilates. He used to claim he was “ahead of his time,” and this brief glimpse into his mind may help you understand why Pilates is not only still practiced today, but also continues to gain in popularity.

With all of the recent media hype surrounding Pilates, it is easy for one to be misinformed, and thus, not able to appreciate the true characteristics of this discipline. The intent of Pilates is not to complicate your life and give you something else to cram into your busy

schedule. Rather, its goal is to help you improve your life with a natural ease and energy.

Pilates isn't something you “do,” and then forget about until the next time you “do” it. Over time, the principles you learn and the movements you practice in a private lesson or class become an intrinsic part of your everyday life. You'll feel stronger and more focused. You will learn to appreciate your body's capabilities, become aware of imbalances, and more importantly, know how to correct them.

From November 13 – 16, Mettler will be showcasing its Pilates program. (See website for a listing of events.) This is your chance to attend free informational sessions and gain an appreciation for the depth of this amazing discipline. It doesn't matter how old you are, if you are male or female, or if you're currently active or not. The benefits of Pilates are many and can result in long lasting paybacks.

## A PILATES BELIEVER

When Deb Bolgla began Pilates about 18 months ago, she did not realize it would become such an integral part of her life. She had recently been diagnosed with Osteopenia (a precursor to Osteoporosis), a common result from long-time use of certain asthma medications. She did some research and found that strength and resistance training can help reverse the effects of bone loss. Based on what she had read about Pilates, it seemed like the right fit.

The next step was finding a knowledgeable instructor in the Champaign area. She spoke with Karen Hubbs, Pilates Coordinator at Mettler and noted, "Karen was very professional, offered several flexible options, and was willing to customize training for my particular needs. A friend had decided to join me, and Karen offered semi-private lessons to us. This willingness to offer a personalized program that fit my needs was the biggest influence in deciding on the Mettler Center."

After completing the semi-private lessons, Deb began taking group mat classes as well as personal training on the Pilates apparatus. Over the next year, she noticed many positive changes as a result of Pilates. She was physically stronger than she had ever been; her flexibility, balance, and posture improved; and she had a greater appreciation for what the human body is capable of, given the right focus and attention. Deb no longer took basic body movements and functions for granted, but realized the physical and mental benefits that resulted from correct muscle activation.

This past summer, Deb started having vision problems and was diagnosed with a large brain tumor. Upon hearing the news that surgery was necessary, Deb experienced



### Reforming to Recovery

*Deb Bolgla performs exercises on the Reformer with help from Karen*

moments of anxiety and panic. She handled these occurrences by, in her words, "immediately calling upon Pilates breathing techniques, which calmed my body and spirit. I continued Pilates training to help me stay focused on healing and strengthening, rather than negative 'what ifs.' Understanding how to support my entire body from my innermost core muscles kept me both physically and emotionally strong. Karen was great at adapting my Pilates instruction to address my new set of concerns and medical needs to help me better prepare for my surgery."

Deb underwent neurosurgery in late August. The tumor was removed, and was found to be non-cancerous! As hoped, Deb's Pilates training helped immensely in the recovery process. "The medical staff and my family and friends were impressed at how quickly I began

### METTLER SUCCESS STORY

**DEBRA BOLGLA**



**MEMBER SINCE: 2/05**

Deb started Pilates conditioning early in 2005, and has consistently trained ever since. Less than two months after undergoing brain surgery, Deb is getting back to her routine at Mettler Center. She credits Pilates in helping her before and after surgery to maintain positive energy, focus, and strength.

to recover. My back never hurt after lying flat for several days, and even though I was not able to get up and walk right away, I was able to do very simple adaptations of Pilates' moves while in my hospital bed to help stretch my body. Having built up my core strength, I was physically able to sit up quickly and eventually walk with more stability by pulling up and using those core muscles. I was amazed at how this really worked. I thought of Karen and how excited she would be to hear this news."

Before discovering she had a brain tumor, Deb was already a believer in the benefits of Pilates. But now that her body and mind have been challenged in a way she could never have imagined, her appreciation of Pilates has grown even more.

### SPECIAL OFFER

Offer expires: 1/31/07

# \$25 off

Save \$25 when you purchase 10 Pilates Personal Training Sessions.



## 'ATHLETIC' UPDATE

by Joe Rodgers, MS, Sports Performance Director

Mettler Athletic is progressing in a timely fashion that should have the doors open to the public in January 2007. We have launched our initial website ([mettlerathletic.com](http://www.mettlerathletic.com)), which will provide information about programs and news on the construction process. Currently, you can sign up to receive email updates and a chance to win a free six month membership or 10 free personal training sessions.

We are in the process of interviewing potential employees for many different positions we have available. Our goal is to hire degreed and certified personnel to work with the young athletes, recreational athletes, and fitness populations to provide a professional interaction of exercise and education.

Our sport performance programs are designed to enhance physical attributes, develop self-confidence, and educate athletes. Our performance programs will encompass a range of athletic conditioning from injury rehabilitation, nutritional counseling, pre-season conditioning, movement development, and strength development. While our sport skill development areas will have an experienced staff of coaches, they will also use some cutting-edge technologies, ranging from video analysis to balance and rotational analyses. Our fitness programs will continue at the same level of excellence that has already been established at our current locations and will offer a fitness lab, personal training, and group exercise.

**To subscribe to Mettler Athletic email updates, visit [mettlerathletic.com](http://mettlerathletic.com). For more information on a specific program, email [joe.rodgers@mettlercenter.com](mailto:joe.rodgers@mettlercenter.com).**

## KEEPING FROM COLDS

by Mary Knight, Mettler University Coordinator

To stay healthy during the cold and flu season, you need to strengthen your body's defenses. This means eating well, drinking water, and exercising regularly. Antioxidant-rich foods such as broccoli, oranges, oatmeal, carrots, and tomatoes can boost your immune system. Any kind of sensible exercise can help promote both your immune system and lung function. And don't forget the tried and true advice we hear every year: drink lots of water, get plenty of rest, get your flu shot, and wash your hands frequently throughout the day. If all else fails, and you do get sick, spoil yourself with some of Grandma's chicken soup—not only good for the soul, but also confirmed to help relieve cold and flu symptoms.

## GREAT GIFTS!

The holiday season is quickly approaching and gift shopping is just around the corner. Need an idea for that hard-to-shop-for person? How about a Mettler Gift Card. Gift Cards can be used to purchase memberships, personal training, massages, weight loss programs, cooking classes, merchandise, childcare, and more! Cards can be purchased in any monetary amount at our Crossing location and have no expiration date. So get a jump on your holiday shopping and purchase one today!



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