



R O S E V I L L E
H E A L T H & W E L L N E S S
C E N T E R



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News

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Getting Kids Active Begins at Home



Obesity is considered an epidemic in this country with upwards of one quarter of our youth being overweight or at risk of becoming so. What can parents do to combat this insidious and often unrecognized problem? Much can be done at home, and more can be done in association with children's schools and other community organizations. At home, families can provide physical activity in a number of ways:

Expect Activity – Body systems require activity for proper growth. Bones and muscles need the stimulation of moving around. The heart and lungs require regular use and exertion. In some ways an inactive child is a sick child. Expect activity!

Provide Things – Around the house, provide toys and equipment that encourage activity. Limit or avoid activities that promote inactivity.

Play With Your Children – You do not need to be your children's playmate, but you do need to show interest in their activities. Go out and shoot basketball, ride bikes, go for a nature walk or swim at the pool. If you are unable to participate in the activities watch how fast they can run, or high they can jump. Encourage activity.

Be a Role Model – Kids do what they see, their appreciation of activity starts with you.

Set Limits – Studies show children watch an average of 24 hours of TV per week. This is not healthy for their bodies or brains. The American Academy of Pediatrics suggest no more than two hours per day and education experts suggest less.

Kids do what they see, their appreciation of activity starts with you.

Active kids. It sounds redundant, doesn't it? Actually, its not. In fact, it's an inaccurate statement. Today's youth are less active than they need to be, and spend much of their day in sedentary pursuits.

Modern life has many advantages and disadvantages that create inactive environments for children. Computers, TVs, phones, videos, and iPods may support communication, education, and relaxation but they also create inactivity and opportunities for snacking. Concerns for safety means that many unsupervised children are confined to locked homes while their parents are working and driving has become the norm versus walking or riding bicycles.



Establishing Eating Essentials for **WEIGHT LOSS**

High protein, South Beach, Atkins, High Carbohydrates, Diet Pills, Cabbage Soup and the list goes on regarding recommendations to promote weight loss. Consumers have been bombarded with a variety of “solutions” in response to the alarming rise in the rate of obesity in the US.

If you would like to be successful at losing weight you will need to be willing to engage in behaviors that will assist you with weight loss. “Wanting to lose weight” and “practicing the behaviors necessary to lose weight” are two very different issues. Most popular diets and nutritional recommendations do not offer long-term solutions to weight loss, nor do these recommendations include behavior strategies that can be easily incorporated into daily living. These simple strategies have been proven to be effective, they may not be as “sexy, “effortless”, or “rapid” but they are effective!

Getting Back to Basics – For weight loss to occur you have to eat less food and burn more energy.

Break the Habit – It is likely your current eating pattern is a habit. To break a habit you must be aware of it via self-monitoring, self-monitoring

will increase your dietary awareness. Below are several recommended behaviors to monitor:

1 Am I a Fast or Slow Eater? The rate of food consumption can have a major impact on appetite, as well as the number of calories consumed. Research has indicated that overweight individuals tend to eat faster than their leaner counterparts. To slow down your eating, set your fork down between bites of food. Sip beverages and engage in conversation with the goal being for the meal to last a minimum of 25 minutes.

2 How Much Do I Eat? Monitor the portion sizes and types of food you are consuming. When your stomach is full of food you will feel less hungry than when it is empty. Consuming larger portion sizes of low calorie foods with plenty of bulk (fiber) will help you eat less and consume fewer calories. Drinking a glass of water before a meal will also help you feel more full. Also documenting what and how much you eat tends to cause individuals to eat less and make healthier choices.

3 How Often Do I Eat? When trying to lose weight it is often tempting to skip meals to save calories, but this can backfire by increasing hunger, which



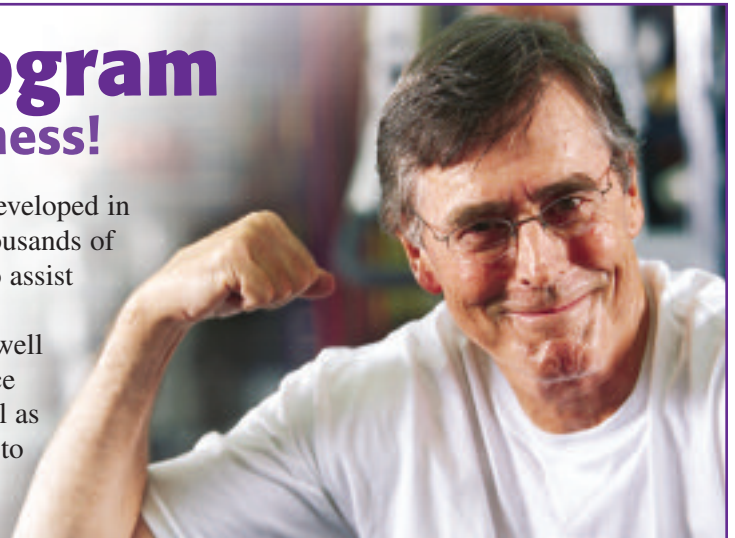
leads to eating binges. The binge is often high in calories. Research shows that overweight individuals eat less often than normal weight people and report higher rates of bingeing episodes. Spread your calories throughout the day by eating five to six smaller meals rather than two to three larger meals. Also, eating a healthy breakfast will start your day right, and this is associated with greater weight loss success in research studies.

The rate, amount, and frequency of food consumption can have a major impact on the amount of calories you take in. By making several small changes in your eating style, you will begin to see big benefits in your weight. Do not let the media confuse you; take a step back to basics.

Cancer Well-Fit Program now at Roseville Health & Wellness!

RHWC proudly offers the SBAC Cancer Well-Fit Program. Developed in Santa Barbara in 1994, this successful program has provided thousands of cancer survivors a structured and supportive exercise program to assist them in the recovery process.

Cancer is not only a physical ordeal it is an emotional one as well affecting patients, families and friends. Our mission is to enhance the overall health and emotional state of all of our clients as well as instill a renewed sense of self and well-being. If you would like to learn more about the program please contact the club manager.





AQUATIC EXERCISE: FITNESS FOR *EVERY* BODY!

You would like to be more active and engage in a regular exercise program. But you're concerned about the impact of exercise on your joints, bones and muscles. Perhaps you have arthritis, or you are sedentary and overweight. At the Roseville Health & Wellness Center, you have a safe and simple solution – our in-door heated aquatic center.

Done correctly, water workouts can give you gains similar to those on land, including aerobic fitness, muscular strength and endurance, flexibility and better balance. Other benefits of water include...

1. Water's buoyancy supports your weight. When you're submersed up to your neck, the water cancels out about 90% of your body weight significantly reducing stress on your weight-bearing joints, bones and muscles.
2. When your submerged in water your circulation may increase, improving your cardiovascular health.
3. The pressure of the water on your body can reduce swelling in you have an injury.
4. Water offers resistance to all movements which provides a well rounded strengthening program.



FIT FACT:

One-third of adolescents and 14% of adults aged 20-49 in the US have poor cardiorespiratory fitness, with an associated increase of cardiovascular disease risk factors such as higher total cholesterol and blood pressure levels, according to a study in the Dec 21, 2005 issue of *The Journal of the American Medical Association*.

There is strong and consistent evidence from observational studies that physical inactivity and poor cardiorespiratory fitness are associated with higher illness and death from all causes, including cardiovascular disease and cancer, according to the article. The consequences of declines in physical activity over time are now evident by the large proportion of society with low levels of fitness.



Green Light PROGRAM

*New at
RHWC!*



**5 Essential Steps
to Getting You
and Your Kids the
Bodies You Want**



Kenneth Forsythe, MD FACSM

See Membership Department for more information!

Blood Drive

People who donate blood give hospital patients a fighting chance to recover from car accidents, serious illness, burns and surgery. At least 60% of the United States population is eligible to give blood, *yet only 5% actually do.*



Roseville Health and Wellness Center would like to assist in impacting those percentages in a positive way and in honor of this goal we will be hosting a Blood Drive in partnership with Blood Source. We encourage all members, guests, and faculty to participate and discover the richness that comes with changing lives. We look forward to having you join our team in our fight to save lives and give back to our community!

Sign up at the front desk!

GRANITE BAY GOLF CLUB

9600 GOLF CLUB DRIVE • GRANITE BAY • 916.791.7578

Dear Roseville Health & Wellness Members,

It is our privilege to announce our first ever golf day at Granite Bay Golf Club. As a member of Roseville Health and Wellness Center we invite you to participate in a fabulous day at one of Northern California's premier golf courses. This modern day classic boasts beautiful views of the Sierras, granite outcroppings, mature oak trees and natural creeks and ponds. A Robert Trent Jones Jr. championship design with multiple sets of tees allows for enjoyment by golfers of all abilities. As Spring arrives we hope that many of you can get into the swing and take advantage of this great offer.

Starting Monday, May 1st Granite Bay Golf Club will have quarterly events during which Roseville Health and Wellness Members and their guests can enjoy 2 for 1 green fees!

PGA Director of Golf Stuart Smith will be available on the driving range from 8:30am-9:50am to answer all of your questions regarding the golf swing and equipment trends. Arrive early and take advantage this complimentary instruction.

Please call the Granite Bay Golf Shop (791-5379) to reserve your spot in the 10AM shotgun start. Present your RHWC identification card at check-in and receive 2 green fees for \$70. Each Member may invite up to three guests to join him/her. Golf carts are optional and are \$20 per player. Pull carts are available for \$4 per player. Walking is permitted. The Cobble Cafe will be open for all of your food and beverage needs. We look forward to seeing you.

Sincerely,

Stuart Smith
Director of Golf

Organic Farmer's Market at Roseville Health & Wellness Center

Beginning April 20th every other Thursday:

- Organic Produce
- Pastry Makers
- Health Supplements
- Organic Lotions
- ...and more!

Produce is picked within 24 hours and is often less expensive than non-organic in stores. Pick up your fresh fruits and veggies here at RHWC.



Did you know... you can take advantage of the following services conveniently located within your Roseville Health and Wellness Center?

- Personal Training with Germaine Fitness
- Sacramento Spine and Physical Therapy
- Laser Esthetica Skin and Laser Treatment Center
- Hunt and Hendrickson Pain Management Physicians
- Scott Warren Chiropractic
- Spine Surgery Associates

Look your best at every age!



REFRESH:

Waxing, Tinting
Microdermabrasion
Obagi®
Jan Marini®
Facials

RENEW:

Fotofacial™
Acne care Blue-U®
Age Spots
Chemical Peels
Rosacea

REJUVENATE:

Polaris Wrinkle Removal
Restylane™ Collagen
Radiesse™
Botox®
Sculptra™
Facial & Leg Veins
Minor Skin Surgery
Mesotherapy
Tattoo/Mole Removal

Laser Esthetica

Nalini G. Prasad, M.D.

Where science and beauty meet.

Located inside Roseville
Health & Wellness Center

MENTION THIS AD AND
**SAVE \$25 ON
SCULPTRA™
TREATMENT!**

HURRY! First 200 only!
Some restrictions apply. Call for details.

916-783-0580 • www.laseresthetica.com



Look as young as you feel with the “Liquid Face Lift!”

The first Baby Boomers are turning 60 years old in 2006 and the generation that changed the face of American culture is now redefining the lifestyle of the 50+ population.

As a group the Boomers are healthier, more active and more educated than any prior generation. Along with this more active and more involved lifestyle is their desire to look as young as they feel. Face lifts and other surgical procedures are being eclipsed by new non-invasive treatments. One of the newest in the rejuvenation therapies is Sculptra™, also known as the “liquid face lift.”

“Aging skin is characterized by the loss of volume and underlying support resulting in sagging skin,” said Dr. Nalini Prasad of Laser Esthetica.

“Sculptra™ creates a fuller more youthful appearance by stimulating the body to produce new collagen and fill in lines and wrinkles.” Sculptra™ provides a gradual increase in skin thickness and is used for the correction of fine lines, wrinkles and furrows or creases, as well as for the augmentation of fat loss in the cheeks. The material injected in Sculptra™ treatments is poly-L-lactic acid, which is absorbed by the body.

Poly-L-lactic acid is biocompatible and biodegradable, and has been widely used for many years in dissolvable stitches, soft tissue implants, and other types of implants for more than 20 years.

“The results are natural-looking and appear gradually over a few weeks or months,” said Prasad. “A recent clinical study showed that the treatment results last for up to 2 years because the body is stimulating its own collagen.”

There’s no pre-treatment skin test, and, unlike surgery, has little to no downtime. During the procedure, the area being treated is numbed with topical numbing cream and Sculptra™ is injected below the surface of the skin in the area of fat loss.

Most people usually return to work or normal activities immediately. Side effects of the procedure are minimal, other than short-term swelling and redness which generally last, on average, 3 to 14 days. Optimal results are achieved with a series of two to four treatments over a period of six months.

“It is important to have a consultation with your treating physician to evaluate your specific needs and to discuss your expected results,” said Dr. Prasad. “Sculptra™ should not be injected while you have an active skin infection or inflammation in the treatment area.”

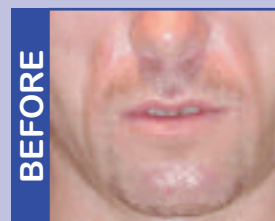
For more information on Sculptra™, or other laser skin and rejuvenation treatments, contact Laser Esthetica in the Roseville Health & Wellness Center at 916-783-0580.



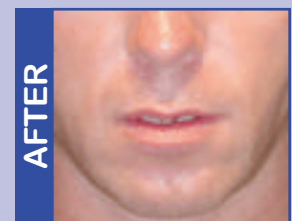
BEFORE



AFTER



BEFORE



AFTER

SCULPTRA™

- Restores fullness of the face, creating a more natural appearance.
- Provides a 3-fold increase in skin thickness
- Clinically proven safe and well tolerated
- Biodegradable and biocompatible lactic acid polymer
- Used internationally since 1999 as a New-Fill in an estimated 150,000 patients in more than 30 countries

There's something for everyone at Roseville Health & Wellness Center!

The Roseville Health & Wellness center is more than a first class fitness and wellness facility. It's a friendly, member-oriented community with experienced professionals who extend a warm welcome to see that you are fully supported to succeed in your goals. *Come and see why we were voted #1 health club in the Sacramento area by Health and Fitness magazine.*

At the Roseville Health & Wellness Center, you'll find the best of everything: facilities, equipment and fitness professionals dedicated to helping you get the most out of your workout. Plus, you'll find convenient personal services that make it easier to fit your sport or exercise routine into your busy life. No other fitness center in the area offers you so much.

- ◆ Cybex Strength Equipment
 - ◆ Star Trac Treadmills
 - ◆ Star Trac Bikes
 - ◆ Elliptical Cross Trainers & Stair Steppers
 - ◆ Body Management Programs
 - ◆ Women On Weights
 - ◆ Warm Water Aquatic Center
 - ◆ Strength Training Classes
 - ◆ Fitness Assessments
 - ◆ Lifestyle Modification Center
 - ◆ Physical Therapy & Rehabilitation
 - ◆ Green Light Medically-Supervised Weight Loss Plan
 - ◆ Medical Tenants
 - ◆ Massage Therapy
 - ◆ Full-Service Spa
 - ◆ Yoga & Pilates
 - ◆ Senior Strength Programs
 - ◆ Arthritis Classes
 - ◆ Corporate Wellness Programs
 - ◆ Kids Summer Fitness Programs
- ...and much more!*

What's new...

- ◆ Tai Chi
- ◆ Qi-Gong
- ◆ Sole to Soul Running Club
- ◆ Abs Express Classes
- ◆ Biggest Loser/ Winner Program
- ◆ Travel Program
- ◆ Women's Self Defense
- ◆ Men's Self Defense
- ◆ Organic Farmer's Market
- ◆ Golf Fitness
- ◆ Voted #1 by Roseville / Granite Bay Style Magazine



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C E N T E R

916-677-1200

1650 Lead Hill Boulevard • Roseville
RosevilleHealthandWellness.com

Visit our sister facility in Folsom!

That's right! We have expanded into Folsom with a beautiful 42,000 sq. ft. facility located at Highway 50 and East Bidwell. The new facility offers all the same amenities and programs currently offered in Roseville with the addition of new medical tenants and services.

"It is the commitment of the Wellness Center's ownership and staff to achieve

excellence in health and fitness through outstanding service, programming and facilities for our member's and community. We feel blessed to have the opportunity to improve the health of the Folsom community."

– Jeff De'Raps, President



F O L S O M
H E A L T H & W E L L N E S S
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2575 East Bidwell, Folsom • **916-932-1200**

Have a friend, family member or co-worker in Folsom?

Pick up a guest pass at the front desk and every time you refer a new member, you'll receive \$5 off your monthly dues – for the life of their membership!