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**THE METTLER**

# RELEASE

SEPTEMBER/OCTOBER 2007

## 10 YEARS AND COUNTING

by Paul R. Mettler, PT, DTP, Owner/CEO

This September Mettler Center celebrates ten years at our current location at 2906 Crossing Court. In the fall of 1996, I spotted a "FOR SALE" sign on the land where our building now sits. I told my wife, Lisa, I had found the perfect location for the expansion of our business. She was hesitant, and understandably so—at that time, there were very few services in this area of southwest Champaign. In spite of some reservations, my brother Miles and I began to draw up plans for a new building for our health center, which included physical therapy and a fitness center. Construction began in April of 1997, and on Labor Day the Mettler Center officially moved from State Street to Crossing Court.

We have experienced many changes over ten years: the therapy staff has grown from three to eight therapists, fitness memberships have grown from 75 to over 1600, and we have added many new services including nutrition, weight management, personal training, cooking classes, and massage. We have undergone an addition and re-modeling. But what is most important to us are the relationships and results we have established with you—our patients, clients, and members. We take seriously our mission of "transforming lives." Each person that walks through our door

has a goal in mind, whether it is rehabilitation, losing weight, becoming more fit, or simply feeling better about themselves. It is very important to us that our staff treats each of you as an individual and is helping you meet your goals. We want to help each of you become the best person you can be.

With that in mind, we are always striving to offer new services, train and educate our staff, and grow to serve you better. Our newest venture, Mettler Athletic, was developed to meet the needs of athletes. In addition to youth and high school conditioning programs, we offer fitness and conditioning classes for the active adult, fitness memberships, and therapy services for those who want to "get back in the game." We invite you to stop in to tour the facility if you haven't already.

Our physical therapy services, the cornerstone of the Mettler Center, continue to grow and expand as more people become aware of the healing power of MRT®, and we plan to continue training more therapists on the technique. We recently established Mettler Foundation to facilitate research for MRT® and wellness. Mettler University continues to offer educational classes on many topics. We hope you have an opportunity to try one soon.

These ten years have been a blessing to Lisa and I, and we are grateful to you for entrusting Mettler with your health. We hope to continue to serve you and your health needs and to celebrate many more ten-year milestones.

**To celebrate a decade of Whole Life Fitness, Mettler is holding its 10<sup>th</sup> Anniversary Open House on September 10–16. Come join us for food, prizes, demos, and more!**

**If you build it...**  
Paul visits the Mettler Center construction site in the spring of 1997.



## FIT YOUR BIKE AND STEER CLEAR OF INJURY

by Steve Young, MSPT, CSCS, Director of Therapy Services

With high gas prices and continued good weather, a lot of people are hitting the streets with their two-wheeled companions. Whether you ride to save money, to improve your overall fitness, or to compete, having your bike fit properly can enhance your performance and prevent injuries. Here are a few tips to assist you in fitting your bike to your body and your body to your bike. We'll start with bike adjustments:

**Seat** Be sure to have the seat relatively level (parallel to the ground). Having the seat tilted excessively forward places stress on your hands, arms, and lower back. Your back can also be at risk when the seat is tipped backward; this places extra pressure elsewhere making your ride very uncomfortable.

Be sure your seat is at the proper height to boost your power output and prevent hip, knee, and back pain. Generally, about 5° knee angle at the position where your leg is most extended should give you optimal power.

**Handlebars** Most research indicates that cyclists should have their bars high enough

to create a 25–35° bend at the waist while keeping an 80–90° angle at the shoulder.

**Foot pedal** The ball of your foot should be placed directly over the pedal spindle. Also wearing a stiff-soled shoe will increase comfort and performance.

Now onto body adjustments:

**Stretch** Take time each day to ensure you have proper flexibility of your hamstrings, hip flexors, quadriceps, and gluteal muscles.

**Diversity** Add variety to your overall training. Biking and stretching are only 2 components of the 3-headed monster; you also need strength training.

Work hard on upper body and postural muscles to protect the neck, shoulders, and back. Strong triceps, for example, can allow good shock absorption while going over rough surfaces.

Add a significant amount of core strength and balance training to your workout. Increasing

your abdominal, lower back, and hip strength can prevent injuries to the back and knees.

**Hydrate** Depending on the temperature, your exertion, and your body, you should drink a large water bottle every 30–45 minutes during your ride. That's 3–4 glasses for every hour you work out. A good rule of thumb is to take a few gulps every 10 minutes.

When going on long rides, stop and stretch your hips and add some jumping jacks, lateral walking, or shuffling to give your hips a break from the repetitive use of the sagittal (forward/backward) plane of motion. Remember that your body desires to move in all kinds of motions, so break it up, and give your muscles and joints a break from the monotony.

Please note these are only guidelines and suggestions. You are built differently than Lance Armstrong, so if you do not feel comfortable or are having issues, please seek help via your physical therapist, trainer, or bike shop specialist. Have fun, and oh, don't forget your helmet!

**Too late for tips?** Have your injury addressed and get back on the road as quickly and safely as possible. Call 356-6543 to schedule a free therapy consult today.



### By Popular Demand

A male instructor! Jonan Tiarks motivates participants in a Monday/Friday 5:30pm Strength Coach class.

## THE NEED FOR ROUTINE

by Shannon Olison, Group Fitness Instructor

We all know them. They exist in our own homes, at the office, and even in the gym: *Creatures of habit*. Maybe you're one of them. You get up every morning at the same time. You drink your two cups of black coffee while listening to the early morning news and munching on your ¾ cup of Kashi® cereal with ½ cup of skim milk. It's your morning routine. Most of us have, at some level and in some shape, a routine of sorts. Routines are helpful, and consistency usually proves to be a benefit in our lives.

We know many of you, whether you have been a fitness member for the last 10 years or joined last week, have committed to making Mettler part of your weekly or daily routine. It is for the reasons of your routine that we are committed to keeping the group fitness schedule as consistent as possible. We want to make it possible for you to attend the classes you love for the long term. When you love what you're doing, you're more likely to stick

with it. Sticking with it builds routine, and this routine is what will give you *results*.

We have established our schedule by considering many different factors including, but not limited to, members, staff, industry trends, timing, and history. Because of that, our times and classes have and will continue to stay as they are for as long as possible. We make changes according to what will be best for the members as a whole.

It is a delicate balancing act—meshing the consistency of signature classes with our desire to offer new classes and new time slots—but we're up for the challenge. You can always expect we will work hard to provide the best in the fitness industry while continuing the same classes you love, making the group fitness studio a place where creatures of habit, and those who scarcely know the meaning of the word habit, can find a place to exercise.

**Ready for routine but unsure which class is for you?** Contact Joy Sheehan, Group Fitness Coordinator, at [joy.sheehan@mettlercenter.com](mailto:joy.sheehan@mettlercenter.com) with your questions.

## POWELL'S PLAYGROUND

by Sandy Powell, Personal Training Client

I had no idea the extra benefits I would receive when I signed up two years ago with a personal trainer at Mettler. Once I reached my early sixties, I began to get the typical "senior citizen slouch" and forward head carriage posture. I found it tiring to stand up straight. Good erect posture has always been important to me.

I committed myself to weekly personal training. I see Bart, faithfully, every Friday morning at 10:00am. That is *my* time slot. And here are the wonderful extras and rewards I have gained: I have good posture with no fatigue, swim with stronger arms, run and bike with stronger legs. When I ride my horse, I am so much safer because my legs hold me firmly in the saddle, and my balance has improved as well.

Before I started training with Bart, I didn't have any of these wonderful benefits in the things I love to do the most—running, biking, swimming, and riding my horse. I have learned the importance of training and strengthening my body for participation in all physical activities as well as in daily life.

*Exercise* in the dictionary means an activity that requires physical or mental exertion, especially when performed to develop or maintain fitness. *Play*, on the other hand, means to occupy oneself in amusement, sport, or other recreation. I like to think of my exercise program at Mettler as play, because Mettler makes my workouts fun and rewarding.

Thank you Mettler for providing so many great programs to keep us all in good health. Each of us just has to make the commitment, and Mettler will provide the rest!



### Over the Top!

Sandy finishes a set of pull-ups as trainer Bart Lindsay cheers her on from below.

### METTLER SUCCESS STORY

SANDY POWELL



TRAINING SINCE: 6/05

Sandy began personal training in June 2005 and has made significant muscle strength and endurance improvements. Since then she has increased her push-up output by 130% (10–23 reps) and her weighted squat by 75% (40 lb.–70 lb.), of which she does 30 reps! Through training, Sandy has also noticed marked changes in her sitting and standing posture, balance, and energy levels.

## TIME TO GET PERSONAL?

by Bart Lindsay, Personal Training Coordinator

Need some motivation and accountability for your workouts, or just some expert advice or ideas? Personal training is becoming more and more popular as proper exercise becomes ever so important in living a healthy life. *What do I do? How often do I do it? Am I doing this exercise right? Why am I not reaching my goals? How can I stay motivated to do this every day?* These are all common and perfectly sensible questions—which Mettler trainers have the knowledge and experience to answer.

Whether you're looking for cardiovascular improvements, added strength, or more flexibility, a consistent and appropriate exercise routine can be the answer. With a certified trainer, you can begin an introductory walking program, train for a mini marathon, target weak muscles, or just limber up so your body works as effectively as possible. Other aspects of overall fitness, such as balance, posture, and multi-planar movements are also extremely important to daily activities and feeling good, but are under appreciated until they're gone. Let us help you keep these or get them back!

Many of our new medical fitness programs have personal training components as well. These specialized programs have a specific focus that guides the type of training that is involved. Ask about our array of programs—maybe one of them is right for you.

### SPECIAL OFFER

Offer expires: 11/31/07

# 10% off

Save 10% when you sign up for any Personal Training package.



## ATHLETIC HOSTS CLINICS

by Garrett Arndt, Sports Performance Coordinator

Strength, speed, power, agility... these words are synonymous with achievement in the sports arena. But what do they really mean, and how does one become stronger, faster, more powerful, and more agile?

Mettler Athletic Strength and Speed Clinics will teach and train athletes the proper ways to acquire these highly desired attributes. Too often athletes train without attention to form or function. This usually leads to inefficient and ineffective workouts that can develop muscle imbalances and improper biomechanics that may increase the chance of injury and impede the athlete's progress.

These one-day clinics will put a purpose to training by teaching proper lifting and movement mechanics aimed at maximizing results and minimizing injuries. Mettler Athletic coaches will lead the athletes through training sessions that cover sprinting technique, agility training, power development, and strength training. Athletes will learn not only how to train properly, but *why* it is important to train properly, so that they may take that knowledge and transfer it to their individual workouts outside the clinics. Any athlete of any sport will benefit from the clinics because of the emphasis on making a better athlete, not just improving in his or her sport.

Our first two clinics will be held on October 8 and October 29. Registration begins in September, and space is limited. The clinics are open to athletes ages 8–18. For details, call 398-9800 or visit [mettlerathletic.com](http://mettlerathletic.com).

## FALL TOT SPOT HOURS

by Alene Echevarria-Derks, Membership Manager

Beginning September, 1 the playroom will open a half hour earlier at 3:30pm Monday-Thursday afternoons. This change will make it easier for parents and caretakers to get in their workout right after schools let out in the afternoons. Additionally, the new opening time will accommodate parents who have older children in Kinetik Kidz<sup>SM</sup> (see article below) and also have little ones in need of the playroom.

Playroom fees are \$1.00 per child/per visit with the purchase of a punch card at the front desk. Childcare is available for children crawling through age 8.

Tot Spot's new and improved hours are: Monday-Thursday 8am-1:30pm, 3:30-7pm; Fridays 8am-1:30pm; and Saturday 8-11am.

## KINETIK KIDZ<sup>SM</sup> IS BACK!

As school starts up and the weather gets colder, Kinetik Kidz<sup>SM</sup> is the perfect way to keep your kids active throughout the year. This class offers children the opportunity to begin a healthy lifestyle early in life, while learning the benefits of maintaining an active routine. Watch as your kids run and jump their way to developing stronger bones, muscles, and hearts in a social atmosphere. Kids will discover that being active can be enjoyable through high-energy games and structured strength training under the supervision of an exercise specialist. Kinetik Kidz<sup>SM</sup> is for children 6–12 and meets 3:30–4:20pm on Mondays and Wednesdays. Enroll your child today for a healthy tomorrow!



 **METTLERcenter**  
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FOR  
WHOLE LIFE  
COMING SOON...  
**GROUP FITNESS 101**  
includes Step, Strength, Kickboxing, and Yoga  
(To learn more, contact Member Services)