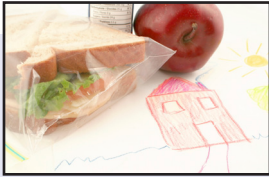




One Nineteen

Physicians • Diagnostics • Physical Therapy • Fitness • Spa • Wellness



Healthy Lunch Box Back to School; Back to Basics

August 24

11:00 a.m.–12:00 noon

This class is intended for parents to meet and discuss a healthy lifestyle for the new school year. Topics include brown bag lunches, choices in the school cafeteria, and some healthy, quick dinners. Join Donna Sibley, R.D., for this free program. Registration required; call 408-6551.

Fitness One Nineteen
Membership Special
Limited Summer Membership

No contract;
no assessment fee
during August

Assessment available for additional fee.

Fitness One Nineteen Hours of Operation

Monday–Friday
5:00 a.m.–9:30 p.m.
Saturday
7:00 a.m.–6:00 p.m.
Sunday
1:00 p.m.–5:00 p.m.

Note: The pool, sauna, and steam room close 15 minutes before the facility closing times.

Are You Ready for Triple Threat Training?

What is Triple Threat Training?

Triple Threat Training (TTT) is a program dedicated to educating and motivating you; giving you the intensity and quality needed for achieving success. If you are willing to put in the time for yourself, eat well, and train hard, we are the final link to your ideal body.

Triple Threat Training does not endorse fad diets, “abs in a bottle”, or any other type of gimmick that promises results in a few days. Good health and a hard body cannot be generated from a “quick-fix.”

Triple Threat Training offers training to anyone that wants results-driven training. Whether you are a housewife



looking to get in shape, or a young executive looking to pack on some muscle, TTT has certified trainers that will help you achieve your goals.

TTT’s style is a combination of dynamic and compound exercises that will challenge your entire body. You will never have the same workout twice. Expect to be pushed, educated, and motivated. You can expect to see weight loss and muscle definition, higher energy levels, improved self-esteem, and increased self-satisfaction.

About Triple Threat Training: September 6–November 24

- **Three trainers** – Harper Carson, Matt Nichols, Mandy Cox
- **Three hours per week** – Monday and Wednesday 5:30 p.m.–7:00 p.m.
- **Three months** (12 weeks)
- **Three assessments**
 - Bod Pod Screening
 - Measurements
 - Blood Pressure Screening

Each participant receives a t-shirt.

Pre-Requisite for Triple Threat Training Program:

You MUST be able to complete one mile of running without stopping to walk.

The fee is \$500 per person. Call 408-6544 to sign up or for more information.

How Can I Benefit from a Massage?

Most people only associate massage therapy with relaxation. However, there are many health benefits that may cause you to run to your local massage therapist or spa. Common techniques associated with the health and wellness aspect of massage are Swedish, deep tissue, sports massage, and neuromuscular (trigger point) therapy.

Swedish massage is a more gentle form of massage that uses long strokes, kneading, circular movements, and vibration to relax and energize. This form also serves to warm muscle tissue for deeper therapy.

Deep tissue techniques are slower, more forceful strokes to target the deeper layers of muscle and connective tissue. Although it does not increase muscle strength, it can stimulate weak, inactive muscles and can also lead to a more complete recovery from exercise or injury.

A sports massage involves stretching the muscle fibers or fascia that surround the muscle to release any tension or pressure buildup. Also, deep strokes are used to help break down scar tissue resulting from previous injuries or trauma. Mechanoreceptors which



sense touch, pressure, tissue length, and warmth, are stimulated, causing a reflex relaxation.

Neuromuscular or trigger point therapy is an intense form of bodywork that focuses on one specific area of the body. It is designed to alleviate tension that extends from a “trigger point” into an entire muscle. When a trigger point spasms

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CUISINE AT ONE NINETEEN

August 24

6:30 p.m.–8:00 p.m.

Chef Gray Byrum of Echelon Catering By Design will offer a culinary experience of one of the most talked about regions of the country. Come and experience the taste of New Orleans. Bring a bottle of wine and a friend. \$25 per person. Call for reservations at 408-6550.

Spa One Nineteen Fitness Member Specials

15% Off Massage and Self Tanning Treatments

Call for 408-6510 for details

Offer valid through August 31, 2010.

SAFE AT HOME ALONE

Saturday, August 14 1:00 p.m.–4:00 p.m.

This class for boys and girls ages 11 and older is the ultimate survivors' guide for adolescents staying at home alone. Participants will learn about caring for younger siblings, preparing safe meals, using precautions when staying home alone, administering basic first aid, and handling emergency situations. A certificate of participation will be given. Class size is limited to 10 participants. Cost \$20 per person. Call Dial-A-Nurse at 939-7878 to register.

SenseWear®: Goodbye, Guesswork; Hello Weight Loss

St. Vincent's Health System Wellness Services is selling SenseWear® devices to assist you with your weight control program. SenseWear is a body sensor device that can help you to track how many calories you are burning 24/7, plus an activity manager that gives you real-time feedback — how many calories you burned and how many steps you took during your last workout. This device is perfect for the person who feels that his or her efforts are not yielding weight loss.

Research indicates that

the typical person trying to lose weight underestimates how much he or she eats, and overestimates how much is burned off in exercise. SenseWear can be most helpful in determining what you are truly burning, rather than relying on a machine that is not specific to your metabolism.

You may purchase a subscription to activate the band, which allows you to print charts and view your actual calorie



deficit. Our special price is \$189 for a new armband and activity manager (in the form of a watch), and \$150 for a used armband. Subscription rates vary according to the amount of time you wish to

use the device. Call Donna Sibley at 408-6551 for purchase details and to assist you with set-up of your Sensewear.

Karate and Women's Self Defense Classes Begin August 4

Karate

Wednesdays
6:15 p.m.–7:00 p.m.

Women's Self Defense and Conditioning

Wednesdays
7:15 p.m.–8:00 p.m.

World Oyama Karate is our partner in offering karate and self defense and conditioning

classes at St. Vincent's One Nineteen. Karate has given children, teens and even adults a greater discipline, better health and self-defense skills. Become a world class athlete here at One Nineteen!

Fees for either program are \$55 per month for members and \$65 per month for

non-members. There are four classes per month. The first month special includes the first month, uniform, and karate book for \$99. Commit to three months and receive a discount: \$150 for members, \$180 for non-members. Call Fitness One Nineteen at 408-6544 for details.

How Healthy is the Popcorn You Are Eating at the Movies?

Healthy eaters often are aware that popcorn is a better choice than the average potato chip. Popcorn contains complex carbohydrates and is chock full of fiber, but what you put ON your popcorn is what can affect your waistline, from the healthy 35" or less for women and 40" or less for men, to a measurement that can increase your risk for several chronic conditions.

A recent study conducted by the Center for Science in



the Public Interest analyzed popcorn samples from three different movie theaters: Regal, AMC, and Cinemark. Regal and AMC theaters pop their popcorn in coconut oil, increasing the saturated fat content by 94% compared to Cinemark's non-hydrogenated canola oil. It is important that you are aware of the powerful calorie punch a tub of popcorn can provide you. If you're watching your blood pressure or are sodium

sensitive, know that each tub contains a whopping 550 mg to 1500 mg of sodium.

Next time you visit the movie theater, consider bringing your own bag of low-fat, already-popped popcorn to munch on rather than spending \$4 to \$8 on a tub of artery-clogging, blood pressure-raising movie theater popcorn!

Robbie Lewis, R.D.
Health Promotion Specialist
St. Vincent's Health System

Source: Nutrition Action Healthletter, December 2009

	Regal (Coconut oil)	AMC (Coconut oil)	Cinemark (Canola oil)
Small Popcorn	670 cal., 34 g sat. fat	370 cal., 20 g sat. fat	420 cal., 2 g sat. fat
Medium Popcorn	1200 cal., 60 g sat. fat	590 cal., 33 g sat. fat	760 cal., 3 g sat. fat
Large Popcorn	1200 cal., 60 g sat. fat	1030 cal., 57 g sat. fat	910 cal., 4 g sat. fat

Values do not reflect added butter.

EMOTIONAL EATING

August 2

6:00 p.m.–7:00 p.m.

Many people who are overweight have the unhealthy habit of using food as medication to control their emotions instead of actually dealing with the issue. April Towery, R.D. will lead this discussion on emotional eating, particularly stress eating, and how to better manage eating under stress. Free, but please register at 408-6550.



We care about you and your health.

St. Vincent's One Nineteen is proud to be a smoke-free campus.

Urgent Care Walk-Ins Accepted

Neil Meadows, M.D., Board Certified Family Practice physician sees urgent care walk-in patients in Suite 300:

Mondays through Fridays 8:30 a.m. to 11:00 a.m., and 2:00 p.m. to 3:30 p.m.

For more information or to schedule an appointment, call 408-6454.



Get Ready: The Hannah Home Run Away Race is October 23

The fourth annual Run Away From Domestic Violence Walk/Run to benefit Hannah Home Shelby is October 23, starting at St. Vincent's One Nineteen. The 8K run begins at 8:00 a.m.; the fun walk at 9:00 a.m.

Hannah Home Shelby is a Christ-centered home that serves the needs of abused

women and their children.

The kick-off to this year's event is August 16–24. Visit the Fitness Center to sign up for either the 8K or the fun walk.

If you are interested in getting in shape for the event, we can offer assistance. An 8K training program begins on August 25 at 8:30 a.m.

This is a free, ten-week running program. Anyone who participates in this training program must sign up for the Hannah Home Run Away from Violence event. If you can't make the time, a training schedule will be available at the Fitness Desk. For details, call 408-6544.

Massage - continued

in the body, blood flow to that area is severely decreased, sometimes ceasing altogether. When this happens, oxygen necessary for the muscle to work properly is also decreased, causing a build-up of lactic acid. This can create a vicious cycle of pain and soreness. This form of therapy is primarily used to treat lower back, neck, arms, repetitive motion injuries, headaches, and numbness and/or tingling in the limbs.

An increasing number of research studies show

massage reduces the heart rate, lowers blood pressure, increases blood circulation and lymph flow, relaxes muscles, and improves range of motion.

Physical Benefits of Massage:

- Alleviates discomfort during pregnancy
- Reduces formation of excessive scar tissue
- Fosters faster healing of strained muscles and sprained ligaments
- Reduces muscle spasms
- Provides greater joint flexibility and range of motion

- Promotes deeper and easier breathing
- Improves circulation of blood and movement of lymph fluids
- Reduces blood pressure
- Helps relieve tension-related headaches and effects of eyestrain
- Improves posture
- Rehabilitates post-operative or after injury

For more information, or to schedule a massage, call Spa One Nineteen at 408-6510.

*Rachel Sanchez, L.M.T.
Spa One Nineteen*

News Bits

Healthy Weight for Everybody Mondays at 11:00 a.m. or 6:00 p.m.

A twelve-week weight management program emphasizing healthy eating, increased activity, and behavior changes. Join at any time; call 408–6550.

Biggest Loser Leaders

Congratulations to the leaders at the half-way point of the current *Biggest Loser* program: First place: 41.3 lbs., 9.34% of body weight lost. Second place: 31.4 lbs., 8.99% of body weight lost. Third place: 25.6 lbs., 8.95% of body weight lost.

The next session starts in January 2011, and we will begin interviews after Thanksgiving. Applications are

available on the Fitness page at www.onenineteen.com or at the Fitness Desk. For information, call 408-6544.

Financial Wellness Series First Seminar: August 10 11:00 a.m. – 1:00 p.m.

Join financial advisor Kevin Harper with Ameriprise Financial Services as he discusses several areas of “financial wellness” in a three-part series. This first seminar on August 10 will address long term care insurance. Long term care insurance gives you the freedom to participate in choosing the type and location of care that best meets your personal needs. It can help cover such services as home health aides, adult day care, assisted living facilities,

nursing home care, skilled in-home nursing care, and hospice, all of which are not usually covered by ordinary health insurance and Medicare. Long term care insurance also helps you maintain your dignity and financial freedom while giving you the flexibility to participate in making choices that impact your care—about the services you receive, where you receive them, and who provides the care you need.

The second seminar on September 1 will be a discussion on Market Volatility and the third will be on Social Security on September 29. These seminars are free, and a complimentary box lunch is served at each seminar. Please register at the Front Desk.



One Nineteen

Care you can believe in

7191 Cahaba Valley Road
Birmingham, AL 35242
408-6600
onenineteen.com

Here To Serve You

- Marc Bernier**
Physical Therapy Manager
- Jeremy Bullock**
Fitness General Manager
- Tracy Cherry**
Spa Supervisor
- Beth Cobb**
Alicia King
Membership Representatives
- Mandy Cox**
Fitness Supervisor
- Matthew Haynes**
Aquatics/Recreation Supervisor
- Phil Holmes**
Wellness Supervisor
- Toni King**
Patient Access Supervisor
- Steven Sims**
Director of Clinical Services

St. Vincent's One Nineteen Physician Specialties

- Asthma and Allergy
- Cardiology
- Dermatology
- ENT
- Family Practice
- Gastroenterology
- General Surgery
- Internal Medicine
- Neurology
- Obstetrics/Gynecology
- Ophthalmology
- Orthopedics
- Pain Management
- Plastic Surgery
- Vascular and Vein

August 2010 Events Calendar

Back to School, Back to Health at One Nineteen

GO FOR THE GOLD CONTEST Through August

Receive a gold star for each group exercise class you attend and you could win a free membership. *Look for details in Fitness.*

ADULT HULA HOOP

Tuesdays, 5:30 p.m.–6:30 p.m.
Learn hula hoop basics and fun fitness dance moves. No hoop experience necessary. Hoops are provided for each class. *Free for members; \$15 per class for non-members.*

PRENATAL AQUATICS

**Wednesdays
6:30 p.m.–7:15 p.m.**
An ideal way to decrease pressure and increase relaxation during pregnancy. *Cost is \$20 per month; open to members and non-members. Child care available. Call Dial-A-Nurse at 939-7878 to register. Class size limited.*

GYMNASTICS

**Tuesdays, 10:00 a.m. (3-4 years)
and 11:00 a.m. (4-5 years)
Thursdays, 5:00 p.m. (3-5 years)
and 6:00 p.m. (6-9 years)**
Head Over Heels Gymnastics teaches gymnastics in a fun, creative, and positive environment. *Call Erin Metzger at 981-2720 to enroll in these eight-week sessions.*

PRENATAL YOGA

**Mondays and Wednesdays
August 2-25
11:00 a.m.–12:00 noon**
Safe stretching and strength building yoga exercises to increase energy and stamina. Learn calming relaxation techniques helpful in labor and delivery. There are

modifications for each trimester. Doctor's permission required. Bring two bed pillows to class. *Call 408-6520.*

MOMMY & ME WATER CLASS Tuesdays and Thursdays August 3-26

9:30 a.m.–10:00 a.m.
An introductory class for children 6 months to 3 years and their parents that promotes water safety and encourages happiness and confidence in the water. *Class size limited. Pre-registration required. Free for members; \$80 for non-members. To register, call Mandy Cox at 408-6520.*

CHAPTER ONE NINETEEN

August 3, 7:00 p.m.–8:00 p.m.
At this monthly book club meeting we will discuss *Prayers for Sale* by Sandra Dallas. You may order books for a 20% discount at 939-7766 and have them delivered to One Nineteen for your convenience. *Book club is free but registration suggested; call 408-6550.*

OPTIFAST INFORMATION SESSION

August 12, 6:00 p.m.–7:00 p.m.
Find out more about this weight management program for those who have 50 pounds or more to lose and have tried multiple diets but have had little success. Learn about this 18-week program with a long-term weight management group and gym membership for a year's worth of support. Protocol, costs, and insurance are discussed. This medically supervised, multi-disciplined team approach program averages about 2 to 4 pounds of weight loss per week and

includes behavior modification. **Partial and short term programs now available.** Information session is free. *Registration suggested. Call 408-6550.*

CHOLESTEROL AND BLOOD GLUCOSE SCREENINGS

August 27, 8:00 a.m.–5:00 p.m.
Cholesterol and blood glucose screenings by appointment. *The first screening is free for members; \$20 for non-members and repeat visits. The sign-up list is in the book between the locker rooms, or call 408-6550 to register.*

COMPREHENSIVE DIABETES EDUCATION

August 27, 9:00 a.m.–1:00 p.m.
If you have diabetes or are at risk, this seminar is a must. A physician's referral is required, and pre-assessments are given preceding the class date. *To register, call 939-7248.*

CPR FOR FAMILY AND FRIENDS

**Wednesdays, once a month
6:00 p.m.–8:30 p.m.**
This is a classroom based, practice-while-you watch DVD and instructor-facilitated program on how to perform the basic skills of CPR on adults, children, and infants and how to help an adult, child, or infant who is choking. It is designed for parents, family members, friends, older siblings, and babysitters age 12 and older who want to learn CPR but do not need a course certification card. *Call 939-7878 to register. Class size limited. Cost \$20 per person.*