

Wellness Newsletter



atlanta wellness
Lifestyle and Sports Fitness Center

www.atlwellness.com

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New Evening Group Classes in October



BENEFITS OF GROUP CLASSES

Many benefits can come from adding group exercise classes to your fitness and wellness routine. Group classes allow you to enjoy camaraderie in a social atmosphere, helping with motivation. You can learn how to exercise properly and safely using the most effective techniques. Adding variety to your work-out routine is always important. Group classes can help you gain a feeling of well-being and a sense of achievement.

At Atlanta Wellness, our classes are multi-level, meaning any fitness level can participate. As we grow, our class schedule will continue to expand, so be sure to check back often.

Boot Camp Starts October 20th

Tired of the same old routine?
Not seeing results?
Need to jump start your training?

Join personal trainer, Christine Truhe, and embark on a whole new approach to fitness. All fitness levels are welcome.

These training sessions utilize the latest and most effective training methods used in the industry.

For October, we have added the following evening classes:

PILATES

Tuesdays 5:30-6:30pm

Pilates is a 60-minute class focusing on the core postural muscles which help keep the body balanced and which are essential to providing support for the spine. Exercises teach awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles.

INTERVAL TRAINING

Thursdays 5:30-6:30pm

A 60-minute, total body cross-training class that focuses on sculpting and cardio conditioning using a variety of fun aerobic drills and free weights.

Don't forget our morning group classes. The schedule is as follows:

ABS AND CORE

7:00-7:30am Tues. and Thurs.

A 30-minute mat class concentrating on exercises that will

include stretching and flexibility for overall improvement in strength, tone and posture.

YOGA

8:00-9:00am Tues. and Thurs.

A 60-minute class that emphasizes various poses in a non-competitive, de-stressing atmosphere. Develops muscle strength, endurance and toning while restoring flexibility, balance, posture and focus.

INTERVAL TRAINING

8:30-9:30am Mon.

8:00-9:00am Fri.

A 60-minute, total body cross-training class that focuses on sculpting and cardio conditioning using a variety of fun aerobic drills and free weights.

20/20/20

8:30-9:30am Wednesday

A 60-minute overall conditioning class that focuses on cardio, strength, abs and flexibility in 20-minute segments.

Please visit:
www.atlwellness.com for our full group class schedule

Atlanta Wellness Group Classes:

- PILATES
- YOGA
- 20/20/20
- INTERVAL TRAINING
- ABS AND CORE

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New Sessions Begin Monday, October 20th

Monday through Friday

6:00 am—6:45 am

Four week program

Call now to reserve your spot!

(Join anytime during the session if space is available)

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atlanta wellness



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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

October Specials: 15% off Metabolic Testing, VO2 Testing when both tests are scheduled. One Complimentary Personal Training Session with certified personal trainer, Christine Truhe.

(Offers expire Nov. 1st, 2008)

Wellness Tip: What is Your Healthy Weight?

All of us like to feel good and look good. For some people that means reaching and maintaining a certain number on the scale. For some people it means fitting into a certain dress size. Remember that each person is different and your healthy weight is very unique to you. Be sure to take into account your age and family background. It is normal for people to weigh a few more pounds when they are older than when they were younger. Your healthy weight should be achieved without severe dietary changes or extreme exercise routines. Also, a healthy weight does not necessarily mean thin. The healthiest weight is related to the least risk of developing chronic and life-threatening diseases, such as diabetes, heart disease or high blood pressure.

So, how do you find YOUR healthy weight?

Body Mass Index

There are several tools to use to determine your healthy weight range. The first tool is a Body Mass Index (BMI), which is a ratio of a person's body weight to his height. The higher your BMI, the greater risk for developing a chronic disease. Visit <http://www.nhlbhsupport.com/bmi> to determine your BMI score.

Body Fat Percentage

Since a high amount of body fat is correlated to a higher risk of chronic disease, you can also look at your body fat percentage to determine your healthy weight. Women who have 32% or more body fat and men who are 25% or more body fat are

considered obese, and have a higher risk of developing a chronic disease. You can get your body fat measured at most gyms and sports clubs, or even at your doctor's office.

Waist Circumference

Finally, measuring your waist circumference will also help you to determine your healthy weight. A person with a large waist circumference also has a higher risk of chronic disease. What is a healthy waist circumference? For a woman it is 35 inches or less and for a man it is 40 inches or less. To maintain a healthy weight, a healthy diet and regular physical activity are necessary. Knowing your BMI, body fat percentage and waist circumference can help you to set goals for a healthy body weight!

This health tip has been provided by our partner in good health, Good Measure Meals™

