

IMPROVE

IMPROVE YOUR GAME, IMPROVE YOUR LIFE

Great River **Health Fitness Newsletter**

FEBRUARY 2018

Success!

Cardiac Rehab Phase III improves lives of people with heart and lung conditions



Sue Gilchrist

"Since beginning the program, I have dropped two to three sizes. I am stronger and have more energy. I'm confident that I'm leading a healthy lifestyle."

Length in program: 4 years

My inspiration: Nurses in the hospital and Cardiac Rehabilitation Phase II staff. They convinced me that eating a heart healthy diet and exercising regularly are the best things I can do to prevent another heart attack or needing more stents.

My workouts: I spend one to 1.5 hours in the gym three to five days a week, mainly using the Nu-Step and treadmill. Twice a week, I add resistance training.

Her favorite part: I like the reassurance of having my blood pressure, heart rate and oxygen level checked each time I attend. The staff are friendly and the membership cost is reasonable.



Bart Orth

"People who work out in the Wellness Gym are all treated the same, and trainers do a good job explaining the machines' functions."

Length in program: 5 years

My inspiration: Desire to remain active and the people around me

My workout: Arm bike and treadmill or Nu-Step

My favorite part: The assurance of staff knowing what they are doing. They are very friendly and caring.



Dennis Imler

"I feel better after I work out."

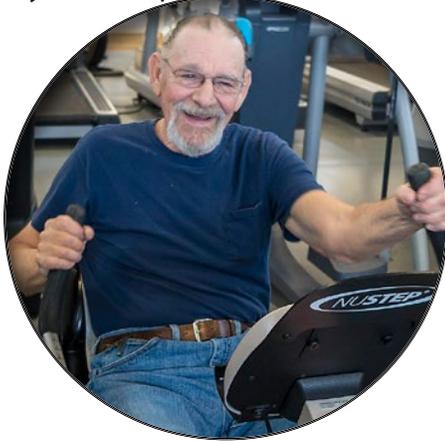
Length in program: 1 year

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My inspiration: My wife. She'd kill me if I didn't participate!

My workout: Arm bike and Nu-Step

My favorite part: The staff



Peter Richardson

"When you do a program you enjoy, it becomes a habit, like putting your socks on. It's an everyday activity. If I didn't have this program, my health would not be anywhere close to as good as it is now. It keeps my weight down and helps with my blood sugar. Phase III helps me be healthier than expected."

Length in program: 10 years

My inspiration: Desire to remain active as I age

My workout: I usually do 20 to 25 minutes on the treadmill and 20 to 25 minutes on the upright bike three days a week. The other two days, I do the Nu-Step for 40 minutes.

My favorite part: The people in the Wellness Gym. Talking to other people who are exercising helps the time go by rapidly.

Program **Highlights**

Cardiac Rehabilitation Phase III

Cardiac Rehabilitation Phase III helps improve strength, endurance and wellness in people who have cardiac and pulmonary conditions. Participants exercise independently in the Wellness Gym at specific times while being monitored by fitness specialists. Heart rate, blood pressure and oxygen saturation are checked before, during and after exercise, and each session includes a weight-in. Graduates of Great River Health System's Cardiac Rehabilitation Phase II program receive a one-month trial Phase III membership.





Commit to Fit

Did you know 80 percent of New Year's resolutions fail by February? Don't let yours be one of them.

12-week program starts Monday, Feb. 12

Earn points for:

- Gym use
- Exercise class participation
- Monthly activities
- Strength and endurance gains
- Improved body measurements

\$20 for Health Fitness members

Get more information

Call 319-768-4191.

Questions: Why did the Hawkeye Room hours change from 4 to 6 p.m. to 5 to 6 p.m.? One hour isn't long enough to complete a workout. Why is the 5 p.m. Triple Threat class on Mondays only now instead of Mondays and Wednesdays?

Answer: We review the use of our services quarterly to ensure we schedule staff in the areas they are needed most to help our members. This includes exercise classes, personal training, sports enhancement, disease-specific programs, pool and gym. When use of areas or classes declines, we must change hours or offer different classes that appeal to more members. This quarter, we added 30-minute Beginners' HIIT classes – similar to Triple Threat – at 6 p.m. Tuesdays and 6:30 a.m. Fridays. Because we continually review services, the Hawkeye Room may have different hours in the future.

Important Dates

Tuesday, Feb. 6 – Free blood pressure screening

Wednesday, Feb. 7 – Free guest day

Tuesday, Feb. 20 – FAST begins

Saturday, Feb. 24 – Free guest day

Reminders

Our elevated track is being used by more people during winter months. To ensure there's room for everyone:

- **Run** in the outside lane.
- **Walk** in the inside and middle lanes.
- **Pass** in the outside lane.

Please be patient when classes or athletic teams are on the track. They likely won't be there for a long time. While you're waiting, use the time to:

- **Stretch**
- **Use** your body weight for strength training
- **Grab** a drink and rest.