



One Nineteen

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

Breakfast with the Expert

Physical Therapy Treatment for Arthritis

May 16, 8–9 a.m.

Join Kaye Sharp, MSPT, Lead Physical Therapist at St. Vincent's One Nineteen, as she explains how physical therapy can reduce the symptoms caused by all types of arthritis. Kaye will discuss practical ways to get you back to your normal activities using therapeutic exercises, manual therapy, pool therapy, and other conservative measures. Whether you have a chronic condition or you're a "week-end warrior," there are treatment options for you! Find out how physical therapy can help get you moving! Free but please register at 408-6550 by noon on May 15.

Fitness One Nineteen Hours of Operation

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

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

Call 408-6544 for the fitness desk.

Swim Lessons? The Benefits of Learning to Swim

Swimming is a valuable skill for both children and adults, but it's best learned as a child for a variety of reasons. Safety, physical development, fitness, and social opportunities are primary benefits of swim lessons. Swimming is a year-round activity that can promote health and personal enjoyment in a child's life.

Knowing how to swim is essential for water safety. Children should be taught to swim in a safe environment that uses multiple techniques to transition swimmers from beginner to advanced levels. They should learn not only swimming strokes but basic water safety methods, such as how to float and tread water for extended periods of time.

Drowning is the second-leading cause of death for children ages 1 to 19 according to the American Academy of Pediatrics (AAP). Therefore, the AAP recommends that parents enroll most children in lessons between ages 1 and 4. It is important to note that even children with advanced swimming skills can drown. The most effective way to prevent drowning is by always watching children in the water. Swimming lessons don't replace the need for adult supervision and vigilance.

Swimming can also aid physical development in children. It requires coordination of both the arms and the legs, something that many other sports and activities do not offer. Strokes like the



breaststroke and butterfly involve the arms and legs doing very different motions at the same time. This helps the development and coordination of gross motor skills as they are forced to think about their movements. As children grow and develop, it's important to introduce them to what their bodies are able to do, with both stability and functionality. They don't have to become competitive swimmers to reap the physical benefits swimming provides.

One activity that can be done throughout the lifespan is swimming and it is important for fitness. Since swimming is done in the water, there is minimal impact on the joints. In fitness facilities across the country, there is one area where people of all ages can be seen exercising. At any given moment, the pool will be filled with swimmers from 5 to 95.

Swimming can aid in the development of both strength and cardiovascular health, according to United States Masters

Swimming. Swimming teaches children good habits they can use for the rest of their lives.

Enrolling a child in swimming lessons provides them with social opportunities. Some swim lessons are taught in groups and others are taught individually with many private lessons occurring at the same time. Either way, children are learning how to be patient, share, and take their turn. In swim lessons, children learn that rough playing in the water can hurt others and how to take responsibility for others while they are swimming.

In addition, many children go from swimming lessons to swim team and develop lasting friendships with the people they meet. Many children's summer programs around the country involve a good bit of pool time. These pools are full of laughing, happy, and engaged children. Being "the kid that can't swim" can be a detrimental social stigma.

Many people who don't learn to swim as children develop fear of the water. Not only do they never want to swim, they become dangerous to others around them. Children don't have preconceived notions as to how they should swim and therefore are easier to teach. Talk to a swim instructor and enroll your child...today! For more information about swim lessons for all ages, see the fitness desk.

Best of 280 Award

We are pleased to announce that St. Vincent's Fitness One Nineteen was voted "Best Workout Facility" in the "Best of 280" contest sponsored by 280 Living magazine!



Let's Get Together!

Senior Health and Fitness Day

May 9, 11 a.m.

Calling all members who attend aquatic and chair classes! Join us for a potluck lunch on Thursday, May 9 at 11 a.m. in the Conference Room. We'll eat, play games, and enjoy each other's company. Sign up sheets will be in Open Studio and on the bulletin board in the pool area. Free blood pressure screenings will be available.



We Heard You!

Thank you for participating in our recent online surveys. Congratulations to Diane Hillman, spa client, and Charles Michael Holleman, fitness member. They each won a \$100 gift card for completing the survey.

In response to your feedback, the following items have been implemented:

- **New variety of group exercise classes are being offered in the evening times – TRX/Body Sculpt/Instructor Choice**
- **New Kid Fit hours on Saturday are 9 a.m.–1 p.m. Friday hours are 4–6 p.m. at the pool.**
- **New cooler in the fitness department with expanded options including Smart Water, Vitamin Water, etc.**

Tour de Cure



Join us for Tour de Cure at St. Vincent's One Nineteen on May 18. Sign up to participate in one of five rides: spin rides, 20 mile, 37 mile, 64 mile, or 105 mile. Go to main.diabetes.org/goto/StVOnenineteen or main.diabetes.org/goto/spinfortheure to register or support a team member.

Block Party and Health Festival Fun

Get a chair massage. Try out a free Zumba, spin, or hula hoop class. Check health indicators with free screenings of your cholesterol, blood sugar, and blood pressure.

Health care professionals and fitness experts invite everyone to One Nineteen's Block Party and Health Festival, a summer party held rain-or-shine on Saturday, June 8, from 5-8 p.m. Kids' activities will center on multiple inflatables and fitness challeng-

es ranging from NFL Fan Fare-styled competitions to obstacle courses. Participants will earn prizes for super-duper efforts.

Chill out to live music featuring the "Back in Time" and "Double Feature" Bands while enjoying delicious food options. Get your face painted. It's just another way St. Vincent's One Nineteen's wellness professionals want to help area residents kick off their fun-filled, safe, and healthy summer.

Burpees for a Cause

At the Block Party, support the American Heart Association/Birmingham Heart Walk and have fun torturing the Fitness One Nineteen personal trainers. For every dollar raised, the fitness staff will perform one burpee (\$250=250 burpees). For more information, contact Ryan.Pindroh@stvhs.com.



Join Our Run Club

Whether you are training for an event, looking to burn some extra calories, or need a social outing, Run Club is for you. Experience multiple routes through Greystone, Brook Highland, and even our own running trail. Free daily training programs for those training for an event. See the fitness desk for more information. Run Club is free for members and \$15 for guests.

••• ••• ••• ••• Kids Corner ••• ••• ••• •••

Parent's Night Out

Take advantage of Parent's Night Out on Friday, May 17, from 5:30-9:30 p.m. We will swim, play games, and have dinner while watching a movie. Cost is \$15, but sign up early at the fitness desk for \$5 off.

Camp 119

Do you have plans for your kids this summer? We do! Camp 119 begins June 3. Summer 2013 will be awesome when your kids spend the day at Fitness One Nineteen enjoying special guests, exciting activities, and much more. Call 408-6540 for more information. Members receive a discount.

Spa One Nineteen

Fitness Member Special

**20% off Skin
Authority Sunless
Tanner**

*Offer Valid Through
May 31*

*Call 408-6510 for
details.*

Free child care center for
ages 4 months through
6 years.

Skin Authority is Here!

Check out our new line of Skin Authority products in the spa.



Try Skin Authority's
Sunless Tanner!

Healthy Foods, Healthy You

St. Vincent's One Nineteen has healthy cooking for all ages!

Thyme to Cook for Kids

Thyme to Cook for Kids is a cooking camp featuring kid-friendly, fun-to-make recipes designed to teach children about food and basic cooking skills.

Around the World in 5 Days – taste the exciting flavors of the globe in this world tour of cuisine!

June 17-21 (Ages 6-9)

June 24-29 (Ages 10-12)

From Farm to Fork – experience the farm by making home-grown meals from freshly picked farmer's market foods!

July 15-19 (Ages 6-9)

July 22-26 (Ages 10-12)

Cost: \$175/week

Days: Monday-Friday

Time: 8 a.m.–12 p.m.

Before and after care available for \$17/day.

Space is limited. Call 408-6550 for information about registration.

Eat Healthy!

Healthy Chef To-Go is a chef prepared program that offers a convenient and healthy way to eat one, two, or three meals/day, but can be ordered as few as one time per week. Food Studio B is delivering meals to One Nineteen three times/week providing fresh, organic meals up to seven days/week. The meals are prepared with much flavor and provide plenty of protein and vegetables. Starch options are available upon request. General menus are posted on the cooler in fitness, but because the menu may change slightly depending on the availability of the fresh food, an updated menu will be posted on Wednesday and orders need to be placed no later than Friday at 10 a.m. The chef wants to ensure that the quality of the food is superb, so changes may be necessary, but he states that the flavor profile will remain the same. If you would like to receive the menu on Wednesdays, please call 408-6550 or email rita.jackson@stvhs.com to be added to the list.

Here are the advantages to the Healthy Chef To-Go program:

- Healthy, organic, fresh
- Convenient
- Reasonably priced – compare your grocery, gas, and restaurant receipts
- Portion controlled to help you with weight loss – meals are between 300 and 500 calories each
- Granola also available in fitness



One Nineteen

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Birmingham, AL 35242
408-6600
onenineteen.com

St. Vincent's One Nineteen is on Facebook and Twitter!
[facebook.com/StVOneNineteen](https://www.facebook.com/StVOneNineteen)
twitter.com/StVOneNineteen

Here To Serve You

Diane Hughes
Membership Representative

Jay Brock
Aquatics & Activities
Supervisor

Alexis Chimento
Spa Manager

Mandy Cox
Fitness General Manager

Jacqueline Gardner
Health & Wellness Services
Director

Scott Goggins
Service Integration Manager

Shanon Hamilton
Clinical Services Director

Toni King
Clinical Services Manager

Donna Sibley
Registered Dietitian

St. Vincent's One Nineteen Physician Specialties

- Asthma and Allergy
- Cardiology
- Dermatology
- ENT
- Family Practice
- Gastroenterology
- Internal Medicine
- Interventional Pain Management
- Neurology
- Neurosurgery
- Obstetrics/Gynecology
- Ophthalmology/Optometry
- Orthopedics
- Plastic Surgery

May 2013 Events Calendar

LUPUS SUPPORT GROUP

May 4, 10 a.m.–12 p.m.

This group supporting lupus patients and their families meets the first Saturday of every month. The group will discuss "How to Beat the Heat of Summer" for the final meeting before summer begins. Free.

SPIN-A-THON FOR ADA

May 6, 8–11 a.m.

Sign up is free for this 1-3 hour spin ride with Kimra. Each participant is asked to raise \$10 from friends and family for each hour of spin supporting the American Diabetes Association. Sign up at the fitness desk.

MEDICARE EDUCATIONAL MEETING

May 6, 1–3 p.m.

Blue Cross/Blue Shield will conduct a meeting to inform customers of upcoming changes in Medicare benefits. Open to the public and free of charge, but please register at 1-888-222-6165.

DISCLAIMER: The person discussing Medicare plan options is employed with Blue Cross/Blue Shield of Alabama and will be conducting a sales meeting to present Blue Advantage, Blue Rx, and C Plus. Plan information and applications will be available. Blue Advantage is a Medicare Approved PPO plan. Blue Rx is a Regional Medicare Prescription Drug plan. C Plus is a Medicare Supplement Select Plan B

CHAPTER ONE NINETEEN

May 7, 7–8 p.m.

Join us for this monthly **book club** meeting to discuss *The 100 Year Old Man Who Climbed Out the Window and Disappeared* by Jonas Jonasson. You may order the book at a 20% discount at 939-7766 and it will be delivered to One Nineteen for your convenience. June's book is *May the Road Rise Up to Meet You* by Peter Troy. Book club is free but registration is suggested by calling 408-6550.

GLUTEN FREE: WHO NEEDS IT?

May 9, 6:30–7:30 p.m.

Eating gluten free seems to be a trendy lifestyle right now. More and more people are discovering they are gluten intolerance and others just want to use it to lose weight. Find out the real truth about gluten, gluten intolerance, and who should be watching it. Free but please register at 408-6550.

GIRL POWER

May 11, 10–11:30 a.m.

A class designed to help girls 8-12 understand and accept the natural changes that occur with early adolescence. The program addresses developing a positive self image while accepting the physical changes that accompany puberty. For girls and a female adult relative or friend. \$5 per girl. Call Dial-A-Nurse at 939-7878 to register.

BLOOD CHOLESTEROL & GLUCOSE MONITORING

May 14, 8 a.m.–4:30 p.m.

Cholesterol and blood glucose screenings will be held by appointment. The first screening is free for members; \$20 for non-members and repeat visits. Results in five minutes with a simple finger stick. Call 408-6550 to register.

BLOOD PRESSURE/BODY MASS INDEX SCREENING

May 15, 8–11:30 a.m.

Every second week of the month, a representative from Wellness One Nineteen will be screening for blood pressure and BMI at the front entrance. Free.

BREAKFAST WITH THE EXPERT: PHYSICAL THERAPY TREATMENT FOR ARTHRITIS

May 16, 8–9 a.m.

Join Kaye Sharp, MSPT, Lead Physical Therapist at St. Vincent's One Nineteen, as she explains how physical therapy can reduce the

symptoms caused by all types of arthritis. Kaye will discuss practical ways to get you back to your normal activities using therapeutic exercises, manual therapy, pool therapy, and other conservative measures. Whether you have a chronic condition or you're a "weekend warrior," there are treatment options for you! Find out how physical therapy can help get you moving! Free but please register at 408-6550 by noon on May 15.

LIVING HEALTHY: HEALTHY CARBS & HEALTHY PROTEINS

May 16, 11 a.m.–12 p.m.

Every day you hear how bad carbohydrates are for you, and then you hear you need carbs to exercise effectively. So what advice do you listen to? How much protein do you really need? During this nutrition session, learn what you need to know about combining carbs and protein and how to menu plan to eat healthier. Free but please register at 408-6550.

COMPREHENSIVE DIABETES EDUCATION

May 22, 9 a.m.–1 p.m.

If you have diabetes or are at risk, this seminar is a must. A physician's referral is required, and pre-assessments given preceding the class date. To register, please call 939-7248.