

# Wellness Newsletter



atlanta wellness  
Lifestyle and Sports Fitness Center

www.atlwellness.com

Volume 2

August 2008

## New Weight Loss Program at Atlanta Wellness



Achieving and maintaining a healthy weight can have many benefits to overall health and wellness. Extra weight can put stress on weight bearing joints and can have a negative impact on mobility. Maintaining a healthy weight can help prevent and decrease the rate of progression of many diseases.

Atlanta Wellness is introducing a 12 week, individualized weight loss program to provide the education and resources needed to achieve a healthy weight.

The key to effective weight loss is knowing what your body needs. The amount of calories needed daily varies in each person. This program provides a specific plan by showing you how many calories to consume and what amount

and intensity of exercise is needed to reach your goals. Our certified personal trainers develop a plan tailored for your individual needs.

The 12 week plan includes:

### METABOLIC TESTING

Find out precisely how many calories your body burns each day with this simple 10 minute breathing test. Metabolic testing identifies your unique target caloric zones so that you can meet your goals with diet and exercise.

### VO2 TESTING

The VO2 test measures the amount of oxygen your body uses at different exertion levels while you exercise on a bike or treadmill. Exercising at different levels of intensity will meet different goals. The VO2 test will show you the Target Intensity Zones that pinpoint weight loss.

### FITNESS ASSESSMENT

This assessment will help determine realistic goals and baseline measurements of weight, body

composition, body measurements, endurance and flexibility. A follow up assessment is included.

### 24 TRAINING SESSIONS

Meet with certified personal trainer, Christine Truhe, 2 times a week for 3 months on an exercise plan created based on your goals.

### GYM MEMBERSHIP

Work out anytime at our gym during the program. The membership includes group classes such as aerobics, strength training, yoga, abs and core and Pilates.

### 30 MINUTE MASSAGE

Reward your hard work and relax sore muscles with a 30 minute massage with our Licensed Massage Therapist.

This program is available at a discounted price. All services are also available individually. Please call 678.318.8039 or e-mail [bz@atlwellness.com](mailto:bz@atlwellness.com) for more information or to set up your appointment.

## 12 Week Weight Loss Program Includes:

- METABOLIC TESTING
- VO2 TESTING
- FITNESS ASSESSMENT
- 24 PERSONAL TRAINING SESSIONS
- 3 MO GYM MEMBERSHIP
- 30 MINUTE MASSAGE

## Atlanta Wellness Partners with Good Measure Meals



Atlanta Wellness is now a pick up location for Good Measure Meals in Dacula.

Atlanta Wellness promotes balanced, nutritional eating in partnership with a consistent exercise program. The

Good Measure Meals plan is a convenient and affordable way to get balanced nutrition while enjoying fresh, ready-to-eat meals.

The meals are conveniently delivered to your home or office or you can simply pick them up at Atlanta Wellness on Mondays and Thursdays.

Good Measure Meals offers several different calorie

plans to choose from including a 1200, 1400, 1700 and 2100 calorie plan. There is also a dinner only plan available.

This is a convenient service to combine with a weight loss program to ensure you are consuming an appropriate amount of calories per day. For more information or to place an order go to: [www.goodmeasuremeals.com](http://www.goodmeasuremeals.com)

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## “Overall Wellness Through Lifestyle Fitness”

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Atlanta Wellness is a multi-service wellness center supervised by Dr. Todd E. Zeigler of Atlanta Orthopedics. We serve as a resource for Atlanta Orthopedics and Atlanta Rehabilitation patients and we are also open to the public for memberships and services. We pride ourselves in being a small, upscale facility and offer individualized attention and high quality services to our members. We are continually growing, adding new services and products, and running specials so be sure to check back often. Our current services include: gym memberships, personal training, group exercise classes, boot camp, metabolic testing, VO2 testing, weight loss programs, nutrition supplements, massage therapy and reflexology. Detailed information about our services can be found at [www.atlwellness.com](http://www.atlwellness.com)

**August Specials: 15% off Metabolic Testing, VO2 Testing, and first Massage Therapy Session. One Complimentary Personal Training and a free week of group classes with Certified Personal Trainer Christine Truhe.**

(Offers expire Sept. 1, 2008)

## Nutrition Tip: Hydration

Our bodies are 50-75% water. We lose water through normal body functions, and it is recommended that we replace it every day with at least 8 cups of non-alcoholic beverages, in addition to a variety of water-rich fruits and vegetables. Your individual fluid needs may be higher during the hot summer months, and if you are working out regularly.

Recent news stories have reported that we may not need to drink 8 cups of fluids to stay adequately hydrated. Researchers determined that there is a lack of scientific evidence to support the 8 cup a day recommendation, however, it is important to note that there is no scientific evidence showing that we DO NOT need 8 cups of water per day. This means that no one

has done the research to determine how much fluid we need, probably because individual needs vary. Unless a doctor has put you on a fluid restriction for medical reasons, there is no harm in drinking 8 cups of fluids per day.

Water, skim milk and unsweetened tea are low calorie options that will keep you hydrated. Store bought flavored water may be high in sugar, but you can flavor your water at home to save calories. Try these flavors:

- **Add a squeeze of fresh fruit to your water:** Try citrus fruits like lemons, limes or oranges. You can also place a few fresh berries in a plastic bag, and crush them to release some juice. Adding a small squeeze of

fruit will add a burst of flavor, without the calories found in a glass of juice.

- **Add herbs to your water:** Try fresh mint, parsley, lemon-grass or ginger. Crush, chop or slice your herb of choice to release the flavor and aroma, and simply add to your water glass. Allow the water to sit for a few minutes, like you would with a cup of tea. You can use a strainer to remove the herb, or drink it as is.

- **Add fresh cucumber cubes to your water:** Rinse, peel and slice a fresh cucumber, and add to water as if the cucumber were ice-cubes. Let the cucumber sit for a few minutes, then pull the cubes out and enjoy.

This nutrition tip, written by a registered dietitian, has been provided by our partner in good health, Good Measure Meals™

