

UPCOMING EVENTS:

- ◆ Spring Take Action Weight Management Program group sessions begin Tuesday 4/21/09 from 4:00-5:00 pm or Thursday 4/23/09 from 12:00-1:00 pm. The program is now offered on an individual, on-on-one basis. Call the LiveWell Fitness Center to register.
- ◆ Stop in and check out our new Group Fitness Classes. Non-members are welcome to join us (\$5). Call LiveWell in advance to sign up for classes.

Successful Goal Setting

One of the biggest keys to reaching your goals is setting a realistic goal. If you want to run a marathon, do you have the time to put in hours of running each week? If you are about to have a child, does it make sense to go back to school right now? If you pick a goal that is realistic and fits easily into your life, you are much more likely to achieve it. Once you have a goal that is realistic make sure you use the following guidelines:

- 1 - State your goal in the positive, state what you want, not what you don't want.
- 2 - Be specific
- 3 - Make sure you have control over the outcome of the goal.
- 4 - Have an "evidence procedure." How will you know when you've achieved it? How will you think, feel, look or be different from now?
- 5 - Make sure the goal is realistic and appropriate for you right now.
- 6 - Make both short and long term goals.



WELLNESS TRIBUNE

March/April 2009

EXERCISE: NEW MIND/BODY BENEFITS REVEALED

Most people are aware of the many health benefits associated with exercise and general physical well-being, but new research has revealed an even greater mind/body connection than prior evidence has suggested.

Recent studies have demonstrated that exercise has the capacity to enhance learning and memory, from counteracting the mental decline associated with aging to facilitating functional recovery in patients suffering from brain injury or disease.

Other research is showing not only the health benefits of exercise for the body, but also the brain. Recent studies concluded that individuals with early Alzheimer's disease who had better levels of fitness, had less atrophy in key areas of the brain

associated with memory, according to research reported at the 2008 Alzheimer's Association International Conference on Alzheimer's Disease (ICAD 2008). Another report from ICAD 2008 showed that a home-based exercise program could reduce falls, improve balance, and maintain independence and quality of life in people with dementia.

In addition, studies on humans demonstrate improved psychological well-being, promote the effects antidepressants and decrease the risk of Alzheimer's disease and dementia.



WALK TO RUN 5K TRAINING GROUP

This new 10 week training program is designed for beginning to intermediate level runners. We will work on proper strength training, running biomechanics, flexibility, and walk-run sessions in each weekly training session. The group will meet Mondays and Wednesdays from 4 to 5 pm on the Greenway just south of the hospital, as long as weather permits, otherwise sessions will be held in

LiveWell Fitness Center. The training group will end with the Time to Fly 5K Run at Harriet Island in St. Paul on June 27th, which benefits children's cancer research.

This group can benefit first time runners as well as those who've been running 5k's for years and just want a fun, structured group to train with! Space is limited to 10 participants, so be sure to sign up in

BODY IN BALANCE

Do you want to look and feel better, improve your posture and be stronger? Learning to have good posture is more than learning to sit up straight and avoid slouching. Good posture is about body awareness, alignment and balance. In addition, good posture takes stress and strain off bones, joints, lungs, and even internal organs.

Body in Balance is an individualized program that includes an initial 90-minute consultation and posture assessment, three 30 minute sessions with a physical therapist, plus three 20 minute independent sessions using the Nintendo Wii Fit technology. Complete the program at your own pace - from three weeks to three months.

Member cost: \$159
Non-member cost: \$179

advance. The training program will be lead by LiveWell Fitness Center exercise physiologist, Patty DeClercq. Come and join us for this fun 10 week program!

Dates: April 20-June 27
Cost: Member: \$55
Non-member cost: \$75

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